

Forum:[Hack Forums](#)

Thread: [Injuries and Losing My Mind](#)

Omniscient - March 9, 2016, 3:49 pm

Only posting this because it does effect HF support response time and support quality. I figured to be up-front about what I am dealing with.

1. I have a sty in my eye that's effected how well I can see. Sometimes I get a headache after just an hour or two of being online and HF requires a lot more time than that.

2. I have a double inguinal hernia. This is likely caused by my rigorous workout activity and kickboxing. Was small a year ago but has become larger and I am considering surgery. Right now it's mainly cosmetic in nature but could easily become a medical emergency. You can do some Wiki searching for more info on the type of hernia I have. Still deciding if and when I will have surgery. Not an easy decision considering I've never had a surgery.

3. I have Morton's Neuroma. This is from a water skiing accident I had a couple years ago now. The accident hurt my legs really badly and I was limping for weeks. That limp caused me to have nerve pain and eventually more permanent damage. I wear special shoes now but generally speaking my feet are almost always in pain. I had a steroid shot yesterday which goes directly into the nerve of the foot and it hurt like hell. It could potentially permanently fix the foot or it might return to being painful in a few weeks or months. I may require surgery for this to be correctly fixed. Doing all I can to avoid that option but it is on table.

4. I somehow injured me knee, not sure how or when. Likely it was kickboxing but last week it began to feel a bit sore then in a couple day it swole up. Yesterday I had it drained by the doctor. They pulled 90ml of liquid directly out of the knee and I need an MRI done to figure out what type of injury I actually have. Could be overuse but could also be something torn.

So I'm 46 and basically falling apart. Oddly I feel pretty good internally and with energy but unfortunately mentally feeling like this is taking toll on me.

One side-effect of a steroid shot is rage fits.

<http://www.steadyhealth.com/topics/emotional-effects-of-cortisone-injections>

Feel like I'm losing my cool today a lot easier than I have in the past. Then in 15 minutes I'm calm again.

Not sure how long till all these health issues past. It is what it is.

Egregious - March 9, 2016, 3:50 pm

Thanks for the update. Hope you feel better soon. Best of luck with your recovery.

EDIT: First time surgery is always a tough decision, but it's better to do it sooner than later. The older you get, the longer it will take for you to heal and recover.

J?son - March 9, 2016, 3:51 pm

Sorry to hear this! Hope you get well soon!

Lrrr - March 9, 2016, 3:53 pm

Thank you for remaining transparent with the community, hope you turn this around quickly for your own sanity and health!

Flaxpicker - March 9, 2016, 3:53 pm

Don't worry Omni

I can fill in as an Admin of HF while you recover.

Jamieeeee121 - March 9, 2016, 3:54 pm

Hope your okay Omni! Get well soon dude.

grady - March 9, 2016, 3:56 pm

If you haven't or don't regularly go to a chiropractor, try it out once. I know some people see it as a load of shit but I always love it, feels fantastic afterwards.

Trapology - March 9, 2016, 3:56 pm

Good luck with your surgery if you decide to do it.

Knucklez. - March 9, 2016, 3:56 pm

Life can really throw a good curveball sometimes. Hoping you can avoid as many surgeries as possible. Take care.

haydrazs - March 9, 2016, 3:56 pm

I pulled my back and neck this week and im more than half your age ;x

Fleckens - March 9, 2016, 3:57 pm

Let's hope all of this will go over.

Ravent - March 9, 2016, 3:58 pm

very sad to listen that, hope this forum remain forever!

minimalist - March 9, 2016, 4:00 pm

(Mar 9, 2016 04:49 PM)Omniscient Wrote: [CITE](#) 4. I somehow injured my knee, not sure how or when. Likely it was kickboxing but last week it began to feel a bit sore then in a couple days it swelled up. Yesterday I had it drained by the doctor. They pulled 90ml of liquid directly out of the knee and I need an MRI done to figure out what type of injury I actually have. Could be overuse but could also be something torn.

Sounds disgusting lol, good luck with overstepping such a shitty situation Omniscient.

