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# Implant Insanity

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Regina Nelson, Ph.D.

**ISBN:** 9798844626807

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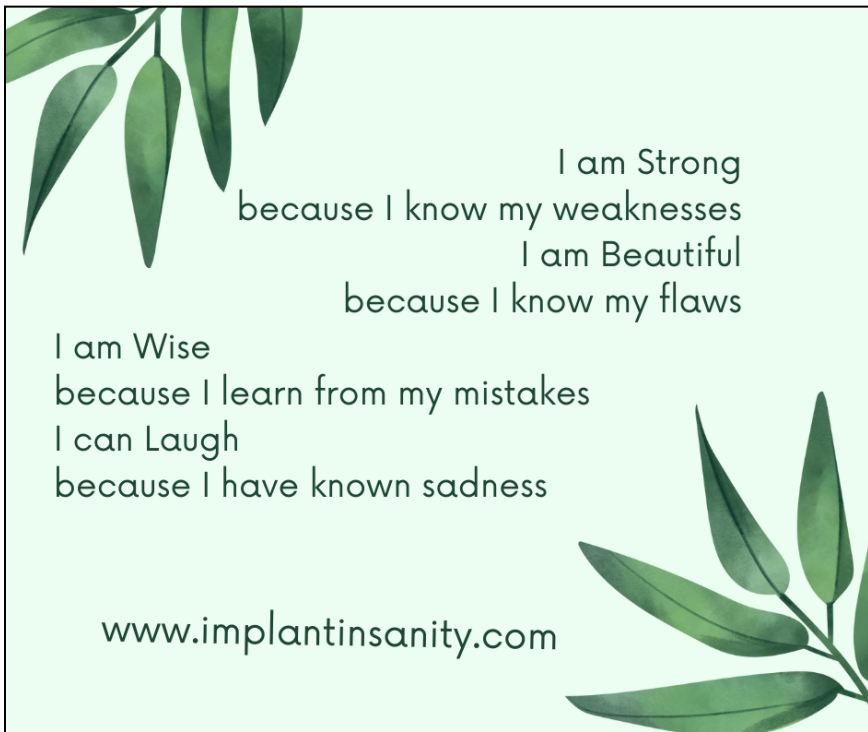
# Implant Insanity

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*Implant Insanity* is dedicated to:

My dear friends, Gretchen, Christy, April, and Maria,  
and all women in the BII/ASIA Sisterhood



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## Chapter Twelve: Maria's Story

By Maria Lappin

In May of 2013, I required surgery to remove suspected melanoma from the very tip of my nose; after a spot had been biopsied 3 times and continued to come back "abnormal." The surgery included a skin graft and removal of lymph nodes on both sides of my face (SLNB) to check for metastasis because of the depth of the lesion. After the initial healing I continued to have pain at or near the incisions.

During follow up appointments with the surgeon, I would tell him of the pain. He said it was probably scar tissue and to continue to massage the area. But the pain was immediate and never went away or reduced significantly. I began seeing a chiropractor/ kinesiologist that began teaching me why my back was blowing out 4-5 times a year and how to avoid it. It is a process...learning and then adapting to new tricks to protect your spine.

As he began to address my lower back problems, he described how it was actually my neck that was triggering the blowouts. He discovered that my jaw area, neck and shoulders were so tight that there was no way that my lower back could continue taking the brunt of all my standing, and therefore, I had the back blowouts. This is also why they happened like clockwork. I would go down for a couple weeks just to get right back behind the chair (hairstylist)

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and have it happen again. The Chiropractor described the muscles in my face as being in *constant spasm*. He also suggested that I must grind my teeth a lot. He would push on pressure points inside my mouth that would bring tears to my eyes but would provide some pain relief for a short time. There were multiple times that he would apply pressure to the outside of my face by my ears that would send me off the table in the sharpest most abrupt pain. Little did we know why at the time...

I made a dental appointment to inquire about my teeth and see about the wear and tear from me grinding at night. And I did this although I didn't think it happened and my husband said he had never noticed me grinding my teeth during the night. The Dentist said I had beautiful teeth for my age and said there was no sign whatsoever of teeth grinding! So that wasn't the answer.

Was I so stressed I'm constantly clenching my teeth? Was I eating or chewing more than normal? I definitely felt the charlie horses in my cheeks and was constantly touching my face and rubbing my neck for relief when I would have the slightest upset. But I wasn't sure what was actually happening.

