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These updated guidelines caused Kaiser Permanente, the largest insurer and group of doctors and other medical practitioners in the state of California to create a mandate that every chronic pain patient under their care on opioid therapy have their medication dosage reduced to below 50 MME.

Prior to that I had been For over 10 years very successfully taking what had been determined to be my lowest effective dose, which was 15 MME over this new so-called threshold.

For the last two years since my dosage has been reduced to well below the lowest effective dose, My quality of life has deteriorated to nothing.

I also have heart disease and I need to be on a fairly strict diet as well as exercise as much as possible. Prior to this change in dosage, I had been able to take a walk every night for 20 to 30 minutes and I have been able to change my diet after my heart surgery and maintain an appropriate weight. I was able to clean my home, Meet friends for coffee, Visit my grandchildren, Go to a movie or otherwise have something considered fun once in a while. While it's true, I was limited and what I could do, My pain was under control.

As a result of this arbitrary and untrue threshold that was imposed, my quality of life is all but gone and my pain is not under control. I am not able to take a walk or clean my house or visit my grandkids or go have coffee or anything else. What I am able to do is be extremely distressed over the fact that my overall health is suffering because of this. This includes my heart health and my blood pressure.

Over a decade ago, I went through physical therapy to set in injection two back surgeries trigger point injections, facet Injections, Steroid injections, Pain management, Was given SSRIs Unsuccessfully For pain, And used NSAIDs Until they all bit burned a hole in my stomach.

I had been through everything Any doctor I saw recommended for my Pain. I went from having a life to not having a life. I feel disposable and uncared about by my society and government and everyone else involved.

These guidelines have wreaked Chaos and havoc on a very large number of people, unnecessarily and Undeservedly.