

SEPTEMBER IS CHIARI AWARENESS MONTH

What is/was your worst symptom?

As part of the Chiari 1000 we asked people what their worst symptom was prior to being diagnosed. Out of the 1,357 people who answered, not surprisingly, nearly half (48%) said headaches were the worst. And the descriptions were varied and colorful, such as *felt like someone was pounding the bottom of my skull with a baseball bat*. If you add in migraine type headaches (10%) it is over half of the Chiari patients who said some type of head pain was their worst symptom to deal with. Other top responses included General Pain (7%), Dizziness/Vertigo/Balance Issues (6%), Neck/Back Pain (5%), and Numbness/Tingling/Weakness in the Extremities (4%). Responses at 1% or less were extremely varied and included fatigue, seizures, eye problems, ear problems, cognitive issues, swallowing issues, developmental delays, and a very long list of others.