

# My Year-Long Journey of Treatment for Hemifacial Spasm Tic Convulsif

Hemifacial spasm tic convulsif is a rare neurological condition that causes involuntary muscle contractions on one side of the face. These contractions can be brief or prolonged, and can range in severity from mild to severe. In some cases, the spasms can be so severe that they interfere with daily activities, such as eating, drinking, and speaking.



## Why Me?: My 8-year treatment journey For Hemifacial Spasm (tic convulsif) by Maureen Sullivan

★★★★★ 5 out of 5

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I was diagnosed with hemifacial spasm tic convulsif in 2020. The following is a detailed account of my year-long treatment journey, including the symptoms I experienced, the diagnosis I received, the treatment options I explored, and the challenges and milestones I encountered along the way.

## Symptoms

The first symptom I experienced was a mild twitching in my right eyelid. Over time, the twitching became more frequent and severe, and eventually spread to the entire right side of my face. The spasms would often occur several times per minute, and would last for several seconds at a time. They were most severe when I was tired or stressed, and would often interfere with my sleep, eating, and social interactions.

In addition to the physical symptoms, I also experienced a great deal of emotional distress as a result of my condition. I was embarrassed by the spasms, and I worried about how they would affect my work and relationships. I also became increasingly anxious and depressed as the spasms worsened.

## **Diagnosis**

I saw several doctors before I was finally diagnosed with hemifacial spasm tic convulsif. The first doctor I saw thought I had a simple eye twitch, and prescribed me eye drops. When the eye drops did not work, I was referred to a neurologist. The neurologist ordered an MRI scan, which ruled out any structural abnormalities in my brain. He then performed a nerve conduction study, which confirmed the diagnosis of hemifacial spasm tic convulsif.

## **Treatment Options**

There are several different treatment options for hemifacial spasm tic convulsif. The most common treatment is botulinum toxin injections. Botulinum toxin is a neurotoxin that blocks nerve impulses, which can temporarily paralyze the muscles that are causing the spasms. I received botulinum toxin injections every three months for a year. The injections were effective in reducing the severity of the spasms, but they did not completely eliminate them.

I also tried a variety of other treatments, including acupuncture, massage therapy, and stress management techniques. While these treatments did not provide any significant relief from the spasms, they did help me to manage the emotional distress that I was experiencing.

## **Challenges**

There were many challenges that I faced during my year-long treatment journey. The spasms themselves were a constant source of discomfort and embarrassment. I also had to deal with the side effects of the botulinum toxin injections, which included weakness and drooping on the affected side of my face.

In addition to the physical challenges, I also faced a number of emotional challenges. I was frustrated by the fact that the spasms did not respond completely to treatment, and I worried about how my condition would affect my future. I also experienced a great deal of social anxiety as a result of my spasms.

## **Milestones**

Despite the challenges, I also experienced a number of milestones during my treatment journey. I learned how to manage my spasms, both physically and emotionally. I also learned how to advocate for myself and my needs. I am grateful for the support of my family, friends, and healthcare providers, who helped me through this difficult time.

My year-long treatment journey for hemifacial spasm tic convulsif was a challenging one, but it was also a rewarding one. I learned a great deal about myself and my condition, and I developed the skills and strategies that I need to manage my spasms and live a full and meaningful life.

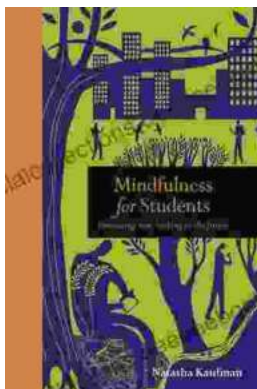
If you are struggling with hemifacial spasm tic convulsif, I encourage you to seek professional help. There are a number of effective treatments available, and with the right support, you can learn to manage your condition and live a full and active life.



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