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# Are CDC Opioid Guidelines Causing More Suicides?

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May 27, 2016

By Pat Anson, Editor



A recent report by the Centers for Disease Control and Prevention documented **a disturbing trend in suicides** in the United States. Suicides increased by 24 percent from 1999 to 2014, and are now the 10th leading cause of death in the country.



In 2014, nearly 43,000 Americans committed suicide, over twice the number of deaths that have been linked to opioid overdoses. Most often suicides are blamed on depression, mental illness, financial problems, or drug and alcohol abuse. Untreated chronic pain is rarely even mentioned.

But in recent months there have been a growing number

of anecdotal reports of pain patients killing themselves because they can no longer get pain medication or find doctors willing to treat them.

**Donald Alan Beyer** of Bovill, Idaho was one of them.

After years of suffering from chronic back pain, the disabled logger went into his backyard on May 8 – his 47th birthday --- and shot himself in the head.



DONALD BEYER

“He was in so much pain he could barely get out of bed to go to the bathroom. I guess he felt suicide was his only chance for relief,” says Beyer’s son, Garrett.

“I have witnessed my Dad in more pain than any one person should deal with every day of his adult life due to degenerative disc disease that was made so much worse by an accident on the job that broke his back. This and the eventual hole in the healthcare system focused on ignoring people with chronic pain led to his suicide this month.”

That hole in the healthcare system turned into an abyss when Beyer’s doctor retired last year. Beyer searched frantically for a new doctor, according to his son, but was unable to find anyone willing to take a new patient with chronic pain.

After months without pain medication, Beyer reached his



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breaking point.

“My dad was a great man and worked through the pain every day as a logger to support his family,” says his son. “Even in his suicide all he thought about was his family. He worked up the strength to go outside before he shot himself in the head specifically so he could leave his house to my little brother. If that isn't the model of what we should all be then I don't know what is.”

Garrett Beyer is sharing the painful memory of his father's death because he wants government officials, politicians and anti-opioid activists to recognize that efforts to discourage opioid prescribing are having devastating consequences for pain patients and their families across the country.

“I use such painfully vivid expressions in hopes that the people in the CDC and DEA and everywhere can maybe experience for a second what a person with chronic pain and their families live with every day,” said Garrett, who suffers from many of the same back problems his father did.

“I have inherited his genetic spine problems, and after a car accident when I was 19 crushed 2 of my already flawed lumbar discs leading to my first spine surgery, I suddenly plummeted quite literally into my Dad's painful shoes. I am now terrified that I will also follow in his devastating footsteps.”

Garrett is 27, married and has two children, but says he is “constantly plagued” by the feeling that his wife and kids deserve better.

“I have now had 2 spine surgeries in the past 5 years, which included 3 discectomies and laminectomies, leaving me completely disabled and preparing for yet more surgeries in hopes that one day I can be normal,” Garrett said. “But until the day that medical technology can fully cure chronic pain, we could use all the

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compassion we can get, rather than the exact opposite that we are getting now.”

### Impact of CDC Guidelines

In mid-March, the **CDC released controversial guidelines that discourage doctors from prescribing opioids for chronic pain.** The guidelines are *voluntary* and were only meant for primary care physicians, but many other doctors appear to be adopting them, even pain management specialists. **Two pain clinics in Tennessee** recently said they would stop prescribing opioids to patients “in response to changing regulations.”

*Pain News Network* has been contacted by dozens of pain patients in recent months who say their physicians are weaning them off opioids or abruptly cutting them off completely.



Others say they are being dismissed by their longtime doctors – often with the excuse of a failed urine drug test. Still others say they are contemplating suicide, rather than face a life of intractable pain.

A 67-year old Florida woman who has suffered from migraines since the age of five wrote to us, saying she was having trouble finding a doctor.

"I finally have an appointment with a doctor in two months who will then refer me to a pain clinic which no doubt will take another two months. At this point I have to live in pain. I may become one of the suicide statistics," said Lana.

"I was told by several people including a cousin that I should just check into a nursing home. All I need is medicine for pain. I'm not ready to be written off. A cab driver told me that a lot of retirees with pain issues are resorting to buying heroin on the street because it's easier to get and cheaper! Is that what we want for people who led productive lives and are now in pain?"

Another woman, who suffers from chronic back and abdominal pain, is worried that her physician will stop prescribing pain medication.

"My pain management doctor constantly makes comments that he's going to stop all meds. No reason or plan. If this happens I will be forced to go on disability, I will lose my job, insurance benefits, and means of caring for myself and family," she wrote. "I rarely speak to avoid upsetting him. This doctor has full control of my life with a swipe of his pen."

"I've been on Percocet and Vicodin for 15 years passed every test," said a 51-year old Massachusetts woman with chronic back pain who failed a drug test last month and was dismissed by her doctor.

"I was discharged. Told me I was positive for morphine, methadone, cocaine, Klonopin and no Percocet in my system. I have never ever done those drugs ever. I told doctors wouldn't all that kill me? Oh and positive too for Suboxone. I'm in shock. What went wrong?"

What went wrong is that her doctor is not following the CDC guidelines, which urge physicians **not to dismiss**

**patients for a failed drug test** because it “could constitute patient abandonment and could have adverse consequences for patient safety.”

### Unintended Consequences

“I’m a chronic pain sufferer affected by the new law to curb addiction,” Jeannette Poulson wrote to us. “I suffer severe pain disorders and no longer have access to my previously working medications. I’ve never had a history of abusing my medications, and the quality of my life has been greatly diminished.”

Poulson has a question for CDC director Tom Frieden, who said the guidelines couldn’t wait because “so many people are dying” from overdoses.



“Then I ask you, are you willing to deal with a new epidemic of increased suicide rates, as many are dying of a result of unintended suffering?” said Poulson.

