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The 2022 guidelines have served to only increase the amount of pain I have to endure each day. Before this publication my provider operated using a 90mme scale, now they use 50mme as the base for my care. Additionally I have to submit myself to frequent epidural injections in my spine even though I experience a great increase in pain for 7-10 days afterward, being bedridden for the first few days. I have shared this with my provider, but they've repeatedly told me that in order to continue my opiod prescriptions I must submit to these injections. Injections which are known to cause serious side effects and even paralysis in people and have not been tested for pain relief of chronic pain!

I've also been told that I have to be scheduled for surgery to maintain the current amount of medication. That they aren't supposed to prescribe this much simply for chronic pain.

Add to that, the amount I'm currently being prescribed is much less than what i was given 2 years ago. I was able to function as a contributing member of society 2 years ago. Now I sit home most every day in agony. If I try to sweep and mop my floors the same day, I am bedridden the following day to recuperate. I am unable to stand and cook supper for my family most days. On the days I try to cook supper I'm up all night crying out in pain because I've already taken the allotted daily prescribed amount.

I was initially prescribed Lortab back in the early 90's for an autoimmune disease. In the late 90's they added a diagnosis of fibromyalgia and chronic fatigue syndrome. In the 2000's I had lower back spinal fusion, which was still controlled with the same amount of Lortab. Fast forward to present day, I've now had additional spinal fusions on my cervical spine and I also have received a diagnosis of Lupus. The Lortab's that were so effective at controlling my pain, were replaced with Norco (which is not at all effective in controlling my pain) and I've been switched to percocet, morphine, muscle relaxers, prescription strength Naprosyn, lidocaine patches and trazadone. I have stomach ulcers from all this and as mentioned above do not receive enough medication to function as a human being, much less hold down a job. I'm miserable and don't have much hope that this will ever change.

My state is planning to vote on medical Marijuana this year. Which makes no sense to me. The opioids that are available now, at a barely larger dose will control my pain sufficiently. I won't be out running a marathon but at least I can take care of basic housewife duties, if only these restrictions were lifted for people in chronic pain.

I wish the cdc and powers that be would separate the deaths due to valid prescription opioids from the deaths from pills obtained on the street and street fentanyl. I realize that some people have become addicted after being prescribed a small amount but let's focus on helping those people through their addiction vs destroying people who are dealing with chronic pain. I have taken opioids effectively for 30 years before these restrictions were put in place. I've never come close to overdosing. I've tried numerous alternative therapies to try and replace the opioids and continue to seek herbal remedies as well. I've never taken my medication to get high and am not untested in doing so. I simply want enough for effective pain relief. Please hear our cries! Thank you for the opportunity to be heard.