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Since the CDC released the 2016 guidelines on Prescribing Opiates my life has changed for the worse. Before my pain meds were decreased I was able to have somewhat of a normal life. I could actually make plans in advance to go out of the house. I was able to enjoy family time and clean house. Since the cut I do things on a daily basis, I don't sleep well because of pain. If you've never dealt with Chronic pain, you have no idea what a person lives with 24/7. Why should I have to suffer? Why shouldn't I be able to live a normal life? I see a pain management dr every 28 days, that dr knows me as a person and I feel like that Dr would notice changes in me if I became addicted to my meds. He would then do something different I'm sure. A blanket treatment plan isn't the answer, we all handle pain in different ways. It's hard dealing with Chronic pain daily, I do my best to keep my pain to myself and my moods good but it's not easy to do. I feel useless because I can't take care of my family the way I want to because of my pain. I didn't ask for my Surgeon to cause more harm to my back and put me in this situation, so I shouldn't have to suffer because the facts on the Opiate crisis weren't looked into before the CDC and DEA decided to take pills away from patients that need them. If an addict wants to get high they will find a way to get high. A Chronic pain patient can't find any other way for relief. Addicts need help and street drugs need to be gone but pain patients shouldn't have to suffer because people get addicted. The need for more awareness on how addictive meds can be may help some but if people truly want to get high they will. There have been Overdoses since the cut back on legally prescribed pain meds and yet Chronic pain patients are still suffering. My thought is the CDC and DEA should focus on the illegal street drugs, dealers and Cartel and let the Dr's that go to school and deal with the patients one on one do the Prescribing and Pharmacies fill the Prescriptions for the patients without worrying about losing their licenses. There is a big difference between Chronic pain and acute pain. Tylenol and Ibuprofen does not help chronic pain. I know that all of my pain won't go away but it's nice to get help that actually helps me function in life. Being a Chronic pain suffering person causes you to lose your identity, you're limited on what you can do, so having the right amount of Opiates that truly help gives you back a little bit of who you are. It's nice to feel somewhat normal instead of down in the dumps wondering what you did to be made to suffer through the day. So it would be nice to get the guidelines right this time and view all of the documentations on The Opiate Crisis. My opinion on the guidelines is that they were put together quickly and without the true information on the crisis. Street drugs with Fentanyl caused that mass ODs not prescription Opiates.