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I've been in pain for 41yrs. The first 13 getting worse from treatment. Started with neck and upper back pain. Now it's severe facial, ear, occipital, neck, upper and lower back, all over muscle and joint pain. Steroids caused 2 broken vertebrae/now osteopenia and chronic compression fracture. Antidepressants to treat pain caused depression. NSAIDS caused stomach issues and 3rd stage kidney failure. Surgery led to 4 more surgeries, abnormal immune response, and bilateral total joint replacements of my jaw. Electric stimulation therapies cause muscle spasms, including TMS. Biofeedback, hypnotherapy, mindfulness, meditation, cognitive Behavioral Therapy, deep breathing, guided imagery, distraction techniques, individual therapy, occupational therapy and group therapy help with stress, anxiety, negative thoughts but not pain or function. Yoga exercises, chiropractic, osteopathic manipulation, magnetic therapy, PT many different, acupuncture/acupressure, Myofascial release didn't help. Botox, topicals, supplements, diets didn't help. Ketamine, lidocaine did a little. For 20yrs I had decent pain treatment and function. The original guidelines took me from decent functioning to home bound because of severe pain. It's been almost 8yrs. I developed high blood pain that is now jumping around-very high and very low even with medication. Recently diagnosed with Parkinson's. My husband had to retire to care for me. The revised guidelines did nothing but make doctors lower amounts even more. Patients outcomes aren't considered. It doesn't matter if I have kidney damage from NSAIDS- I'm told to take them and Tylenol, they don't help. The osteopenia and chronic compression fracture has limited steroid injections. The guidelines harmed patients like me and they continue to. They aren't saving anyone. It seems like this was intended to harm patients, push us to illicit drugs or death. I wasn't given opiates until everything else failed. Y'all are "saving us to death".