We’ll never know just how many patients kill themselves because their pain was untreated or under-treated. Experts believe many suicides go unreported or are misclassified as accidental, often covered up by grieving family members or accommodating medical examiners.

In  cases, as we learned with Sherri Little (see

“**Sherri’s Story: A Final Plea for Help**”), it takes months or even years for someone to acknowledge that a loved one died at their own hands.

The fallout from the CDC’s guidelines – which were released a little over two months ago – was in many ways predictable. In **our survey of over 2,200 pain patients** last fall, many predicted there would be unintended consequences if the guidelines were adopted.

- 90% thought more people will suffer than be helped by the guidelines
- 78% thought there would be more suicides
- 76% thought doctors would prescribe opioids less often or not at all
- 60% thought pain patients would get opioids through other sources or off the street
- 70% thought use of heroin and other illegal drugs would increase

It didn’t take long for drug dealers to begin targeting pain patients as potential customers. **Counterfeit pain medication made with illicit fentanyl** -- disguised as Norco, oxycodone and other medications -- have recently appeared in several states. The so-called “death pills” are blamed for at least 14 deaths in California and 9 in Florida.

Rhode Island has reported a **“significant increase” in fentanyl-related overdoses since March**, with a whopping 60% of the fatal overdoses in that state now attributed to fentanyl. Rhode Island health officials say the shift began when “more focused efforts were undertaken nationally to reduce the supply of prescription drugs.”

We’re still in just the early stages. How have the CDC guidelines affected you and your family?



Leave a comment below or send me an email at [editor@painnewsnetwork.org](mailto:editor@painnewsnetwork.org).

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**Steve Giles** 21 hours ago



FACT!

I have MS and degenerative disc disease i said to my doctor NO MORE 30mg MORPHINE twice a 12 ! I choose to go off it. I said i just want a pill in case i can't handle pain a simple pill nothing that strong so he gave me 45 ---7.5 oxycodone . So for 1 week i had NO MEDS NOTHING! My script was post dated 7 days out. So when i got home tossed out Morphine and said lets do this! After 24 hours i was sweating so bed soak and wet. for the next 6 days detoxed everything out of my system and was fine. Pain returned. The pills my doctor gave my are not working i just pray i can get something a little stronger. If not? I would never kill myself NEVER. I have a weak heart i might die. There are so many people out there who are not drug addicts. We have pain DOCUMENTED MRI proven problems...What do you want us to do? Please tell me



**Seattle girl** 3 weeks ago

The Seattle pain clinic treated 30,000 people, alot of them on Medicaid the only dr that took Medicaid in the Seattle area, they have shut down all drs that treat Medicaid patients throughout the state, saying patients died when actually if you die and have opioids in your system the put that they could have contributed to the death, whether or not they actually did, I read the complaint against dr. Li and a few were clearly suicide and the others were not actually caused by the pain meds, they had alot of health problems, the CDC and Washington state see the money they will save by cutting off pain meds and if people kill themselves all the better more money in their pockets, vets are killing themselves at a rate on one an hour due to coming home broken and can't get meds, the gov

doesn't want people alive that can't work were expendable and cost them money they want in their bonuses! They love that people are killing themselves that is the plan I would bet they are having drinks and laughing about all the worthless, useless, scum of the earth that are in so much pain they take their own lives!! I completely understand why they do it, I live with maddening pain due to disease they can't cure that causes pain and pain from a head on collision since I was a patient of SPC we're treated like dirt, I've never had a bad UA and have never went to the ER to get meds, I have taken them as prescribed! This is inhumane, cruel and unusual punishment and I pray everyday that the ones getting rich off the dead bodies piling up suffer as we do with no relief, may God NOT have mercy on them!



**Caerl** 3 weeks ago

I want add to my post: there was an advocacy organization but it fell apart when the leader of it apparently died in a plane crash. Part of the problem with advocacy is that it takes energy, consistency, and persistence. Chronic pain patients don't have that. We also aren't likely to have money for an attorney. When the advocacy organization existed, they were suing Washington State under civil rights and ADA violation. I assume it was dropped after the plane crash. I notice that the one voice always missing from these online manuals for doctors that have been created into policy by committees is the voice of the patient. Amazing.

Advocating for ourselves with our doctors is untenable. I have yet to meet a chronic pain patient who has not heard some version of:

"You are just lazy"

"You are depressed"  
"It's not that bad"  
"Just lose weight"  
"Just get some fresh air and exercise"  
"You are just bored"  
"You just want attention"  
"You just don't want to work"  
"You spend too much time alone"  
"You're a hypochondriac"  
"You need a therapist--this is unresolved childhood stuff/anger/grief/feel in the blank"  
"It's all in your head"  
"Let's work on some mindfulness and relaxation instead"  
And worst of all, the absolute kiss of death statement that we hope and pray never gets in our chart because it will follow us and prevent ANY pain meds, even after surgery is, "You are med-seeking."



**Caerl** 3 weeks ago

I am trapped in a crisis in Washington State. There are no doctors who take Medicaid treating chronic pain patients. In July, Seattle Pain Clinic was closed because insurers refused to work with them. This occurred after the arrest of the director, Dr Li. It is alleged that he ran a pill mill and appx 18 people died. This left 8,000 people without care. Yes, 8,000!

My doctor merged with another company at the same time this happened and I got caught in the middle. We, the 8,000, have been told to seek care from our Primary Care Provider (PCP) and call the crisis hotline if we were upset...

My PCP has no idea what she is doing and she is more worried about her licensure than me. All we talk about is addiction, abuse, overdose, and her

licensure.

I have had chronic pain 30 years. I have used narcotic pain meds as prt of my larger pain management plan, since 1998. I am not an addict. I have always followed the rules. I have done nothing to earn suspicious treatment. She would not allow me to continue my old meds, which I was stable on.

My PCP waited until the very last day to renew my meds. I gave her 5 days. Friday night at 6:00 we discovered my new meds required prior authorization. The next week I received a hasty substitution and went through 5 days of withdrawal syndrome by myself due to the change in meds and dose. My pain was minimized. She is now continuing to taper me so that I will be under 120 MED even though I do not want to and I am in so much pain that I can no longer walk my dog, prepare a meal, sleep more than an hour at a time, or continue with any activity. I had planned to take choir and start my puppy in agility class this fall. That is impossible now. She did not provide a pain contract or start documenting my pain until AFTER the med change so I have no "before" in my chart. She types my answers to the form question into the computer. I never see what she has written. I am not asked for a UA (urine test), I am handed a cup and ordered. When I try to talk to the doctor, she is sometimes doing paperwork and I talk to the top of her head.

I am not a person to her. I am an addict. I am a threat to her medical license. I am an irritant to get through as fast as possible. It doesn't matter if I cry and I can't be angry or I might be dismissed from her practice. My pain doesn't matter. She says "I'm going to reduce your breakthrough medication to 1 every 6 hours instead of 1 every 4 hours, OKAY?" Well no it's not okay! She says, "I know!" in a sympathetic tone and does it anyway.

Well. I suppose I am supposed to just go with the

flow and just call the crisis line.



## Truth teller

A month ago

This is barbaric and I truly feel we are being targeted by our "wonderful" nation to get rid of us in a way that they THINK will keep our blood off their hands. I hope each official who has the power to effect our laws and who are going after us get into accidents themselves that cause bone breaking pain 24 hours a day. How dare them prioritize drug addicts over innocent people who are suffering through NO FAULT of their own and who must have strong narcotics to ensure their life of hell. The druggies will get their high even if they must sell of their 1st born child & marry a monkey. They will do ANYTHING for their high and to avoid a few mere weeks (if that) of drug withdrawl. We who are suffering from real pain that has NO chance of going away and that makes us want to kill ourselves because NO living creature should be forced by the blessed but cruel healthy people to live every second with breathing taking pain. Im really feeling attacked by you people who care more about the criminals and nothing for us. Now we have the government trying to white wash drug addicts so THEY don't get their feeling's hurt by feeling like the selfish people they are, but at the same time the government is demonizing the innocent people crippled by pain. I can truly say I hate this place more and more and you healthy people who have not felt the kind of pain that brings you to your knees AND NEVER GOES AWAY I hope you one day do feel it if you support taking away the only thing that makes my life half way livable. You people have only made the druggies turn to heroin so now we have a growing heroin epidemic which by the way is what the

doctors warned would happen and now we have a steep increase in the number of suicides in chronic pain people. Also, how dare you people arrogantly assume in your healthy bodies that the only kind of pain that deserves to be treated is in cancer. I know so many people who have had various kinds of cancer who feel and get by SOOOO much better than I do or many spinal cord patients do. MY 97 year old grandma feels better than I do and can bend and stoop long enough to weed her garden but here I'm in my early 30s and can't do anything unless I've had pain control from a medication. Anyway, I also want to thank you America for forcing me to file a medicaid divorce from a man I dearly love. We can't be together anymore NOT because we fell out of love but because you America have passed so many destructive laws that have more than tripled my out of pocket medical cost. I'm a person who has never been in trouble my entire life. I even have no traffic violations, no wrecks, no accidents, no crimes, and I've never done an illicit drug in my life nor wanted to. I was cared for by my family doctor since I was a teen and she began treating my pain when I was in my early 20s. She treated my pain with no issues for a decade and because of the witch hunt she quit treating all her pain patients and made us all go to a pain clinic which right away increased my monthly medical bills by \$300 bucks. Then every 2 months I'm forced to submit to a pointless & intrusive drug test which costs me \$600 each time for a total of \$3,600 a year. My insurance refuses to help pay for these drug tests because in their own words "It is NOT medically necessary, has no medical benefits for a person who has shown no addictive behaviors, & that has had no drug addiction history." Ironically, if I had ever shown druggie behavior or been a druggie before, then my insurance would find it medically necessary to do random tests on me & therefore

would help pay these huge bills. Once again we innocent people are punished for following the rules. I guess I better try to fail a test so I can be labeled a druggie and get insurance to help me with my titanic bills. Then on top of that I'm being forced to buy this nose spray that is called narcan and is supposed to only be for drug addicts in case they OD. Once again my insurance says "OH NOOO YOU DON'T" nad refuses to pay for it because I have NO history of abusing drugs and so it is NOT necessary. It's \$200 bucks for me to buy and sits in my bathroom and expires since I'm not about to EVER abuse my medication. Yah, this country is simply trying to make our life's so bad and so painful and so depressing and so full of fear that we either die from our conditions being under-treated or we kill ourselves. How is this much different than any government in history that HATES the disabled, hates the crippled, hates the chronically ill and either kills them off with force or denies them access to the medical care that gives them a way to live? I blame the entire country for letting this happen. Where are our advocates? Where's the people marching on our behalf or fund raising or appealing these monstrous laws? Love how our media does not cover the stories of the chronic pain patients killing themselves because they can' live anymore. This is a disgrace!



**Dude** A month ago

My pain doc recently abandoned me. It's hard to think straight with all this spinal pain. Donald Beyer was a victim and never should have had to resort to suicide. But I'm afraid I'm next. I'm 47 and I've never been this scared.





**blairhm** A month ago

I am 39 and have chronic pain from osteoarthritis, herniated disc, and what is more than likely RA, but have been diagnosed with fibromyalgia instead, which does not even match my symptoms. I have anemia and a blood clotting disorder- unknown, along with monoclonal gammopathy (which normally doesn't to people until they are in their 60's or older). I have almost constant deep bone and joint pain along with extreme bruising when my bones are touched. The nurse practitioner at the hematologist's office told me to take Motrin for it! I would except I also have moderate to severe gastritis from all the NSAIDs dr's have prescribed. I suffer with this pain every day. I get migraines from the pressure on the nerves in my spine & shoulders- traditional migraine medicine doesn't work. So I basically take nothing for my chronic pain and I can hardly do anything anymore. This is not living; it's just a slower more painful slide towards death. I frequently get kidney infections (probably related to the blood disorders that I can't get properly diagnosed) and right now am suffering extreme pain with what I was told is probably kidney stones. They gave me toradol which barely even eases the pain. I'm thinking of ending it all tonight. I just can't live like this anymore. Again, this is NOT living.



**Nanaof2** A month ago

Does anyone know of an advocate organization representing pain patients to help combat the effects of the new DEA guidelines? There really

needs to be a nationwide advocacy group to represent all affected in the last 5 years. Someone has to help and represent us all.



**GDK** A month ago

I was diagnosed with a spinal tumor of the cauda equina in 1988. In ten days a neurosurgeon "debulked" the tumor and sent me on my way. Intractable pain and increasing loss of motor control have been my lot...along with a host of bladder and bowel control problems. I was lucky to find a pain specialist who actually believed in medicine: after trying virtually every opioid invented, I kept returning to methadone as the most effective with the fewest side-effects. This physician---whose specialty was psychiatry---treated me until 2013, when he retired at age 74. I thank God he stayed in practice for so long. Since then my life has been a horror show of trying to find any physician who would prescribe what I needed for my pain. My original pain physician had pronounced me "one of the least addictive-prone patients he had ever had." Since then, however, I have been made to feel as if I was being criminal for seeking opioids. The "pain specialists" I see now deign to allow me a maximum of four 10m. tablets a day---a mere 22% of my original prescription. I now spend my days in a recliner trying to decide whether I will try to get half a night's sleep or enjoy a lunchtime with minimal pain---but I can't do both. Nor can I leave the house for more than MD visits. I have no friends left and my wife says I'm lucky that I get my four pills a day.

lucky? I don't know about that. But I do know that every time I get a script filled I think real hard

about taking the lot at once. I also think hard about the 30-30 in my closet and how fast and painless an exit it offers.



**Erin** A month ago

When i end my suffering i will make sure i write a personal letter to my doctor, my congressman, and the DEA stating that i chose to end my suffering because i cannot access the three vicodin a day i need to function as a semi normal person. All this restriction will do is increase street sales of both pills and heroin. It is absolutely true that these percptions are addictive to those that use them over a long period. Id much rather be an addict who can get out of bed and participate in life then endure a life in bed crying all the time from excruciating craniofacial and back pain. Physical dependency and abuse of meds are not the same thing. The DEA is so shortsided in their rationale. I hope they enjoy watching people turning to herion instead.



**Heather Kubke** A month ago

We are now watching the guidelines be put in pace in Canada. There has been a rash of suicides as well as Doctors being sanctioned for prescribing or should I say over prescribing. The colleges of physicians and surgeons across Canada are making sweeping changes without thought of the impact to patients. People are scarred they are literally making plans to commit suicide. Doctors are being forced to let go of patients and the patients have no place to go. As soon as a new doctor finds out they have chronic

pain they are not taking them on as patients. Yes people are dying from over doses as they are searching the streets for drugs to treat themselves and these dealers are the only winners. They don't care about the patient they care about the bottom line how much money they make. Don't kid yourself dealers don't care if you live or die. When will the people that made these so called guidelines wake up and realize they are killing people with this. They are responsible for 1000's of deaths and will be responsible for 1000's more if patients don't unite and start to fight. Does that mean that patients will have to stand up and let people know that it effects them, their families, their co-workers, friends and everyone involved in their lives. When will people start to take control back and if every patient and everyone in their lives stood up maybe change could and would happen. The health and welfare of patient care is forever being altered and we need to fight and fight hard.



**Ruby** A month ago

I have had chronic pain for over 15 years (I'm 39) and in 2009 I was finally referred to a pain management clinic when my insurance changed. I broke my back, jaw, and pelvis in 2001, resulting in bladder and pelvic wall issues requiring 12 surgeries in 7 years. I've also been hospitalized for obstructed kidney stones 11 times. My horror stories with hospitals and doctors are way to long to go into but when I was finally referred to a pain clinic it changed my life. My doctor was kind, compassionate, understanding, and never made me feel like a piece of crap junkie or tried to force me to learn to live with the constant agony I had experienced for almost a decade at that point. I

have been on the same meds (Methadone 10mg 4xdaily and oxycodone 30mg 4x daily as needed) for 6 years straight now with no need or requests to increase or change anything. I finally got my life back. I was able to work a full time job again for a few years when my husband got laid off, and I felt like a normal person and not a mindless zombie with only pervasive thoughts of never-ending pain 24/7. Don't get me wrong, it wasn't a cure-all, but I finally had hope again and was able to live with the mild pain I still experienced even with the medications. It was manageable, and even sometimes barely noticeable. It all went downhill 4 weeks ago when my doctor completely eliminated my long acting methadone and cut my breakthrough meds down to 10mg 4 x a day. He also switched me to OxyContin 20mg 2 x daily which are useless and way too expensive. He did this without even talking to me about it. I went to pick up my written scripts (no appointment) as usual and BAM that's what I got, along with a stupid letter about CDC guidelines. It was like a punch in the gut, and I was told I have to deal with it until I see him. It also said if you don't have cancer your med choices and quantities will now be strictly limited. I've managed to get an appointment with him at the very end of this month, but I feel like I'm losing my mind. I can barely sleep, but when I do I've been waking up screaming from nightmares or horrible pain levels. I've lost 9 pounds since this all started because my jaw pain is so bad I can have anything but liquid. I've never had a bad drug screen, requested early meds, doctor shopped, or done anything to violate any rules in my narcotics contract. I had to cancel another surgery on my bladder scheduled for Monday because my urologist can't provide pain meds to me because of said "contract" with pain doctor. My bladder is so bad right now that I'm back on catheters, which I haven't needed in over

