

“Even doctors get overlooked.”

Part 1: The "Invisible" Struggle

I am a doctor. I was trained to recognize disease, follow protocols, and trust evidence. I know the medical textbooks. I know the guidelines.

But when I was the one sitting on the exam table, none of that mattered.

For a long time, my life was dictated by my cycle. Every month brought a crushing wave of exhaustion, severe mood swings, and physical pain. I did what any responsible patient does and what I would advise my own patients to do: I went to the doctor. But instead of answers, I was met with dismissal. I was told, “*It’s normal.*” I was told that as long as my cycle was within 30 days, pain was simply part of the package.

Because I was told it was normal, I started to believe the problem was me. When the exhaustion and hormonal shifts led to mental breakdowns, I thought I was just failing to cope. I didn’t realize that those emotional crashes were actually clinical symptoms of an underlying physical disease.

Part 2: The Turning Point

The breaking point wasn’t subtle. It happened while I was physically jumping at a trampoline park, where I had gone simply to hang out and enjoy time with my friends, an ordinary moment of normal life that suddenly triggered a catastrophe. The pain was immediate and blinding.

I ended up in the emergency room. This time, it couldn’t be dismissed. I needed laparoscopic surgery. The diagnosis was undeniable: **a ruptured endometriotic cyst.**

The pain I had been told was “normal” was actually disease. The mood swings weren’t “just stress”; they were hormonal signals of a condition that had been overlooked.

The diagnosis didn’t just bring relief, it brought clarity. Looking back, every symptom made sense. The signs had been there all along, quietly escalating while being labeled as “normal.”

That realization stayed with me.

Because once you understand how long a disease can hide behind reassurance, you start to see the bigger problem. This wasn’t just about my experience. It was about how easily pain is minimized, even when the evidence is there.

That is why I am sharing this story.

Part 3: The Solution & Call to Action

I am sharing this story because I have a unique perspective: I am a doctor, and even I was overlooked.

My training didn’t protect me from being dismissed. And that matters because it means this isn’t about knowledge, confidence, or how well you explain your pain. It’s about a system that too often normalizes suffering.

If this happened to me, it can happen to anyone.

So if you’ve been told your pain is “normal,” if your symptoms have been minimized or brushed aside, I want you to hear this clearly: **you are not imagining it, and you are not being difficult.**

Your body communicates in patterns. Pain, exhaustion, and emotional crashes are not weaknesses. They are signals. Signals worth listening to. Signals worth investigating.

Keep asking questions.

Seek another opinion when something doesn't feel right.

And never accept reassurance as a substitute for answers.

This story is not just mine.

It is for every patient who was taught to endure instead of be heard.

You deserve care that listens.

You deserve answers.