

# WELCOME TO THE CASE OF THE MONTH



NAME:  
Sandra  
AGE:  
42

by Best Doctors®

Here is a real life example of how we've given one of our members vital information to get on the right clinical path the first time.

**REASON FOR CONSULTING BEST DOCTORS:**  
To confirm that her diagnosis and treatment plan were accurate

**BEST DOCTORS EXPERT SPECIALITY:**  
Neurology

Sandra's Best Doctors Expert corrected her diagnosis and she is now back living life to the fullest

Sandra received a detailed medical report from her Best Doctors expert that explained that she actually had two separate medical conditions: Radiologically Isolated Syndrome and Chronic Intractable Headaches - not Multiple Sclerosis.

Sandra was leading a happy, healthy life and enjoying a fulfilling career but at 42 she began experiencing a dull pain in her right ear that with time became stronger and constant.

**“ As soon as I read the Best Doctors report everything just made sense. I knew I did not have MS as I had no other symptoms. ”**

Her GP scheduled Sandra for a CT scan which showed changes in the white matter of a section of her brain. Coming from a family with a history of Multiple Sclerosis disease, she was referred to a neurologist for further testing.

Most of Sandra's test results were normal except for her continued headaches and elevated CRP levels, a blood test that measures the amount of C-reactive protein in blood. She was sent to her local hospital's emergency department for further evaluation of a possible vasculitis, a condition that involves inflammation in the blood vessels.

**“ For 6 months I felt absolutely dreadful, I was unable to work for 3 months as I could not sit up. I went from being a very highly functioning person to not being able to function. ”**

The expert reviewed her MRI and found that while the changes were suggestive of MS, the absence of neurological symptoms indicated that the findings likely represented Radiological Isolated Syndrome (RIS).

Sandra's Best Doctors report highlighted that patients with RIS are at higher risk of developing multiple sclerosis in the future. Her expert therefore recommended that she have an annual MRI to monitor any possible signs of MS symptoms.

Her second medical opinion report also focused on alternative treatment options that would have an extremely positive impact on Sandra's quality of life. Her expert recommended certain lifestyle changes including cutting down on caffeine use, stress reduction and getting enough sleep. In addition, she received information regarding exploring pharmacological therapy, specifically Paracetamol, antidepressant medications and certain IV medications.

**“ I have been back at work full time now for the last month and feel well and normal and am now highly functioning again. ”**

Sandra's neurologist continued to explore several theories regarding diagnosis but her disabling headaches remained constant. This prompted her doctors conduct a trial of the steroid methylprednisolone which subsequently led to temporary disappearance of the headaches. Her response to the trial steered the doctor to postulate the diagnosis of Relapsing Remitting Multiple Sclerosis.

Sandra began undergoing MS treatment with a popular disease modifying agent but the side-effects were greatly affecting her life and she felt even worse than she did prior to treatment. Suffering greatly from fatigue and continuing to experience headaches, Sandra turned to Best Doctors.

Thanks to Best Doctors Sandra's MS treatment was stopped and she has since received treatment for her headaches with botox, causing her headaches to finally cease. She is now under the guidance of a new local neurologist.

Sandra is extremely thankful for having had access to a world-class second medical opinion via her insurer and has happily returned to work and normal life.

Through her insurer Sandra obtained access to a renowned Best Doctors Neurology expert who reviewed her medical history and test results. The expert concluded that she had been misdiagnosed.

Best Doctors helped Sandra regain control of her health, her profession and her life

If you have any questions about Best Doctors please call **Jamie Vickers**, Director Sales and Account Management on **+61414486596**.



**BEST DOCTORS OVERVIEW**



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**THE PDF DOCUMENT**

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