2 years. I don't believe in suicide, but I've been begging God to just take me every night, when it gets dark and quiet and I'm alone with my own thoughts. I have left messages at the pain clinic with zero responses. I'm becoming a shell of a person, and my poor husband is trying so hard to help me get through this, but he's got his own medical problems, dying mother, and a full-time job, so I try to be as positive as possible when he's around. But whenever I'm alone, or know he can't hear me, I cry my eyes out and pray. I keep trying to remind myself that others are suffering worse than me and to be thankful I at least still have something to take for pain, but it really hard to keep going. I'm sorry for the long post, I just needed to tell someone, even strangers and hopefully others here will understand. And please know I understand and empathize with everyone else who has had a similar experience with these stupid new rules, or just suffering in general. Sometimes I wish my doctor and these CDC "experts" could feel what a person with severe chronic pain feels for just a day. I wonder if that would change their perspective.....



**Lyn** A month ago

My devastated because my doctor now for the last three months keeps telling me "It's coming" and I tell him the cdc isn't forcing him to stop prescribing, then he repeats himself " it's coming" you have to prepare. This is a pain management Doctor and I tell him the Cdc isn't forcing him to stop and he says that I just don't get it. He says he follows Cdc guidelines. Before the narcotics I had severe fatty liver from 2000 mg Motrin a day. My private Doctor sent me to a pain management

and I got my life back! To lose my medication? I can't live like that you see. Will I find a way to survive? Will I have to Lay in bed all day, lose the function of activity and life that my pain meds gave me back? I do not know what to do. I sit here in a daze , stunned, I love life even with my chronic Diseases BECAUSE my pain meds not only help alleviate part of the pain making my life BEARABLE, but they give me HOPE. I have grandkids that need me, I help support my adult kids. I want to stay alive, not die. I came to the Internet tonight to see if I was alone in thoughts of future ending of life And I found so many have already committed Suicide. The CDC means well, but they Have frightened Doctors to the point that those of us in pain are now desperate over these Doctors cutting us loose and we have what choices? Physical therapy won't help me, neither will acupuncture, and I will try to find some way because I LOVE LIFE. I am NOT depressed, but NOW I have lost my HOPE. I am feeling desperation that comes with the loss of hope.. The CDC doesn't understand and for their failure , so many of us who love I life will end up dying. Our poor families, our grand kids who love grandpa and grandma....



**C. W** 2 months ago

My cousin and my friend's brother have taken their own lives in the last 5 weeks due to their doctors taking away their medications. These individuals were legitimately in pain and obviously suffering. I had no idea about the new guidelines until now. After my cousin's suicide I decided to do research. This is insane. Something has to be done. How about clinics or rehab. Don't just cut them off



**MTLA** 2 months ago

I was fired from my doctor and cannot find another in my state. I have a rare symptom of widespread nerve damage that cannot be faked or induced (my irises spasm rhythmically, causing the light in my eyes to strobe, triggering migraines in bright light). I got an unheard-of referral to the pain clinic and a 48-hour rush put on it. It was never honored. I was even never seen.

We are putting innocent people through cruel and unusual punishment. We have the power to treat, but federal police aren't allowing doctors to do their job. It's insanity, and I only wish enough of them got what we have so maybe there would be a little compassion up in this country.

The system hasn't just failed us... It's systematically destroying us.



**AJ** 2 months ago

I have been going to my pain specialist since 2008 and now he is changing to a different specialty, thanks to the CDC suggestions in my opinion. The PA's in his offices have been taking us patients off of our medications. I am in horrible pain as I have only two vertebrae that are undamaged and my entire spine (neck and back) is covered in arthritis. I cannot sleep and can hardly stand, walk, or move now that my medications have been reduced to almost none (Soon to be none). It is just a horrific existence, and I am only in my fifties. The thought of more and more pain forthcoming in my life fills me with anguish and fear. I know all too well that

as time continues to pass the pain just gets worse and worse. I feared my future with the pain medications, but at least I could hold out some degree of hope. There was a lot more than medication that has been taken away from chronic pain patients because of these "guidelines," I'm afraid.



**ithurts** 2 months ago

My pain doctor is cutting everyone off and he is changing to anesthesiology. He never even mentioned that he was changing to a different specialty either. I found out because I looked him up online. I cannot ever see him and I was told that there were specific guidelines as to what they had to do and what drugs could be given. I have been in three car wrecks and have only two vertebrae that are not damaged on my entire spine that is covered in arthritis. Still, after years on opioids I only take 10MG of oxycodone because I have been diligent about backing off when they stop working instead of asking for higher doses. But, in spite of this I am now having my medicine taken away. I cannot sleep. Everything hurts all the time and I have to admit that there are times when it is so bad that death does sound like it would be a blessing because the pain would go away. I am now just disgusted to see that I have been lied to about what these guidelines are and how they are to be implemented. What good does it do to be someone who pays attention to their medications and appreciates them? I am now just another person who does not need to bother the pain doctor that I am paying? The one that forgot to mention they really are not even in pain management anymore? We had a doctor arrested in Idaho and my primary care doctor had the

article hanging in his office with a sign stating that he would not treat any pain and he would refer anyone that asked to a pain specialist instead. I don't even think there are any left that will help anyone now. That is unless you want some device implanted in you or shots in your spinal cord or some such thing that is very dangerous and terribly expensive. They don't care if people kill themselves. How many disability payments would that save them from paying? Just one person's opinion. The drug company's are allowing this? Letting all those profits go without a fight? I have not seen or heard anything about them going against these guidelines that have to be costing them billions.



**Cadh20000** 2 months ago

To make matters worse I know from over 30 years of experience that the broken bones they will give pain meds for are only between a 3 and 6 on the pain scale(I'm not including compound fractures which I have no experience with though) while a baseline for the back, neck, and joint pain I deal with daily is 5 to 9 on that same scale. Only things to ever actually reach a 10 for me was one migraine, I count that 10 to be when I lost consciousness, after that I don't know whether it stayed the same or got worse because I was out cold.



**Cadh20000** 2 months ago

Around here ER's will only give anything stronger than tylenol for broken bones and my primary care's office will only give pain meds to addicts

who require a step-down dosage to prevent too severe of withdrawal symptoms. Since I'm not an addict they simply stopped giving me any more pain meds after my last script ran out a few weeks back.



**Tina Taylor** 2 months ago

I feel so bad for everyone suffering unnecessarily. I'm in the same position as a lot of you. Since they've been cracking down on pain medication it's been horrible. I was only taking three percocet 10 a day but over time my body kept needing more and more. I was having to buy them on the street. I was feeling horrible and in pain. All the pain management's are cracking down not taking new patients and not giving pain medication. Well I had enough I went to my doctor for suboxone. He started me on two a day and believe it or not the pain was a lot better. The nurses at this doctor treat me like crap an actually said I failed a drug test. I went and had blood drawn an there was no drugs. Now I need another prior authorization an the nurses won't do it an i can't afford the 15 strips a month . The 15 strips alone make me feel a lot better. Well I saved enough of them through tapering an enough to wean me off. Then I'm back to square one. Any suggestions



**Janice Reynolds**

2 months ago

Last month this was in the obituary of a young woman who died in our state (committed suicide) peacefully brought an end to her chronic pain on

June 13, 2016, after a long struggle she could no longer continue" She was married with a young child. How infinitely sad. How tragic that no one except family and friends seem to care.

I know it is an impossible task to tally the number of suicides related to pain but hopeful someone will attempt it. I discussed with a nurse a study she did some years back on people with chronic pain (and unfortunately never published) and all had considered suicide at some point. I know if my medication which works should disappear I would because how could I continue?

Is there a single politician who cares about people in pain?



### **A pain patient** 2 months ago

I have been off meds for a year, and I now fear that I will be an alcoholic because the only time I don't feel horrible pain is when I have 3 Rum and Cokes. Sad to say, but such is my life.



### **Heather** 2 months ago

How interesting this comes out now!!!! I personally wrote to the CDC, FDA, DEA, and the White House when the CDC first started all this nonsense about opioid addiction and taking away pain meds from those who are chronically ill and in pain. My first question or BIG question to them was if they were prepared and what plan they had for increase in suicide rate due to consequences of their actions amongst those in chronic pain with legit diagnosis who can no longer get the meds they need and are stopped cold turkey and who have to deal with the horrible withdrawal

symptoms from being sued my taken off of all meds. Well guess what NO ANSWERS. I even explained we were already seeing an increase in our media groups and threats and it should never ever have to come to this. Yes there are those that abuse meds but that has been around forever and there are those that Dr hip and those that sell them on the street but there are also those of us who take our meds correctly as ordered with no problems and no side effects, sign contracts, go thru scrutenty and drug testing all because some who overdose. This is leading to increase in suicide along with increase in illicit drug use as patients can't get meds to have a decent quality of life and can't even get treatment in a hospital for an acute attack or serious problem. How sad our healthcare has become. Wake up folks as this will and is getting worse. Why do people have to suffer more and then wait months in end to get in to see a Dr for relief. So inhumane and neglectful. One day it will come upon you or a family member who is in pain and needs help and then what?? Just what??? Are y'all exempt from the laws??? Please think about those who truly have been thru every avenue including all therapies surgery etc and still no relief. Yes it happens. Please have a little sympathy for those of us in chronic or even acute pain and let us have some kind of quality of life. We are not addicts, our bodies may build up a tolerance over time but that is not an addict. We are also REAL!!!! So please treat us as humans. Not rats.



**Carolyn Pearl** 2 months ago

My doctor is about to drop me after 6 years, because when I lost my job a year ago, I haven't been able to find another that has insurance. All

he cares about is the money from doing back injections, which I'll never have again anyway, due to the possibility of arachnoiditis. Because I live in the repressive state of Texas and need medical cannabis, I'm going to be forced to leave the only family I have left, my daughter and best (only) friend. My sister killed herself in 2014 due the pain of RSD, but I'll try as long as possible to not become a statistic, too.



**Charlie** 2 months ago

After going through the brilliance of being cut off cold turkey because a doctor wouldn't refill my pain medications unless I drive a 120 mile round trip 7 times just over a months time, 840 miles and almost two hundred in gas, which he knew I could not do. Then realizing that I am being denied medical care for my pain today based on what other people have done, I don't have any felonies, Why should that matter and what I "might" do in the future! But not what I am doing right now. Damn! Looks like my own (Elected) officials, using medical care, have made it legal to inflict pain on their own citizens to save who's life? They also made it illegal to waterboard a terrorist? Makes me wonder, just whose addiction am I suffering from?



**Jane Doe** 3 months ago

When corporations became people people became a commodity.

I am no longer serviceable and I no longer function in this Society.

they cannot kill me but they are willing to let me die any other way.

They cannot Market or control marijuana. It has been the medicine of choice for over hundreds of disorders for thousands of years with not one single overdose. But they do not know how to make money on it. And because it is not addictive there's no money there either.

they prefer to give us things that are addictive. if you want to open your eyes about pain and homelessness and throwing away the elderly throwing away our children.

Go to Youtube and search "the truth about psychiatry".

it is eugenics. it always was and it will be until they're done with us.

now they're trying to force test children in school to put them on psychiatric medications as young as the age of 3.

they want us all medicated.

