



Useful Links

<http://www.neurosymbols.org>

Lots of information about Functional Neurological Disorder

<http://www.fndhope.org>

A website about FND

[Functional Symptoms in Neurology](http://ebookbrowse.com/stone-bare-essentials-functional-symptoms-pdf-d370582718)

<http://ebookbrowse.com/stone-bare-essentials-functional-symptoms-pdf-d370582718>

Functional Symptoms in Neurology, Jon Stone – an eBook to download and give to your medical team

[The Miracle of Magnesium](http://energyfanatics.com/2009/08/30/miracle-of-magnesium/)

<http://energyfanatics.com/2009/08/30/miracle-of-magnesium/>

Information about Magnesium

[Hoover's Sign](http://pn.bmj.com/content/1/1/50.full.pdf+html?sid=e208757c-e96b-4d32-9445-75cecb0950b)

<http://pn.bmj.com/content/1/1/50.full.pdf+html?sid=e208757c-e96b-4d32-9445-75cecb0950b>

A description of how to do a positive test to diagnose a functional weakness

[All You Need to Know about Vitamin B12 by Dr Bevan Hokin PhD](http://www.sah.org.au/assets/files/PDFs/Patology%20PDFs/Vitamin%20B12%20Update%20San%20Dr.pdf)

[http://www.sah.org.au/assets/files/PDFs/Patology PDFs/Vitamin B12 Update_San Dr.pdf](http://www.sah.org.au/assets/files/PDFs/Patology%20PDFs/Vitamin%20B12%20Update%20San%20Dr.pdf)

Information about Vitamin B12 and B12 deficiencies

[Moxonidine](http://en.wikipedia.org/wiki/Moxonidine)

<http://en.wikipedia.org/wiki/Moxonidine>

An excellent chart showing the various kinds of imbalances in the adrenergic system, and suitable medications for treating each type

<https://www.facebook.com/groups/446141998734230/>

A very supportive Facebook group called Functional Neurological/Conversion Disorder/fndhope.org

http://health.groups.yahoo.com/group/somatoform_and_conversionsupport/

A Yahoo group for people who have been diagnosed with any of this group of disorders

What's Wrong with Me?

Functional Neurological Disorder

(FND)

■ For more information, go to www.SomatoformAustralia.org

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Functional Neurological Disorder (FND)

Functional Neurological Disorder is a functional disorder, not an organic one. That means that the cause doesn't show up on common brain imaging. It does NOT mean that there is nothing wrong happening inside the brain, nor does it mean that the patient has any control over their condition. They can't stop their symptoms, no matter how hard they try.

There is considerable evidence that the suffering of a person with FND is actually significantly greater than that suffered by an epileptic person or an MS sufferer.

According to the latest information coming for the world of neurology and neuropsychology, there is no such thing as Conversion Disorder. At least one neurologist claims that Conversion Disorder is a Myth.

Even the Second Draft of the new DSM-5 said that *"there is no evidence that feigning is more common in patients with possible conversion disorder than with other mental disorders. Highlighting it for conversion alone is unnecessarily stigmatizing and may be detrimental to the physician-patient relationship."*

They also proposed to remove any reference to psychological factors because they said that it is was confusing, unreliable and subjective, and can't be proved one way or another. There appears to be no basis whatever for having included it in the definition in the first place.

*While it appears that FND patients can control their symptoms, they can't. They have absolutely **NO control or even any awareness** that their mind might be creating symptoms.*

RESPECT -- RESPECT -- RESPECT

What Causes FND

There is a very high incidence of Adrenal Overload, Overwhelm and even Adrenal Meltdown in FND Is it possible that it's all the result of an unbalanced Adrenaline system or HPA Axis?

Triggers can be:

- Mental (a single thought),
- Physical (fatigue, sensory stimulation such as pain) **OR**
- Emotional (fear, anger, frustration, excitement etc)

Counseling doesn't always fix people with FND because not all triggers are emotional.

The Role of the Autonomic Nervous System (ANS)

The ANS appears to play a very important role in FND. It appears that triggers inside the brain send signals down the ANS, through the Flight/Fight/Freeze mechanism, into the body to produce symptoms.

Anxiety is a result of, not a cause of, this process. Depression is a result of having to live with FND symptoms. Treat the ANS problem and the rest should look after itself, without the need for psychotropic drugs.

A number of people with FND have stumbled onto medications that calm the ANS (prescribed for other reasons) only to discover that their symptoms magically seem to disappear, either fully or almost fully.

Testing/Treating FND

Test Catecholamines, stress hormones and cholinergic imbalances, Vitamin B12. Medications can be prescribed according to the specific imbalances seen in the patient.

There is an excellent chart about this at: <http://en.wikipedia.org/wiki/Moxonidine>

The [Hoover's Sign](#) is a positive test for functional weakness.

Consent Form

- I Do / Do Not require urgent medical attention when I have a seizure
- I normally DO / DO NOT lose consciousness when I have a seizure
- Please move me so that I am more comfortable and won't hurt myself
- Please treat any obvious injuries
- DO / DO NOT take me to the nearest hospital by ambulance
- Whether or not this contravenes your official policy
- If you do send me to hospital, you agree to pay all associated costs.

Treatment Plan:

Please DO perform the following tests:

- 1.
- 2.

DO NOT perform the following tests. They have already been done and have been shown to be a waste of time and money.

- 1.
- 2.

DO administer the following medications:

- 1.
- 2.

DO NOT administer the following medications as they are contraindicated for me:

- 1.
- 2.

Name/Signature _____ Date _____

Phones

Me:

My Doctor:

My Neurologist:

Please contact:

SSN:

Health Fund: