

Forces

Volume 2023

Article 36

4-10-2023

Frozen Heart

Jayna Burch

Follow this and additional works at: <https://digitalcommons.collin.edu/forces>

Recommended Citation

Burch, Jayna (2023) "Frozen Heart," *Forces*: Vol. 2023, Article 36.

Available at: <https://digitalcommons.collin.edu/forces/vol2023/iss1/36>

This Photograph is brought to you for free and open access by DigitalCommons@Collin. It has been accepted for inclusion in Forces by an authorized editor of DigitalCommons@Collin. For more information, please contact mtomlin@collin.edu.

Eventually, I came across an article about something called, “Meige syndrome.” For the first time, I felt like I was reading about myself. Finally, I had a name for what I had been experiencing for what, in retrospect, seemed to be my whole life. Upon reading further, it seemed that I had an incredibly rare presentation of this already rare disorder; therefore, my journey from here on out would not be a simple one.

Step Five: Start treating yourself like a case study.

With this newfound information in hand, I made an appointment with a neurologist. During the months in which I waited for an initial evaluation, I began regularly filming my symptoms. In the few previous videos I had taken of my “tics,” I was laughing at myself and at the absurdity of the situation. In these, however, I was sometimes calm and casual, but never laughing. Some were taken after my symptoms had kept me awake and constantly fighting to breathe for all hours of the night, my hair greasy and eyes puffy. In a few videos, I broke down crying. During this time, it felt like my symptoms would never stop worsening. I felt like I was going to die, and never had I wanted to live so badly.

I had an incredibly
rare presentation of this
already rare disorder;
therefore, my journey
from here on out
would not be a simple one.



Frozen Heart
Jayna Burch