Spyro The Dragon - March 9, 2016, 4:02 pm

What's stopping you from getting surgery? Is it fear or just the recovery time?

Obviously I'm just some random 18 year old so I know nothing about what it's like to be in your 40's with all of these issues, but if the only thing holding you back from getting the surgery is fear then go for it, but if it's due to medical complications it's a different matter

Don't worry about the rage fits, this forum is pretty fucking rage inducing - and people know you as the firm but fair owner, so don't feel like you're coming across as an angry old man

Funtage - March 9, 2016, 4:03 pm

it's always in the last place you look

DARPA - March 9, 2016, 4:09 pm

Fuck bro, that sucks. Fuck it all. So many bullshit to deal with. If this is a rage thread I'm complaining as well. I have to mow the lawn and I have a headache as well. Mrs just nag nag nag. And dude steroids ? Holy fuck cakes. If you wake up after turning green like the Incredible Hulk well who's gonna by phpmyadmin? Who???

Kosmos - March 9, 2016, 4:09 pm

Good luck Omni. Nothing they can't do to fix you up. You may be falling apart, but they'll still try their damn best to patch you up.

Omniscient - March 9, 2016, 4:13 pm

Quote:What's stopping you from getting surgery? Is it fear or just the recovery time?

Do you mean the hernias? Well, you are always at a risk when doing surgery. There is a 5% chance of persistent pain from the operation. There is a 20% chance of recurrence (that it comes back). Also I'm currently not under any pain from it. However there is risk that it will get bigger or cause other problems. Recovery time is about 2-3 weeks but likely I'd be unable to workout for 4-6 weeks in total.

Quote: but if the only thing holding you back from getting the surgery is fear
Not afraid in the way you mean like I'm afraid to get a surgery. I'm more concerned about the risk factors involved.

Spyro The Dragon - March 9, 2016, 4:15 pm

(Mar 9, 2016 05:13 PM)Omniscient Wrote: [\[CITE\]](#) Do you mean the hernias? Well, you are always at a risk when doing surgery. There is a 5% chance of persistent pain from the operation. There is a 20% chance of recurrence (that it comes back). Also I'm currently not under any pain from it. However there is risk that it will get bigger or cause other problems. Recovery time is about 2-3 weeks but likely I'd be unable to workout for 4-6 weeks in total.

Not afraid in the way you mean like I'm afraid to get a surgery. I'm more concerned about the risk factors involved.

Ah, thanks for clearing that up for me.

I suppose if it's not giving you any pain at the moment then leaving it may not be as bad, but do you know how likely it is that it'll get bigger and cause other problems? If we're talking 50%+ then that's a different story, but if the chance is small then there's not much point in putting yourself through the recovery and having an operation so early on.

EDIT: If you were to have surgery, would it be open surgery or keyhole surgery? I'm reading up on it now.

Doxicity - March 9, 2016, 4:17 pm

You need to go to one of those Asian massage parlors, get a massage and a happy ending.

Kosmos - March 9, 2016, 4:17 pm

(Mar 9, 2016 05:13 PM)Omniscient Wrote: [\[CITE\]](#) Do you mean the hernias? Well, you are always at a risk when doing surgery. There is a 5% chance of persistent pain from the operation. There is a 20% chance of recurrence (that it comes back). Also I'm currently not under any pain from it. However there is risk that it will get bigger or cause other problems. Recovery time is about 2-3 weeks but likely I'd be unable to workout for 4-6 weeks in total.

Not afraid in the way you mean like I'm afraid to get a surgery. I'm more concerned about the risk factors involved.

Laparoscopic surgery on those types of hernias have the quickest recovery rate. Recurrence is really one of the only things you have to worry about, and it's a quick and easy surgery to do. The majority of the risk factors have less than a 2% chance of happening. I think it's better to get it fixed now before it's any bigger, as it may cause even more chances of recurrence.

Omniscient - March 9, 2016, 4:21 pm

My surgeon says it's a minimal surgery. He makes 3 small incisions and they use mesh.

