

# Episode I

## Bell's Palsy: Facing The Nightmare



You wake one morning and you sense something different, but you shrug it off and go about your normal wake-up routines. Still half awake, you slowly stagger towards the bathroom to wash-up. You arrive in front of the mirror as you have done so many times before, but this time something is vastly different. This time you're shocked to see the image of your face. Its reminiscent of Sylvester Stallone's, but worse. True, its hard to imagine that anthing else could be worse than his mug, but today, yours' is. You can't believe this is happening to you. What could these symptoms indicate. You desperately hope and wonder if this could be a nightmare, but you realize...its real.



Your face is contorted. Half of your face looks twisted and disfigured; half looks flaccid and expressionless. In panick, you hurriedly prepare yourself to rush off to your doctor's office. You arrive early in hopes to avoid uncomfortable stares by nosey patients in the waiting room and the waiting room itself, where minutes seem like hours and hours seem like days. When you arrive, you're relieved that no other patients are there to gawk at you. Yet the nightmare continues.



Despite your early arrival, the nurse politely attempts to tell you that you still must wait because you do not have a "scheduled" appointment. You're becoming increasingly agigated and worried in fear that your condition will worsen over time. Finally, after what seemed like hours, the same nurse you felt like slapping earlier invites you in to see your doctor. Of course, there is another wait before your doctor casually strolls in. After thoroughly examining you and not screaming and running away at the sight of your face, he gives a diagnosis. "You have Bell's palsy," he calmly says.



You mumble through your crooked semi-functioning mouth, "Hell's palsy. How befitting."

"No. Bell's palsy," he corrects and then adds, "Check out Yahoo! and do some research on it. There are some Bell's palsy links that you should look into."

In a minor state of confusion you ask, "What? You want me to try an artificially chocolate-flavored Australian drink and eat some sausage that's named after my disease?"

He chuckles and shakes his head and says, "No. No. No. I'm not trying to promote Australian-American relations. Yahoo! is a search engine for the internet and a link is site on the world wide web. Its not something that Jimmy Dean wants you to eat."

And the nightmare continues. Not only do you have a disease you know little about, but also you have a doctor with a little sense of humor.



## To Be Continued....



Sorry. I'm still not finished with my site just yet and won't be for quite a while. But here's an idea of types of [treatment](#) that have been used. I have also included some information on [prognosis](#).



## Note:

The information contained in this site is purely informational and may be obsolete. So please do not substitute this for a professional opinion.



[Got something to say...](#)

Updated March 24, 1998