

# I'VE GOT A CASE OF THE "COBALT BLUES"

We've all been down and had the "blues" at some point or another in our lives - some of us more than others. On top of depression, which I suffer from, I'm also suffering from something I've decided to coin, the "**Cobalt Blues.**" For those who don't know, Cobalt is a chemical element found in the Earth's crust. It is primarily used in lithium-ion batteries and in the manufacture of magnetic, wear-resistant, and high-strength alloys. It can add a distinctive deep blue color to glass, ceramics, inks, paints, and varnishes. A **cobalt bomb** is a nuclear weapon designed to produce enhanced amounts of radioactive fallout intended to contaminate a large area with radioactive material.

However, did you know that this metal is found in our bodies in trace amounts? This is normal. However, in my case, I don't have trace amounts of it; I have **highly toxic and poisonous levels** in my body! Why do you ask?

Well, In 2001, I was fitted with a **metal-on-metal hip**

**implant** which was supposed to last me my whole life. These implants began



failing by the thousands, and there are currently several class action lawsuits in the U.S. against various manufacturers. **Mine has been leaching high levels of Cobalt and Chromium into my body since 2015, disastrously affecting my health.** The metal-on-metal components trigger a reaction that releases metal particles into the body through friction. The release of metal into the body can result in metallosis, which is metal poisoning. I am working with a Montreal law firm willing to take on my case and sue the manufacturer for damages. My most recent levels are below:

**My Cobalt = 160 - should be between 2.6 and 6.8**

**My Chromium = 59 - should be between 7.0 and 19.0**

As you can see, these results are well outside of what is considered "normal." In 2015, I had already begun to experience some of the symptoms associated with Cobalt poisoning.

I did not realize to what degree this toxicity was affecting my body and mind until a friend suggested I watch "**The Bleeding Edge**", a Netflix documentary.

This film **exposes the truth behind the medical device industry.** It's disgusting. The film also talks about other types of implants; some are used to treat women with incontinence, and others to prevent pregnancies. They too turned out to be a disaster.

The film interviews an orthopedic surgeon who underwent hip replacement surgery and received an implant similar to mine. The effects it had on his health, especially his mental health, were unbelievable. **He literally went out of his mind**

- **something I now realize happened to me.** The surgeon trashed an entire hotel room in a fit of uncontrolled rage! I, too, like the surgeon, suffered from erratic behaviour. I'm not a violent person; I'm a pacifist, so this was totally out of character for me.

**This implant has ruined my life.** People in my circle don't really get it when I try to explain just how sick I am - because I don't look sick. I hope this documentary will help shed light on this.

Cobalt toxicity is likely the **root cause** of all of my most recent syndromes and comorbidities, such as *Anxiety, Auditory impairment, Cardiomyopathy (heart problems), Cognitive impairment, Depression and other mental health conditions, Peripheral neuropathy, Gastrointestinal issues, Heart irregularities, Irritability, Kidney problems, Poor memory, and mental fogginess, Shortness of breath, Skin rashes, Thyroid problems, Tinnitus, Tremors, and Vertigo.* This has robbed me of precious years of my life. I can't work because of this. I'm living off of savings at the moment, which are running out fast.

So, after seven years of monitoring my levels, my new surgeon and I decided it was high time the implant came out.

**I am scheduled to have the surgery done by the end of November!** All of this has materialized almost overnight. On a related note, I just had reconstructive eyelid surgery done on October 24th - OMG! I cannot begin to describe the discomfort and pain I went through. Truly one of the hardest recoveries I've been through. This was done to help relieve dry eyes caused by Sjögren's Syndrome. My lower eyelids were too low (born that way), which affected how the lids touched each other while

blinking. The blinking triggers secretions (who knew?). A piece of your palette is inserted into a slit on the inside of the lid, acting like a spacer, thus raising the lower lid. The pain in the mouth was worse than in the eye!



The toll this hip implant has taken on my health and my life is immeasurable. Because many of us living here have hip implants, I felt I should share my story! If you, or someone you know, has a **metal-on-metal hip implant** and experiencing the symptoms I have described, I urge you to consult with your surgeon to discuss your options.

**Written by Patrick Franc**



**SONG OF THE MONTH "Blue Eyes Crying In The Rain" by Willie Nelson** - [https://bit.ly/blue\\_eyes\\_crying](https://bit.ly/blue_eyes_crying)

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