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The 2016 CDC Guidelines on opioids was a major failure. It caused doctors to drop millions of patients in pain out of fear or force taper them off pain medications or lower them to a level that doesn't allow them a quality of life. Why should patients with cancers, incurable/painful diseases and even patients after major surgery not have access to proper pain medications? Most of these patients have taken these life saving pain medications as prescribed and for many years. I'm one of these patients. I'm a palliative care patient. I have fibro, crps, raynauds, adhesive Arachnoiditis, POTS and seizures. Pain medications have allowed me to not only be able to do basic things like get out of bed, shower and sleep better, but I actually have hobbies again. I love gardening and fishing, which I wasn't able to do when I wasn't on my medications. I'm able to work out regularly at the gym again. I can clean the house, grocery shop and cook. Once the 2016 CDC Guidelines came out doctors took them as law for both acute and chronic pain patients. In 2017 my doctor told me he had to take me off my pain meds because of the CDC guidelines. I developed POTS. I found a new pain doc and in 2019 the State Medical Board shut him down

And I lost my medications again. I developed seizures. I currently have a pain management doctor and I'm one of the lucky few to have my medications again. The POTS and seizures never went away though. It is barbaric to force patients off their medications when they are doing well on them. And they shouldn't be forced to go onto Suboxone or Bup. Dr. Nora Volkow said there's 10 million patients in pain needing 24/7 pain meds. I think this is low. 70% of these patients have been forced off or lowered to a level that doesn't work for them. The 2016 and the 2022 CDC Guidelines are a failure and should be canceled. It's caused doctors to fear treating their patients in pain and it's caused death and suffering to patients in pain. Please listen to the patients. It's bad enough we have to live with these incurable diseases and so much of life has been taken. The 2022 CDC Guidelines on opioids are being weaponized. Right now Maine is pushing to become the 1st opioid free state. This must stop. And it starts with you making better policies. Let doctors treat their patients as they deem fit. Patients are not a one size fits all, which the 2022 guidelines push with their MME. What MME I may need may not be what another needs. Stop with the 90 MME. respectfully, Jonelle