

Chronic Fatigue, Fibromyalgia Symptoms caused by Multiple Chemical Sensitivity, Electrosensitivity in relation to Mercury.

I apologise in advance for the large amount of reading here but I have to explain everything to get it all across.

I need to start at the beginning because I feel it is all relevant to my story as I will explain later.

I was born in 1961 after a traumatic 48 hour labour and finally forceps during a general anaesthetic.

Apart from the first few weeks, I was a typical 60's bottle fed baby sleeping all night from very early on.

I was the eldest of three girls (one sister has Down's Syndrome who my mother had at the age of 34)) & had all the usual immunisations

I was brought up in the country on a farm in Sussex, having a healthy, happy, active childhood in a secure and loving family.

I left school and began nurse training in 1979.

In 1981 my first job as a qualified nurse was in a Hospital Oral Surgery and Dental Department. It was while I worked here I gained my additional qualification as Dental Surgery Assistant.

On Friday mornings I worked with a Clinical Assistant who was also a local dentist. He came to perform yearly check ups and treatment mainly on adult severely mentally handicapped adult patients who required a general anaesthetic just to examine the state of their mouths before proceeding with immediate dental treatment. This often meant removal and replacement of numerous large amalgam fillings and filling of new cavities and also necessary extractions that were beyond repair.

I now know that during these sessions I would have been exposed to very high levels of mercury vapour whilst these old fillings were being drilled, during scale & polish with an ultrasonic scaler and obviously when assisting with the newly mixed mercury amalgams. I even remember the water splashing on my face. We wore no masks or goggles though I think we must have worn gloves.

I used an amalgamiser to mix large amounts of mercury amalgam and was responsible for filling the machine with pure mercury from a bottle.

I remember once forgetting to put the top on before switching the machine on and dust went everywhere. I never knew if mercury would have been in that dust some of which I certainly would have inhaled.

One dentist did try to make me mix amalgam by hand but I did refuse to do this.

Other jobs also would certainly have exposed me to mercury vapour. This included the suction unit for which I was responsible for cleaning and maintaining. I do not know what kind of ventilation system if any was in place for this. I am certain that small bits of waste amalgam and amalgam silt went down the sink and may well

have sat in the U bend and constantly been topped up with hot water. Perhaps it is still there! Large bits of amalgam were kept under water in a lidded glass jar.

In addition to all of this I would have been exposed to the gases from the general anaesthetics that were given to these patients. Often quite long due to the amount of work needed.

Previous to this job at the end of my training I worked in the hospital theatres. I really enjoyed this and was going to apply for a job there but & had to leave on advice of the dermatologist due to skin allergies erupting on my face & hands though I never knew then what it was I was allergic to. On leaving the theatres, the problem did seem to resolve.

In 1985 I became pregnant with my first baby. All seemed to be progressing well until at 16 weeks - just a few days before Christmas when a scan showed that the baby had died 8 weeks previously. I was devastated and it took me some time to get over the shock of believing myself to be pregnant for the second two months when in fact I wasn't.

I now believe that mercury played a part here both in the death of the foetus (possibly due to an abnormality) and due to my thyroid being affected causing my body to be inefficient in expelling a dead baby. I had to go to theatre for removal of retained products of conception.

It is interesting to note that at least two of my nursing colleagues who assisted in this department for holidays etc also suffered from miscarriages.

I also worked in another dental surgery on a casual basis for a couple of years. Here we did wear gloves and masks.

Over the next few years I did go on to have three apparently healthy daughters though I realise now that they have been affected in various ways.

My eldest, now 22 is at university and speaks fluent French. However she hardly slept even as a very young baby. She managed to work as a full time waitress doing very late hours at the same time as doing her college A levels which I feel is very unusual!. She was 5lb 13 oz and I remember the midwife saying the placenta was "gritty" & being a little puzzled.

My middle daughter now 20 was very ill with a severe cows milk intolerance. My own milk dried up at 4 months and I was forced to give her a bottle. Her rate of growth plummeted, she had a constant runny nose, was irritable and scrawny. We also had numerous foul nappies every day. She recovered on goats milk but remained extremely hyperactive. We had great difficulty with her at puberty – far more than what I consider to be normal. We had no help or support whatsoever with this as it was just put down as teenage behaviour. I now know it was more than that. She behaved compulsively and was often aggressive.

My youngest daughter is now 18. She has always had hearing problems. She had repeated ear infections from a baby. She had to have grommets put in her ears three times from age 7 to 15. Her constantly sick tonsils were finally removed (despite my

reluctance) at the age of 12. Her organisational skills were poor and so was her concentration. She suffers from IBS though her hearing seems to be ok now.

On a positive note, I am pleased to say that all children now appear well though I have my suspicions they will need testing and possible treatment later on. Fortunately they have no dental amalgam fillings.

In 1990 three things happened in my life. I had a car crash, a baby and 3 Hepatitis B immunisations.

After the first Hep B (just after I had unknowingly conceived) I became very ill with acute sinusitis. I have suffered with my sinuses ever since.

I then developed muscle and joint pain in my upper body but especially in both arms. My head felt foggy, I started getting severe vascular headaches, felt cold, irritable and constantly tired I have felt like this ever since but have also developed multiple allergies and sensitivities, electrosensitivity, food intolerances, ectopic heartbeats, low/falling blood pressure, dulled senses, irritable bowel, heavy menstrual bleeding with short cycle, dry & itchy skin and more.

In 1993 I gave up nursing because I could no longer cope with the demands of the job. Since then I have only worked part time in jobs are not too demanding both physically and mentally. I have to be very careful to pace myself. Obviously, this has meant a considerable loss of income.

I am now convinced that it was the mercury in these injections that had a devastating effect on an already weak immune system due to my previous contact with mercury. This would have been total overload.

Over the years, particularly the last eight, I have seen many specialists both within the health service and privately at great cost to ourselves. I have gained clues along the way, ruling out all other possibilities. All tests have shown nothing abnormal.

My diagnosis came from my osteopath at the time who was also a very experienced kinesiologist. He guaranteed that my health problems were due to mercury. I had my own fillings removed by a specialist dentist and chelation therapy. Finally last year, after 9 years of trying hard to get well, I am now noticing significant improvement in my health.

It is now my belief that I was sensitised to mercury prior to my even being born due to my own mother's mercury amalgam fillings. Any further contact with mercury (and other toxins) has accumulated in my body causing me to develop multiple sensitivities. This has affected my thyroid function and caused me to feel very unwell for many years.

Thank you for taking the time to read this.

Adrienne Obbard.