Marijuana is the only pain relief I have found in the last 2 years.

at the pain clinic they shoot me full of steroids that don't work.

I cannot get anything stronger than Ultram and they know it does not work.

my home nurse says this is ludicrous.

I am a human and they have to treat me better than this.

she is wrong. if I complain I will be shipped off to a psychiatric center or a nursing home.

The pharmacologist are running the doctor schools. Dr's are not being educated like they used to.

it's all going to pharmacology and shots.

the shots didn't work the surgery didn't work.  
Medicines don't work.

as long as somebody's in the loop to make a buck on me I serve a purpose.

when I'm no longer serving that purpose they don't care how much pain you're in.

they don't even look at us like we're human.

Welcome to "The Matrix"



**Jane Doe** 3 months ago

I am beginning a starvation no liquid diet today



**William K** 3 months ago

I am withdrawal sick, in pain from nerve injury and frustrated to a dangerous degree. I could not get help for a back injury till a nerve was permanently damaged. My pain doctor said the pain will increase with time. I would kneel in front of a chair with my elbows on the chair seat. My doctor blocked this method of unloading my back, he said "if you're that bad, got the emergency room". I

have been having problems getting my prescriptions ever since I told him to piss off. Wow who would have thought that a chronic pain sufferer might be in a bad mood. I hope that I don't have to employ a permanent pain relief method.



**Kathy** 4 months ago

My name is Kathy. I am 54 years old and have never been in any kind of trouble nor have I ever abused drugs. I have 4 grown children with almost 11 grandchildren all of which have never been in trouble or abused drugs. In a 2005 I got peripheral neuropathy due to pre-diabetes. There was no warning. I then proceeded to go to many many doctors to get a diagnosis. I suffered through many painful and exhausting tests to confirm my diagnosis. I have tried all of the non-opioid treatments. Finally, after 5 years of intense pain, my psychiatrist told me that there was such a thing as "pain management!" I immediately signed on with a pain management doctor and was started on an opioid regimen. At that time, I was barely able to get out of bed and was confined to a wheelchair. After starting Lortabs four times a day, I was able to get out of my wheelchair in my home. This gave me hope. I was then able to go out of the house without my husband's assistance. I still can't go far, but I can go. Peripheral neuropathy is a very painful and progressive disease. A combination of Lyrica and Percocet is the only

relief that I get. Because of the new CDC guidelines, my pain management doctor cut my pain medication in half.

For no other reason than the CDC guidelines, my quality of life was cut in half. This is a violation of my Human Rights!

I am not the only one. I started a support group for people suffering with peripheral neuropathy in 2011 that has grown to over 3000 members who have all had their rights violated with the new CDC guidelines. I'm now getting my powerchair back in working order.



**DJ Stelly** 4 months ago

DJ Stelly

I agree with Lynda Richardson. This is Eugenics, we're useless eaters. Hitler euthanized all people missing limbs, the elderly, the children and adults with mental illness and retardation of any kind, Hitler assigned 2 Drs to hire Drs throughout Germany to carry out these orders, more conditions got added to the List, the last one added was Non-German,,, aka Jews and Christians, Yes Christians AND Hitler had The Pope's Blessing!

I've been in pain management since 2005, I'm permanently disabled. I have Deteriorating Disc disease and a genetic spinal condition, as do 2 of my 3 surviving siblings. I had numerous 'Poke and Hope' shots in my spine then a Discectomy on 3 lumbar discs which gave feeling back to my left foot but did not diminish the back pain. Since the surgery I've had nerve blocks, facet joint injections and 2 rounds of RFA's which helped for about 2 months. My cervical discs are now in almost the

same shape as my lumbar. I have Arthritis and bone spurs. I have an extra vertebrae with an extra disc. have migraines that can't be treated by Imitrex due to a severe stroke in 2009 caused by an aneurysm that hemorrhaged, my family was told I'd be left blind, after 3 days in ICU and 6 days on the floor of the Neurological Ward I walked out with diminished sight but with full faith my sight would recover, then another aneurysm was discovered on a major blood vessel leading to my ocular region. So I had brain surgery 4 months later to put a coil on the neck of the aneurysm. And my sight has improved. I have deformed bones, the worst painful one is in my left shoulder. I know the injections eventually cause even more damage to connecting ligaments and other tissues. When your life changes, in every way, someone should warn you of the ensuing risk for Depression, which for me is horrible, I've never known such sorrow and then came the anxiety, Panic Attacks. I was the bread winner, I could work like a horse, always on the go. Now, understand that I've taken 2 different pain medications back to my previous Dr and refused to take a med so strong it made me a drooling lump. I've never failed a urine test, I've agreed to treatments I knew wouldn't work just in case something had changed and maybe they could help. Luckily in Jan/Feb 2010, I found a Dr that worked with me to find a balance of medications to relieve my pain to a level, not gone, but a balance. Six months ago she lower the dosage on one, then 3 months later the other. This last visit with my husband beside me who had been diagnosed/prognosed with Stage IV cancer, untreatable, the week before and she lowers the boom. She's going to cut my dose again, then took away the muscl relaxors (all non narcotic or opiod) AND she forced me to make the 'choice' to stop the anxiety and sleep aide meds due to Depression or stop the pain meds. Hey, this

alone can kill people, AND THAT IS THE PLAN!! Have you read the guidelines, the reports and contextual 'supportive' reports? She's not a primary care dr, she's a specialist, I'm in the 'Population Group' at risk for undertreatment of chronic pain. This weekend and past week have crushed my heart. I'm working with S.S.Disability for my husband of 27 years, and dealing with his work to set up Short Term Disability and other benefits set up while trying to choose the right Hospice Company for him, the love of my life needs me now like never before! And I'm in the worst shape -physically, mentally and emotionally- than ever before. This last appt I was planning to inform my Dr that the lowered doses are not working, the last lowered pain med dose has left me with much more pain, I'm back to spending most of my day in bed with pillows propping up my left foot which is 'dropping' again, going numb and supporting my neck and shoulders with various pillows just try to get comfortable enough to rest or try to sleep. Well forget sleep, forget controlling panic/anxiety. Forget me being able to help care for my husband. My husband needs me and this Dr has made me useless for him. All because the CDC has control through a Recommendation, not a law, but definitely tied to ACA, even though my insurance predates the Sept 2010 changes mentioned in the CDC's report. That CDC report also says this should be a compassionate decision between patient and Dr. It Was Not!! I made an appt with my therapist because he needs to know about the medicines she has forbade. What a crock!!