Looking back I also dealt with severe congestion in my head, specifically my ears. It would get so bad that I could not drive during the summer because of how badly it threw off my equilibrium. I lived on allergy medicine and decongestants from the moment we would open the doors in the spring to the time we shut them in fall. But even with decongestants and antihistamines, the inflammation was so bad in my neck and head that my equilibrium was off. I didn't feel confident driving when I was constantly spinning, woosy, and trailing. I became a burden. Although I would work like crazy, between back blowouts, I could not drive most of the year. Winter time - easy breezy, but the rest of the year I had to rely on others.

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In the fall of 2017, just three years after that surgery, my husband and I were living in our garage due to a flood that turned into a construction nightmare! The construction began in early October and lasted through February. Living in the garage was as uncomfortable as you might imagine, given we reside in Michigan. It was a rough winter with little progress on the construction front. And the construction did not end because it was complete. It ended when we forced the construction company out of our home, after finding they had created a natural gas leak and allowed it to flow for more than 7 weeks.

While the construction was going on, my husband and I would meet each night around the dinner table. This was our time to catch up on the construction. I started to notice jaw pain during these conversations, as well as when I was on the phone with him or others throughout the day. I found myself reaching for my face even if I just thought about the day's events. As time went on, the pain in my jaw had become extreme.

This pain would migrate into the sides of my neck and down my back. When this was occurring, I could feel my blood pressure begin to rise. In fact, these two things happened almost simultaneously, so it was difficult for me to understand. Was my blood pressure creating the pain or was the pain causing my blood pressure to rise? Regardless of why it was happening, I would quickly get to the point that I would have to stop the conversation to deal with the pain and tension. My husband noticed this during our nightly meetings and became quite concerned.

The stress of the on-going construction project was taking its toll. By now, any time I spoke of the stressful construction situation, my face, neck, shoulders would hurt. My situation was chronic with the construction project going on for months and my pain doing the same. Many days my neck would become flaming red on both sides

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when I would speak of the stress coming from the construction woes.

As these symptoms began, sometimes walking away helped -- until one night when it did not. I could not relax my shoulders or relieve the pain in my neck or face. I could not even support my head without using my hands to hold it up. When I let go of my head and it tilted one way or the other, I was suddenly in excruciating pain.

Over time I had to hold my head up to support it more and more—even when I was laying down I had to prop it perfectly straight with pillows to avoid any tilt whatsoever – it had to be perfectly straight; otherwise, I was in excruciating pain.

My husband finally forced me to the hospital because he knew something was severely wrong. The x-rays and a CT scan (w/iodine contrast) found I had tendonitis of my Longus Colli muscle (long muscle of the neck). Of course, we do not know the exact cause of the “blow out” but the imaging also exposed **5 metal clips in and around my face.**

I had no clue these metal clips were placed by the surgeon that had removed the *suspected* melanoma from the tip of my nose as well as surrounding lymph nodes to rule out metastasis. Now it has been four years since this problem began - I doubted this was a coincidence.

I was able to get the tendinitis under control with the use of a neck brace, oral steroids, and the help of my Chiropractor. In addition to Chiropractic treatments, he recommended massages. The messages definitely helped alleviate the symptoms of unbalance. Thankfully I was able to trade services with a hair client that made this necessary treatment more affordable. It seemed like having twice a week treatments (increasing the frequency of massage) was key to a better quality of life for me. At first I saw her for my lower back but then I asked her to focus on my face (sinus areas), neck, and shoulders. This focused massage was very helpful. So much so that I

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was able to start regularly driving again. The constant manipulation of the area kept the muscles from being in a spasmic state for too long. It also facilitated the reduction of inflammation and kept the fluids moving, releasing the congestion.

Yet, the construction project stayed a constant stressor. When we finally found out about the gas leak and ended our relationship with the construction company, I at least had some acknowledgment that I was not just crazy. The gas leak had certainly contributed to the problems. It was unacceptable that my family and my clients (I was running an in-home beauty salon) had been put in danger. I was angry and frustrated.

Several months after the construction ended and life felt a bit more manageable, I made an appointment with the surgeon who had placed the five metal clips in my face. I wanted to find out more about these clips. This appointment took place in fall of 2018.

Between the time I made the appointment, and I had it, I did my own research and found that surgeons place titanium clips as a marker when they remove lymph nodes. This way if they ever need to go back in, they know where they have already been. Basically, they leave themselves a road map -- in your body.

When I met with the surgeon, I asked him to remove the clips because I believe they have been a trigger for my health issues – they are the only probable cause. Pain, inflammation, cramping, redness, and being painful to the touch are just a few of my complaints that the doctor immediately dismissed.

