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I think it's important for you to understand who I am to understand my response below.

I can only get up and move around for 15 minutes before the pain becomes so unrelentingly severe and so much pressure on my spine that sweat starts dripping from my head which is my body's way of letting me know that I need to lay back down. (from the pain that I'm enduring) I was in 8 car accidents...none of them were my fault. I was rear-ended five times. I was broadsided three times starting at age 16 and the last one by the age of 32. It really started to affect me in multiple areas of my body by age 42.

These guidelines have caused me to go from being a semisocial (church, choir), semi active volunteering (CASA) participant in society to a hermit stuck in my bed the majority of every single day. It took years to finally find something that I could do in my depleted physical condition. Now, because of the lack of real pain control I can't do any of those things. I no longer have any quality of life. Just getting dressed and combing my hair causes me so much pain I have to go lay down for a half hour just to get back to my baseline. Those things I mentioned above provided distraction from my pain and made me feel like I was still participating and needed in society. Now I have an aid three times a week because I can't handle the pain from doing one load of laundry or washing my dishes.

To expect us go through major surgeries with no sedation and little to no pain control is leaning towards barbarianism. After the surgery trying to heal without pain control is just brutal, unnecessary and torture when there are medications available to not make our lives unbearable and more quickly recover.

This pain I experience day in and day out in my spine (from when I wake up to the time I go to bed) is unrelenting and not sustainable long-term. A grown man would be brought to tears from the pain that I've been forced to endure by way of neglect for the last 4 years because of these CDC guidelines and the doctor's fear of being picked out/on by the DEA.

The CDC guidelines created are nothing more than misguided musings of not appropriately credentialed individuals being pushed to educated doctors to follow. Certainly to be done correctly this task should be done by a board of Pain Management trained doctors and scholars in this field. They work the front lines. Most doctors know what's going on with their patients. They know that many times there are conditions the medical community is unable to help an individual with and therefore there is no other option except pain management.

We know that approximately 25% of the population is in pain. Many have died already due to lack of care. How many more premature deaths are you willing to cause?

The doctor I'm with now says he doesn't care about my pain. He doesn't care how much pain I'm in. He's not going to jeopardize his license. He's afraid of the DEA so he gives everybody the bare minimum. That is the only way he's kept himself out of DEA's sites. Do we understand that this is not doctoring? We don't all suffer from the same ailments. You can't treat a toothache the same as you treat spinal damage. One is lifelong, the other forgotten in about a month. This is not one size fits all. We must do better.

We have to stop making every doctor feel as if they are going to go to jail if they prescribe an opioid. And this rhetoric of doctors or the manufacturers of the drug being responsible for the crisis.