

How Best Doctors Helped Alison

Best Doctors Found the Correct Diagnosis for Alison

Alison's troubles began after she gave birth to her second child. "I had horrible abdominal pain, a lot of bloating and really bad blood clots," she said. Her doctor diagnosed her with irritable bowel syndrome and she was put on a high-fibre diet and told to avoid certain foods. But despite these dietary changes, the pain became increasingly severe.

"It was a sort of a doubled over pain that would stop me in my tracks," she recalled. Alison's family doctor recommended birth control pills to regulate her cycle. She tried three different types of pills, but each one made her sick and failed to alleviate her pain. Her doctor then sent her for a lower abdomen ultrasound, but the results didn't reveal anything.

"At that point they thought, 'You're under a lot of stress,' so they referred me to a psychologist," said Alison. She tried therapy for a few months, but her therapist determined Alison's pain wasn't consistent with stress.

After arriving home one day doubled over with pain that had persisted the entire day, Alison's husband took her to the hospital. An internal ultrasound revealed a cyst on her ovary, and the emergency room doctor concluded this was the cause of her pain. Alison was sent home with pain medication and was told the cyst would rupture, resolving her issues.

However, the cyst never ruptured and she began to rely on up to eight codeine tablets a day to cope. As she continued to miss work, her doctor referred her to a gynecologist who recommended a monthly regimen of injections to stop her cycle, essentially putting Alison into early menopause.

After three rounds, Alison said she had "nausea, fatigue, dizziness and sweating" and was missing even more work. Now taking up to 10 codeine tablets a day, she decided to stop the injections. She was at a loss.

Alison decided to contact Best Doctors. Working in employee benefits, Alison was familiar with the service and knew she had free access to it through her employer.



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Best Doctors collected all of Alison's medical records and after her file was reviewed, she received a report that included a list of suggested gynecologists and a recommendation for an MRI.

She underwent the MRI at a Best Doctors-recommended facility that saw her immediately. The gynecologist Alison visited performed a procedure to get a better look inside Alison's uterus and ovaries.

After the MRI and procedure, Alison was diagnosed with endometriosis. A mass called an endometriosis cluster had formed and was sitting on a nerve located outside of her uterus. The endometriosis had also invaded her cervix, uterus, ovaries and a portion of her bowel.

Alison underwent a partial hysterectomy to remove her uterus and one of her ovaries. She had been cautioned that there was a chance the endometriosis could return, which it did. One year later she had the other ovary and her cervix removed.

The second procedure finally resolved her pain and she's been fine ever since. "It had been hard to diagnose and it took a long time—about seven years," she said. "It was peace of mind to finally have guidance that was in the right direction."

Alison shares her story with others and explains that using Best Doctors can be life changing. "If people are feeling helpless, Best Doctors is a door they can turn to," she said.



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