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I previously submitted a comment but there was a critical typo I didn't catch until after I submitted it. Therefore, I am including the edited version. My original comment referenced "international methods to treat pain" when in fact I meant "interventional methods". Please excuse my typo and feel free to contact me if you are serious about helping to undo some of the harm being caused by the 2016 MME ruling and it's aftermath.

After 20 years in pain management and 2 failed spinal fusions, my MD is unable to prescribe medication that will adequately treat my pain. I'll be 45 soon and I lay in bed and struggle to walk my dog. I have no quality of life. I've never gone to the streets looking for pain relief and never would. But that is what a lot of patients have done after being cut off by their doctors. Others have committed suicide rather than live in a literal physical hell. I was dumped by one practice because they were now "only focusing on interventional methods to treat pain". I endured years of steroid injections from my cervical to lumbar areas with no relief. I tried RFA and even surgery. It took almost one year to find one provider who would take me on as a patient. And I don't live in a rural area. I'm 45 mins from NYC.

Even if a patient can find a MD who will treat them, their pain often goes undertreated. Not to mention that the DEA quotas on the number of pills going onto the market makes it damn near impossible to find a pharmacy that can get the medication you need. Continuing to shrink the available supply of opiate medications legally prescribed and dispensed will only continue to harm a population that is already disabled and hurting.

No one asks for this. But it is my life. So please, stop punishing legitimate patients and focus instead on the illicit actions going on in society. Until you or someone you love end up in pain and are offered IV Tylenol the day after a spinal fusion or some equally horrific event you'll never understand.

The CDC based the 2016 guidelines on (for lack of a better term) "junk science" ie. Not long term double blind placebo studies. So please, just stop with cutting the supplies. And stop stigmatizing individuals who necessitate opiates to have some semblance of a "normal" existence. Opiates have been used for analgesic purposes for 4,000 years. Very few people become addicted from legally obtained prescriptions.

Please stop making an already hellish existence even worse for myself and tens of thousands of others just like me. I'm more than willing to speak with anyone who actually has the best interest of patients as their goal. The 2016 opiate rules have done nothing but harm legitimate patients, stigmatize us, and force healthcare professionals to abandon the Hippocratic Oath which they swore to uphold. For fear of the federal government raiding their office(s) and yanking their medical licenses. That's disgusting. And flies in the face of what medicine is supposed to be."