

Nakia Highes - ADULT FMD

My name is Nakia Hughes. I am a 33-year-old mother of three. After reading stories posted by other FMDSA members, I guess I should consider myself blessed, as I was diagnosed with FMD before having to go through a life long experience of pain and being uncomfortable. In March 2006 I had my third child. It was 4 weeks later that I would get so sick, that I had to sleep sitting up, as I could not breath, was having terrible migraines, and horrible back pain. Of course being a new mom, my family and I immediately blamed this on recent childbirth – not to mention I had him by cesarean section. After two days of unbearable pain, I called my OB/GYN late one night asking if I could have my 6 week check-up 2 weeks early. I went in that next morning. I felt faint, fatigued, and as though I was going to die. Upon taking my vitals, the nurse assumed the blood pressure machine was broken. She tried taking it three times. The doctor finally seen me, and was definitely concerned. He had the nurse check my vitals again. If I remember correctly my BP was 185/111. His office was attached to the hospital where I had delivered so, he asked me to admit myself. My OB/GYN was afraid that I would have a heart attack or stroke.



Upon entering the triage area of the ER, my BP was a whopping 222/165 or something darn close. I remember the top number to be exact. They could not believe I was as strong as I was, although I did not feel as strong. It was the scariest moment I had ever been faced with. I would give anything to trade that moment with another week's labor and contractions! ? Anyhow, thanks to one bright, concerned, and compassionate Dr. at Arrowhead Hospital, we now knew what was causing my inability to find comfort within myself. So to her I say, THANKS!

As for now, I just left the ER at Arrowhead only to run across one of the many doctors who has no knowledge of the disease, and assumes I can't move my neck because I have a crook in my neck or I slept wrong. The most frustrating part is trying to explain the pains or symptoms to my doctor or family. Its not cancer or sickle cell, so know one around me understands when I have no feeling in my right toe or that my right side is completely numb and inoperative. I'm mommy, and nothing like this should happen to me, right? I am tired of the pain and other's inability to understand or want to understand. I am prepared to fight this disease and educate others of its symptoms and effects.

Nakia Hughes Glendale, AZ