Moeseph - March 9, 2016, 4:21 pm

Hernia's aren't too hard to get rid of nowadays, people have the surgeries and leave the same day.

Flaxpicker - March 9, 2016, 4:22 pm

(Mar 9, 2016 05:13 PM)Omniscient Wrote: [\[CITE\]](#) Not afraid in the way you mean like I'm afraid to get a surgery. I'm more concerned about the risk factors involved.

It's still better to get surgery and resolve it than have it become more of a problem. Not sure how different a Hernia surgery compared to Appendicitis, but when I had mine, I was walking within a week

Kosmos - March 9, 2016, 4:22 pm

(Mar 9, 2016 05:21 PM)Omniscient Wrote: [\[CITE\]](#) My surgeon says it's a minimal surgery. He makes 3 small incisions and they use mesh.

That does not sound bad at all. Plus, the risks of not having the operation definitely outweigh those that come with the operation.

<https://www.facs.org/~media/files/education/patient%20ed/hernrep.ashx>

It's a good read and a pamphlet you've probably received, or a similar one.

Cibor - March 9, 2016, 4:23 pm

It's better to do it before the problem becomes too big and dangerous

Armada - March 9, 2016, 4:23 pm

Damn sorry to hear.

Always take your health as a first consideration.

I have within the past year noticed my knees hurting a whole lot, have spoken with my physicians and they agree it was likely from strain caused from former service. Cant stay young forever man, just gotta keep on top of it all.

Omniscient - March 9, 2016, 4:24 pm

Let's just say my primary doctor seemed against surgery. The surgeon didn't make it sound like a big deal whether I do it or not and when I do it. Seemed no rush at all. It could be twenty years before it's at a size I would require an operation vs trying to be preemptive for something that might never come.

Spyro The Dragon - March 9, 2016, 4:25 pm

(Mar 9, 2016 05:21 PM)Omniscient Wrote: [\[CITE\]](#) My surgeon says it's a minimal surgery. He makes 3 small incisions and they use mesh.

I think that's laparoscopic surgery then - reading some statistics, it says that up to 10% of hernias come back at some point after surgery, and around 2-4% come back within 3 years, which doesn't seem too bad

Not too sure on how the health care system works over in America, would you have to pay for the surgery? and if so, how much would it cost? I'm curious.

DARPA - March 9, 2016, 4:26 pm

Yoga stretching fixes sciatica and hernia. Literally.

Tostig - March 9, 2016, 4:27 pm

You probably think it's bullshit (so do I to be honest) but my mom swears by acupuncture. Could be placebo, but maybe you should check it out.

Spyro The Dragon - March 9, 2016, 4:28 pm

(Mar 9, 2016 05:27 PM)Viktor Wrote: [\[CITE\]](#) You probably think it's bullshit (so do I to be honest) but my mom swears by acupuncture. Could be placebo, but maybe you should check it out.

My mom has had acupuncture and botox in her bladder and she swears by it too. Is that an option for hernias though?

(Mar 9, 2016 05:26 PM)B3A5TM0D3 Wrote: [\[CITE\]](#) Yoga stretching fixes sciatica and hernia. Literally.

I don't know why but the image of Omni doing yoga reminds me of this mission on GTA V:

Spoiler ([Click to View](#))

[img]http://orcz.com/images/thumb/a/a7/GTA5mountainpose.jpg/400px-GTA5mountainpose.jpg[/img]

Hexalogy - March 9, 2016, 4:36 pm

Just take a vacation have someone you trust to look over the site and chill back and relax with your wife and kids (If you have any) Just take a break man. Fuck HF for a week or 2 and enjoy yourself. You made HF and you've stayed with it since the day your started.

Omniscient - March 9, 2016, 4:40 pm

(Mar 9, 2016 05:36 PM)CredX Wrote: [\[CITE\]](#) Just take a vacation have someone you trust to look over the site and chill back and relax with your wife and kids (If you have any) Just take a break man. Fuck HF for a week or 2 and enjoy yourself. You made HF and you've stayed with it since the day your started.

