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Hello, chronic pain patient here, that started when I was 16 after a really bad car accident of being rear ended. That was when I found out at 16, that I had 3 forms of arthritis that developed over the 20 years in pain. I have ankylosing spondylitis, osteoarthritis, and rheumatoid. With very moderate scoliosis, that makes my spine look like a S. Almost every disc in my back is herniated, with the mid back being very very rare to be herniated. I have 2 areas in my mid back that are touching my spinal cord, and live with daily pain everytime I take a breath, with a knife feeling in my back. They can't fix that unless it comes life threatening, due to how risky that surgery is. They would have to deflate my lung while taking out a piece of the rib cage, just to get to the herniated disc, so they said all they can do is make me comfortable until I'm becoming paralyzed and it's life threatening. I have spent thousands, and thousands of dollars, just looking for answers, and to get the care I need for quality of life. I've done everything, PT, chiropractor, I lost count of injections in my spine, and failed several arthritis meds that almost caused MS to come out of dormant (runs in my family). Doctors agreed pain management with meds was the best to give me quality of life, and did well on for years. I followed all rules, and was a law abiding citizen.

Then the opioid Epidemic came, and doctors were afraid of prescribing meds anymore, in fear of being thrown in jail. It's not my fault others have taken advantage of the meds, it wasn't my fault I was born with so many deformities at such a young age. After being dropped out of fear, I once again was suffering and bedridden due to my spine deteriorating even more. After having 3 healthy kids. All of the sudden I lost function of my legs, and my pain specialist took me on but said it was time for surgery or he would drop me. I finally found a surgeon to take me on and cut off the herniation that was compressing my spinal cord in my low back. My pain specialist forced me off pain meds, because I was fixed, even though I had my spinal cord compressed in other levels of my spine. 3 months post op, I started losing function of my leg again, and found out my disc reherniated again, but worse. I was pleading for help from the severe pain, but apparently the pain dr said I was fixed though. I had to live with that pain for 5 months, pleading and begging, along with my husband pleading to the DR to help me, after a failed surgery, and failing all the injections. I was bedridden, and was told I was fixed and that it was in my head and I don't need addicting pain meds and just to live with it.

My surgeon agreed it became severe enough for a 2nd surgery, spine fusion at 33 with screws and rods in my spine. Well the Dr got in there and he was shocked, my spine had snapped and he pulled out a piece of my spine without even cutting it. I was forced to walk like that for 5 months being told it was in my head. Well that 5 months caused permanent damage that I have to live with the rest of my life, raising 3 kids. I've had 2 failed spine surgeries now at 35. I have found a great doctor that is helping me with quality of life, but us pain patients are suffering with bare minimum help, because they are scared of the DEA. On top of that, I've been forced off again of all meds because no pharmacy in Houston has pain meds due to back order. We need help, and we have to stop punishing the people who need them.