

Author Full Name : D Marrs**Received Date :** 01/22/2025 10:27 PM**Comments Received :**

DX congenital hip dysplasia 17 months, surgery age 8 & total hip 36, revision 12 years later. DDD but surgeon said he couldn't operate.. Arthritis in every joint ever x rayed. Braces, casts, crutches, cane, wheelchair and NSAIDs for decades. PT, TENS, laser therapy, chiropractor, acupuncture, heat, ice, every OTC aid I could find. Still, I worked hard and got my BSE and taught 23 years until hip revision went badly (too much bone & tissue loss). Referred to pain management. It was hard to accept I wasn't going to get better. PM Dr. discussed meds with me and gave me time to research. They all seemed scary, but the pain was so bad I couldn't keep living that way. I started RX pain meds and it wasn't nearly as bad as I feared. I was told I'd need them the rest of my life. I had to come to terms with it, and I did. For me meds were a valuable tool. A tool I used with caution, but found I was able to work, care for my home, go out to eat, go to the theatre, enjoy museums, and have a social life.

Then the 2016 guidelines were made law in my state. The AR medical board says it makes their job easier. I wasn't on a super high dose because I know I'll get worse and needed to save stronger meds for later. Tapered from 160 to 90 mme. I couldn't do as much and had to give up my volunteer summer job. Now the board has insisted my Dr. take all patients below 50 mme AND no more than 3 pills a day. I've been in pain management 21 years. I'm careful with my meds. I wish I didn't need pain meds, I wish I didn't live in pain. All I've ever wanted was to be like everyone else, to go hiking, camping, play golf. I'm just unable to do much now. At least I can lay in bed without much pain. I couldn't even do that before pain management. Celebrex and Vioxx didn't touch the pain, but I faithfully took it. I trusted my doctors. I had excellent care through Arkansas Children's Hospital, then my surgeon got me in vocational rehabilitation, they paid my tuition (\$450 a semester then). I paid my books, housing, food, etc. by working two jobs until student teaching my last semester. I enjoyed teaching! I had to go on disability after 23 years teaching. It feels like being thrown in the trash. 160 mme let me live a normal life. 90 limited things to need and willpower, but I still got around. 45 lets me lie in bed and take care of my personal hygiene. Even 60 would let me carry on, but it's "too much".

The "guidelines" say they are not meant to be a rigid cut off. Not meant to be LAW, but they ARE! I worked hard to get here. Money was invested in me, and I could still be a productive person if these "guidelines" were not allowed to be used as they are. The 2022 update? They just took 50 mme cut off out of it. It AR is near the bottom of 50 states on prescription opioid overdoses, but based on what happened after 2016 I don't expect it to stay that way. I'm no danger to the community or myself. I never have and never will sell my meds! The real danger is illicit fentanyl, and we all know it. Pain patients (and our doctors) are shamed, treated like criminals, and discriminated against. My doctor is NOT "overprescribing". I'm NOT addicted. This "war on opioids" is misdirected! Please direct fire where it belongs-real drug dealers. The ones selling fentanyl, not doctors treating patients with degenerative diseases that have no cure. I was finally diagnosed with EDS and you can't imagine pain that'll never end. Take away meds & you take away hope! Everyone needs HOPE...