

**Author Full Name :** Collien Kaseberg**Received Date :** 01/17/2025 06:31 PM**Comments Received :**

I recognize that there is an opioid crisis and that there needs to be rules and regulations that help to control that crisis. Yet there are millions of people like me, that have chronic pain through disease and other traumas. It is important that those of us with chronic pain have access to these medications that help us lead a semi-normal life so we can contribute to our families and communities. Without access, we are unable to function at a reasonable level. There should be rules surrounding the access that include how to use other tools to alleviate/control the pain such as mindfulness, exercise, meditation, reframing, and other non-medication-related choices. I believe that these different tools need to be mandatory through a hospital or clinic to gain further access to pain medication. Within the other tools, it needs to be made clear that using "any" pain medication will never take away all the pain.

I do believe that in some cases pain medication for those of us with chronic pain is overprescribed. In my case, I found out by accident. I was in for surgery and because I have a strong sensitivity to corn when they brought the pain medication I asked them if it contained a corn filler... they all did. The only thing they could find was a liquid opiate that didn't contain corn. When I took the regulation amount it made me nauseous and dizzy so I cut back on what I was taking until it was not making me sick yet still eased the pain so I could function. At present, I've been able to cut my use so the medical cure is not worse than the problem itself. With the things I learned in a hospital-directed 11-week multi-disciplinary course that taught other methods of dealing with pain, I am able to function better. When I went back for a refresher, I found that the course had been discontinued because people didn't want to do the work, they only wanted the quick fix of the medication.

I reiterate ~ there is an opiate problem that needs to be dealt with yet there are people that have chronic pain that are being caught up in the rules that \*really\* need the pain medications to function on a daily basis. Please remember us — those of us suffering from chronic pain daily for sometimes decades — We are here, we are in pain and we need to be considered when the opioid rules are being made. Many of us are out there asking for help because it takes all we can to someday just to get out of bed. We aren't out there because we are in so much pain that we can't function most of the time. You need to remember us — remember that we are there and consider us.