I'd say three days is the longest in about 8 years that I've been able to not login and do work.

Spyro The Dragon - March 9, 2016, 4:41 pm

(Mar 9, 2016 05:40 PM)Omniscient Wrote: [\[CITE\]](#) I'd say three days is the longest in about 8 years that I've been able to not login and do work.

Do you have the things in place that would allow you to spend longer away from the site?

Armada - March 9, 2016, 4:46 pm

(Mar 9, 2016 05:40 PM)Omniscient Wrote: [\[CITE\]](#) I'd say three days is the longest in about 8 years that I've been able to not login and do work.

Down side to managing virtually everything on ones own.

Honestly though, health permitting, take a weeks vacation or something. Use that vacation ban feature, heh.

Flaxpicker - March 9, 2016, 4:49 pm

(Mar 9, 2016 05:40 PM)Omniscient Wrote: [\[CITE\]](#) I'd say three days is the longest in about 8 years that I've been able to not login and do work.

Automate sticky process and you should be able to take a longer vacation lol

Hopsin - March 9, 2016, 4:54 pm

I hope you recover soon from those health conditions you have omniscient. Take care yourself and relax, HF members will understand if you want to absent few days.

Have a nice day.

Omniscient - March 9, 2016, 4:54 pm

(Mar 9, 2016 05:49 PM)Arrow Wrote: [\[CITE\]](#) Automate sticky process and you should be able to take a longer vacation lol

Yes. That's basically the last thing requiring my daily attention. About 60% done coding the process.

Blazin - March 9, 2016, 4:56 pm

Well this really sucks Omni.

Hopefully it don't take long for you to recover. Take it day by day.

12Chainz - March 9, 2016, 4:57 pm

(Mar 9, 2016 05:54 PM)Omniscient Wrote: [\[CITE\]](#) Yes. That's basically the last thing requiring my daily attention. About 60% done coding the process.

Get it done and leave the forum in the hands of the other admins/staff while your gone. Wear and tear starts to wear and tear at you, especially at 46. Best of luck with your health omni.

Armada - March 9, 2016, 4:57 pm

(Mar 9, 2016 05:49 PM)Arrow Wrote: [\[CITE\]](#) Automate sticky process and you should be able to take a longer vacation lol

Thats got to be one of the best suggestions I have heard in 5 years. heh

Nakamoto. - March 9, 2016, 4:59 pm

I hope you get to feeling better, I don't know what those injuries are like. They sound painful though and I wish you the best with them.

SeraphsEmbrace - March 9, 2016, 5:00 pm

Feel better lad.

Sounds like you're going a little hard in the kickboxing.

Fight me for charity omni I'm a skinny italian i'll take you boopity boppity

Morty - March 9, 2016, 5:02 pm

i had surgery on a hernia for exactly the same reason. It was purely cosmetic and it was worth it for the mental repercussions of feeling "whole" once again. You seem to have alot more shit going on than i did but i recommend the surgery man.. its not hard to recover from and it wasn't too expensive.

SubGenius - March 9, 2016, 5:03 pm

RIP omniscient u old horse now.

Raf Simons - March 9, 2016, 5:07 pm

My best recommendation would be to step away from Hack Forums for a while. The forum won't fall apart while you're gone and it'll do wonders for your health.

Dealing with large amounts of stupidity and redundancy on a daily basis can't be good for you and your personal health is more important than anything or anyone on this forum, so make sure you prioritize it.

Caliban - March 9, 2016, 5:08 pm

Health is a top priority in life, i hope you manage to fix your injuries. Also be cautious of potential exercises/workouts/hobbies that have a high injury risk. Kickboxing is a sport with quite a high injury

rate, maybe switch to something safer

Heart of Kings - March 9, 2016, 5:11 pm

I hope everything turns out as you want it to. But thanks for sharing and keep us updated. I'm sure everything will turn out okay.