He said I probably had an autoimmune disease, and I should follow that route – go to another doctor for help. He also said that the clips were likely so embedded in scar tissue they would be impossible to remove without damaging facial nerves – possibly causing paralysis.

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Do you believe that placing titanium in the body is something that should be disclosed and discussed with the patient? I do. It should be the patients' decision on whether metal clips should be placed in the body "for future reference." But this did not happen in my case—and I now believe it rarely happens at all.

Keep in mind that these particular metal clips are different from those used to stop bleeding. These clips are not medically necessary—they are a convenience to the doctor should they need to remove more lymph nodes from your body.

At the end of this appointment, I implored the surgeon to warn his future patients of this practice because I felt deceived by the lack of disclosure. I also knew that I would not let this surgeon into my flesh again – we were not on the same page. I could not waste my time and money looking into autoimmune issues—after all, when a metal clip is left in the body it can create autoimmune symptoms that may or may not be true autoimmune disease. I had done my homework but my surgeon seemed clueless to the harm his work was causing me.

I went on about my life getting sidetracked by the details of the construction finale (by a new company) and dealing with my face as best I could. I tried to ignore and accept the clips were just a part of me. Then I had another biopsy (biopsied 2016, 18, 19, 20, 21).

I was told in 2021, by the oncologist that I do not have melanoma but that the 'abnormal' results should be treated like melanoma. This 'diagnosis' forced me back to the surgeon who put the metal clips in my face. Now he insists I need 4 surgeries. First, he wants to do a needle biopsy on the 8mm (about 0.31 in) mass that was discovered in my right parotid gland to rule out metastasis from my

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nose (that is not testing positive for melanoma or any cancer). He says if it is positive, (and he is sure it will be), he will remove my parotid and surrounding jawbone. The next surgery entails a forehead flap incision that would peel my face back (until basically it looks like an upside-down penis). Finally, he also states that he will not work up, address, or remove the metal clips. He says that I will have to seek out another surgeon if I want the clips removed. He states they are “standard surgical procedure,” therefore, he will not address the issue.

Before we ended our conversation, I asked him if he had changed his ways since our conversation in 2018. Had he been informing his other patients of the metal clips he chooses to leave behind? He responded, “absolutely not.” He said, “We leave clips in people all the time, no one ever has any problems.” Yet, there I am telling him they are causing me major problems. He was refusing to hear me.

So, I tried again. I asked him if he had any metal in his body and he said, “I do not.” So, while shaking my finger as if to scold a child, I proceeded to inform him:

**YOU CANNOT SIT THERE AND TELL ME THAT NO ONE HAS HAD ANY PROBLEMS BECAUSE I HAVE HAD MASSIVE PROBLEMS!** If you can not sit there and LISTEN to your patients, then you need to round out your professional career. Because in 2018, I begged you to change your practice, have a conversation, inform a patient, GET CONSENT! You cannot go around leaving metal in people's bodies that have trusted you to remove their cancer.

I was just livid!! Still am! But after multiple tests and surgeon appointments, I finally realized that my rehab was completely up to me. Me!

At this point, I do not have a solution for the metal clips, but I do understand my problem better. I believe that the physical stress



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level in and around my neck and jaw area are in a constant reactive state because of the foreign objects in the nearby tissues. When my stress goes up my physical state is affected as much as my mental state. This is what made my neck muscle “blow out” -- stress and anxiety. I have begun focusing on my health a great deal more. I began an extreme detox program on December 22, 2020, after seven months of not being able to physically care for myself due to my final back blowout.

I began drinking celery juice on an empty stomach first thing in the morning. 4oz of that green juice allowed me to forego my crutch that very first day...and my inflammation started to decrease immediately. I quickly titrated up to 32oz while eliminating everything I consumed that could lead to inflammation. Soon I could shower and change my own clothes without help.

Little did I know that I was starting to detox the heavy metals that led to the inflammation in my body. I proceeded to detox and incorporated different juices and smoothies to facilitate my goal. By August of 2021 I had lost 70lbs, going from a size 18 all the way down to a size 4!!!! Hell! I had never EVER seen an 8 in my life let alone a size 4!

Though my health is improving, I can feel the metal clips inside my face and neck. They hurt when they are touched. Even while typing on this story, I can feel them cramping and pinching my inner tissues. They are distracting and keep me focused on the pain they constantly cause. I want them out. I believe that lessening the toxic load would help. But I am not thrilled about the forehead flap surgery option. And I will seek out another surgeon before returning to the one who caused harm. I continue to pray with every gram of cannabis oil I eat that the forehead flap surgery is not my destination.