

Suzanna Newell - walker

My name is Suzanna Newell. I live in Saint Paul with my husband and 2 teenage children. **On April 13th** I very willingly followed the recommendation of the CDC and received my second Pfizer shot. At that point, my whole life changed. I am currently on disability, but I work in Corporate Social Responsibility. I was previously active long-distance biker and triathlete. I had no known underlying health conditions and live a healthy lifestyle. I was used to a high energy, highly motivated lifestyle. I loved keeping my body and mind strong and disciplined.

Since I became injured, I have zero motivation or energy and am in a constant state of extreme fatigue. I struggle to retrieve words and to remember things. I can't concentrate and focus, as my brain is in a constant fog that I am aimlessly wandering through. This is torture. I developed a rash on my forehead. I constantly hear loud ringing in my ears. My once strong body constantly aches. I have no relief from the pain in my joints. It is like I aged 40 years overnight. I am intermittently dizzy, my vision is blurry, my right pupil is not dilating properly, my right leg has extreme burning pain. I also get muscle spasms and twitches, and I have internal vibrations.

I am now a frequent flyer at doctor with very few answers and many painful tests. I see a Neurologist, Rheumatologist, Cardiologist, Gynecologist, Neuro Ophthalmologist and Physical Therapist among others. Most are overworked and are unaware that this condition is possible, so each visit I fight to be believed and not written off as anxious. After 2 nights in the hospital at the Mayo Clinic and several follow up appointments, my Mayo Clinic Rheumatologist told me "There is no Plan B, so I guess this is arrivederci, which, for those of you who don't know, is a nice way of saying goodbye." I would think they would be most interested in my case.

It has been more than 6 months and most symptoms are worse, not better. I have been diagnosed with SFN and an autoimmune disease, but getting to these diagnoses was a struggle, again as this is relatively new and unheard of in the medical community. I have a strong support network and a savings account I can use to lean on. However, I am concerned for those who don't.

This is not a pandemic of the unvaccinated, this is a pandemic of trauma. We are unnecessarily traumatized due to our cases being overlooked, misdiagnosed, or hidden. We aren't being believed and our faith in the media and the government is faltering. We are now being mandated to do something to our bodies that we know can cause problems. We think, at minimum, the public has the right to know this is a possibility, before they make their choice to be vaccinated. Mandates will not stop covid, it will just continue the divide and cause feelings of anxiety. People naturally will fight, flight, or freeze when feeling threatened.

I wasn't afraid of the shot when I received it. I was excited to do my part for my country, but where it my country now that I am injured. I would recommend that instead of what is currently being done that a safety net for the vaccine injured be established. We also need to protect our children with transparency of the true medical impacts of the vaccine. There needs to be accountability, as well, for those who stand to profit from keeping these injuries hidden.