



## Living with Costochondritis: How I Learned to Control Costochondritis/ Tietze s Syndrome and Live a Healthy Life (Paperback)

By S Fitzgerald

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Costochondritis is a rare condition that I have which began in July, 2015. The condition is a result from having pneumonia in which the severe coughing created an ongoing cycle of inflammation in the chondrosternal joints (which are the joint that connect the ribs to the sternum in the middle of the chest). Costochondritis is very painful and is situated dangerously close to the heart which is very worrisome and stressful. To make matters worse, I was misdiagnosed several times and it took eight months and multiple tests before I knew what I had. This might sound unusual to not get answers but it s not, I hear these same stories every day. My book will seek to do two things: First, it will explain the condition and its symptoms, treatments, procedures and medication often prescribed. This part will be based on the top medical advisory sources such as the Mayo Clinic and American Family Physician, WebMD amongst others. Second, the book will examine what has and hasn t worked for me. I am not a medical doctor, but I...

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