Cammy - March 9, 2016, 5:12 pm

You shouldnt sacrifice your wellbeing for the benefit of HF
Get well soon

Omniscient - March 9, 2016, 5:14 pm

Quote:You seem to have alot more shit going on than i did but i recommend the surgery man.
If the MRI on my knee shows that I have to take a couple months off from working out I will likely elect to do the surgery during that time. At least that's what I've been thinking.

iDuL - March 9, 2016, 5:17 pm

Well Omni, it's only been almost 10 years that you've been running this site. Eventually you'll have to slow it all down, like it or not. Still, you're the admin we all wish we were. Keep your head held high, you have an entire community backing you up here.

Stay strong, soldier.

Bluffer - March 9, 2016, 5:18 pm

Damn that sounds pretty fucked up, good luck with your recovery.

Heart of Kings - March 9, 2016, 5:18 pm

(Mar 9, 2016 06:14 PM)Omniscient Wrote: [\[CITE\]](#) If the MRI on my knee shows that I have to take a couple months off from working out I will likely elect to do the surgery during that time. At least that's what I've been thinking.I agree with this decision. But if your knee turns out fine are you still going to elect to do the surgery? I think you should but it's your body and your choice.

Acceptable - March 9, 2016, 5:21 pm

(Mar 9, 2016 06:14 PM)Omniscient Wrote: [\[CITE\]](#) If the MRI on my knee shows that I have to take a couple months off from working out I will likely elect to do the surgery during that time. At least that's what I've been thinking.

Well if this is true then it's probably alright, in the websites favorm since we have staff. Although i wish you a speedy recovery and hope all is well for you.

You also mentioned you not able to take your mind off of this site. I suggest you go somewhere away from a computer. Take a trip somewhere it can help ease you.

Good Luck Omniscient.

?

Allison Argent - March 9, 2016, 5:33 pm

You should honestly take a small vacation or rest for a bit with the family.

Honestly hope you feel a lot better soon. :blackhat

Night Fury - March 9, 2016, 5:40 pm

(Mar 9, 2016 05:40 PM)Omniscient Wrote: [\[CITE\]](#) I'd say three days is the longest in about 8 years that I've been able to not login and do work.

I'm very surprised that you've only taken off that long. My thinking was that an admin like F8 would have allowed you to spend more time away from the site.

Your work here must truly be a labor of love.

Funtage - March 9, 2016, 5:43 pm

some people just enjoy what they do

Ravent - March 9, 2016, 5:55 pm

(Mar 9, 2016 06:43 PM)Funtage Wrote: [\[CITE\]](#) some people just enjoy what they do
I loved to quote your cute comment <3

AC3 - March 9, 2016, 6:00 pm

Sorry to hear about this Omni. I'm glad that you're treating surgery as a last resort. Too many people view surgery as some kind of cure-all when, in reality, it can cause more problems than it solves (or it may not solve anything at all). I suffer from nerve pain too. Peripheral neuropathy to be exact; at times it felt like my entire body was on fire. And I had surgery done to help ease the pain. Well, the surgery made it worse. Fortunately I found a homeopathic doctor who gave me some supplements to support nerve health. I thought it was all bullshit, but after a few months of taking the supplements, most of the pain is gone with only some remaining in my feet. What a Godsend that has been. I'm glad that you're first trying other options. Maybe you'll find something that works for you.

However, the surgery for your hernias may be well worth the risk. I don't take any chances when it comes to hernias. I hope everything works out for you, but only time will tell at this point.

Omniscient - March 9, 2016, 6:05 pm

(Mar 9, 2016 07:00 PM)Orygami Wrote: [\[CITE\]](#) Sorry to hear about this Omni. I'm glad that you're treating surgery as a last resort. Too many people view surgery as some kind of cure-all when, in reality, it can cause more problems than it solves (or it may not solve anything at all). I suffer from nerve pain too. Peripheral neuropathy to be exact; at times it felt like my entire body was on fire. And I had surgery done to help ease the pain. Well, the surgery made it worse. Fortunately I found a homeopathic doctor who gave me some supplements to support nerve health. I thought it was all bullshit, but after a few months of taking the supplements, most of the pain is gone with only some remaining in my feet. What a Godsend that has been. I'm glad that you're first trying other options. Maybe you'll find something that works for you.

