

MEMBER STORY



NAME:
Conor
AGE:
40

by  Best Doctors®

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REASON FOR CONSULTING BEST DOCTORS:

confused after a health scare and wanted to resume triathlon training

Back doing what he loves, thanks to expert reassurance

An avid triathlete, Conor had been training hard for many years and had always felt healthy and in top form. One day, however, he was suddenly overcome with intense cramping and spasms in his thigh muscles, so severe that he went to A&E. Blood tests revealed elevated levels of an enzyme known as creatine phosphokinase (CPK) an indicator of muscle damage, especially when found in high amounts. This finding led to a diagnosis of rhabdomyolysis, a potentially fatal condition that occurs when muscle tissue breaks down rapidly and enters the bloodstream where it can cause a range of complications, including kidney failure.

“ I was really impressed how Best Doctors was able to gather my complete medical information and test results from all of the hospitals I had been to. ”

Conor recovered overnight, only to be readmitted a few days later after new tests showed that his CPK had actually doubled. Warned that his condition had been brought on by over-exercising he was referred to a rheumatologist, who ordered muscle biopsy and nerve conduction tests. When these came back inconclusive he was told there was nothing to worry about and that he could go back to his normal life.

As Conor tried to resume his training, he couldn't help feeling apprehensive and confused. The pain had disappeared yet he was experiencing constant muscle twitching, which made him even more anxious. With only a vague idea about what his diagnosis actually meant and fearful that he might have another episode, he drastically

BEST DOCTORS EXPERT SPECIALTY:

neurology with sub specialty in neurogenetics

reduced his training regimen yet such an important part of his lifestyle was now missing. Wondering if it really had to be that way, he decided to contact Best Doctors, whose services he had access to as part of his insurance policy.

Choosing the right expert for a rare medical condition is essential. In Conor's case, his abnormal muscle biopsy results required careful assessment from an expert in neurogenetics experienced in rhabdomyolysis. In her opinion, the muscle biopsy was actually normal and there were no indications of any underlying disorder. She also pointed out that, although rhabdomyolysis might be a sign of muscular disease, there was nothing in Conor's medical history to support this. Reassuring Conor that it was unlikely that he would have another episode, she made sure to give him detailed instructions on testing that he could explore with his local doctors if he wanted further information.

The Best Doctors expert report gave Conor the confidence he needed to go back to his active lifestyle, free of the doubts and fear that had been holding him back. He is now back swimming, biking and running with the same passion and enjoyment as before.

“ I am a lifestyle financial planner and often recommend Best Doctors to my clients. I never thought I would ever need to use the service myself. Now, having used the service for myself and having had such great service from the Best Doctors team, I'm very impressed and will now always recommend Best Doctors to all of my clients. ”

No longer dreading a repeat episode, feeling fit and healthy

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