However, the surgery for your hernias may be well worth the risk. I don't take any chances when it comes to hernias.

Surgery is often taken too lightly. You never know how your body will react to a procedure and there is a serious risk being taken. So that has to be considered. One of the big questions for myself is will I be able to live and function as I am without the surgery or will surgery increase my quality of life enough to be worth the risk. For the hernia it's really not worth it at this point. That could change in a few months or maybe years but I am not going to rush into having my body cut open and mesh attached to my bone unless indeed I require it for more than aesthetic reasons.

Ambien - March 9, 2016, 6:07 pm

:/ I hope everything turns out good, a little break will help, bless up.

Half - March 9, 2016, 6:11 pm

Take a week's vacation and make some more shag to shic videos.

???? - March 9, 2016, 6:11 pm

Honestly, take whatever time you need. Sure HF is a lot of work, probably a lot more than we can imagine. However, you have selected each and every staff member carefully and individually. Have a little faith in them and take the time you need to recover. You deserve it man.

Kuso - March 9, 2016, 6:44 pm

I hope you get better. I'm always grateful for everything you put up with, your hard work, and how honest you are on this forum.

Ironic since I used to think you were a mean owner lol.

It helps me knowing why some responses are a bit slow. Again, get well Omni.

Morty - March 9, 2016, 6:51 pm

(Mar 9, 2016 06:14 PM)Omniscient Wrote: [\[CITE\]](#) If the MRI on my knee shows that I have to take a couple months off from working out I will likely elect to do the surgery during that time. At least that's what I've been thinking.

sounds like a good plan. Don't let small things like this get you down though. Everyone ages, the challenge is to be humble and graceful through it. good luck with everything and enjoy the time off Omni!

EDIT: also i think you have a jaded opinion on optional surgery. The knee surgery would be a long recovery time... but the hernia is literally a day surgery.. like you go in there in the morning and you're out there by afternoon. And it's pretty much Fully healed by a week later. I think if you want to feel "whole" its not as risky as you think it is and would be worth it (so long as money isn't an issue)

tim - March 9, 2016, 7:01 pm

Get well soon. You have my luck.

Zesh - March 9, 2016, 7:36 pm

Sucks to hear that omni. I Hope that you do get better soon.

Let's hope it does not come to surgery. Best of luck with that sty and that foot.

Get well soon.

• **Kyle** • - March 9, 2016, 8:53 pm

feel better soon my nigga omni

Captain Steve Rogers - March 9, 2016, 8:56 pm

Get well soon sir.

God bless you!

Nads - March 9, 2016, 8:58 pm

Thanks for letting us know. I, as I'm sure everyone else does, hope you get back to feeling yourself as soon as possible.

It sounds awful, but it is amazing that you still are able to find a way to fit in HF. You're the best.

THC - March 9, 2016, 9:02 pm

Recover soon, good luck with surgery if you decide to go through with it.

Romantic - March 9, 2016, 9:08 pm

Getting better dude. You have committed Mods and Staff that can run the site if you need to take some time off.

\$lick - March 9, 2016, 9:12 pm

I've had all my problems align before, gives you the "why do I even try anymore" feeling and it sucks.

You could probably kick back for a while and only check up on HF every now and then for a couple weeks, you are too good to us and you don't need to be.

I'm sure the staff/mods can handle things while you relax.

Sucker for pain - March 9, 2016, 9:14 pm

Hope you get better shortly man, respect the transparency.

Raaz - March 9, 2016, 9:35 pm

Thanks for sharing it with us, get well soon man wish you speedy recovery.

Baba Yaga - March 9, 2016, 9:45 pm

Hope you get better soon Omni. I would hate to see such a great site go down when I am barely getting acquainted with it.

EthanX - March 9, 2016, 9:53 pm

I understand the hernia problem. I've had lots of problems and surgeries down there and it's not fun what so ever. Hated that shit so fucking much.