**Lynda Richardson**

4 months ago



This is eugenics at its finest look it up its all there in that shiny new health care law that no one read but it is pretty clear. They want to eliminate the people they see as a drain on society. They ignore everything that doesn't fit into this agenda. Absolute power absolutely corrupts and those that don't want to see it don't those that can't ignore it are dying. People are being tortured by unrelieved pain & unrelieved pain causes death. The fact that the people of this country have lost all empathy & compassion for those that are being tortured by pain is a disgrace their lack of humanity is mind blowing. The lack of pain relief from our supposed doctors those that tucked tail and folded going against everything they have done to treat pain in those afflicted for years are now doing nothing and contribute to the death rate constantly rising daily, the politicians acting as if they are doctors are only serving themselves for votes to stay in their luxury jobs & the public that think it is okay in all of their over grown self worth have no problem making people in pain suffer to the point of death and suicide is disgusting. I would never wish pain or suffering on anyone but I wish for one day all the people against allowing pain patients the medications they need could feel our pain because if they did they would be demanding this torture stopped. They would demand more be done to relieve people in pain. Sadly some will finally know what it is to be in pain but by time that time comes the deaths of so many will have already have happened and once dead you are dead.



**maryw** 4 months ago · 1 like



Of course its the cdc regulations causing more death ,,more harm to the medically ill w/painful medical conditions,,Every single chronic physical

pain patient knows it,,,"our government refuses to hear the truth for it would make these death their responsibility,,which they are..The terrible truth is,,,"it is genocide and torture are government is willfully doing..It is shear corruption and abuse of ,,"just powers," are government is doing...As most people know,,we tried to get death due to untreated physical pain on death certificates,,the government refused to allow that on thee death certificates as a cause of death,,To us,,the reason is obvious,,they WANT no record of the death they have willfully caused,,,"U know many times before it got sooo bad,,,"chronic pain people said,,this would happen,,,"and no-one wanted to believe or publish it,,,"Welll at last we get it published,,but our government has single handedly created a black market over the last 5 years by invading our private medical records and our private , medical decision.then playing Dr.Government by restriction our acces to life saving medicines..Our government has willfully caused this torture and genocide,,,"and jmo,,thee only way to stop a rouge government is to replace it,,with a revolution,,,"sounds crazy,,,"but soo did torture and genocide in America 10 years ago,,jmo,,maryw



**Lorna Secunda** 4 months ago

The increase of drug overdoses and specifically opiod drug overdoses are a result of reduced heroin supplies and an increase in illegal fentynal. Fentynal is an opiod and drug overdoses due to fentynal are being labeled as opiod overdoses and are mistakenly being linked to prescription medications. This is skewing the actual numbers of prescription drug overdoses. The news is all ver drug overdoses due to opiods. The real reason behind these can clearly be laid at the feet

of the increase in fentanyl usage by addicts who can no longer obtain heroin, The CBC reported last week that there is virtually no heroin to be had in Vancouver and that drug addicts there have turned to fentanyl for their highs.....I am sure the same thing is happening here in the US. Chronic pain patients are the main victims in this as they are now being denied their pain meds that help them exist and get through their day with legally prescribed medications. The CDC should be ashamed as it has created a whole new class of patients that will be looking for their relief somewhere or they will become a statistic one of the 44000 suicides a year.



**jacquie** 4 months ago

My pain doc is forcefully weaning me off my pain meds and says I should only be taking ibuprofen. I only wish she knew what I have been suffering with. I told her I would look for another doctor but I know no one will take me on for pain relief. Yes, we are being victimized. When I can't take the drugs that help me live I will lose my job and be in horrendous pain. I don't want to kill myself but I can see it on the horizon, it's just a constant throbbing pain that does not go away and makes one grind their teeth and stoop to doing things they otherwise would not do. A decent night's sleep is impossible. Even with pain drugs I have not slept through the night in a decade. And it's because pain wakes me up. No one knows the pain we live in constantly. I don't want to leave my adult children with the legacy of a mother who committed suicide, but if I run out of options, I can understand those who have gone before over the chronic pain they lived in. This problem has been around for hundreds of years. Many people have

died because of chronic pain. The documentation is there, just look it up. We get tired, exhausted from the pain. When all meds are taken away I just don't know if I can deal with it.



**Susie** 4 months ago

I was taken off of my Norco last month. I have been on some sort of narcotic since 2005. My saving grace has been a few months back I was put on Soma a muscle relaxer which actually is working better for me with my tramadol then the norco ever did. If I did not have the soma though I would be in a world of hurt but I would not risk my doctor losing his license over writing me a monthly prescription for a narcotic.

Susie



**Kari** 4 months ago

I'm going to to commit suicide if I can not get the care as well I'm tired of being treated like a drug addict when dealing with fibromialgia complex pain syndrome chronic pain and mobility issues due to a work place accident 36 years ago after 8 surgeries on my left knee doctors say I have to many medical issues to accept me as a patient I've been with out a doctor for three years I'm just so frustrated and tired and had chest pain due to stress still got no help I will not be her in 2 months if I don't get some care



**Cyndi** 4 months ago

I am a pain patient in New Mexico, for 15 years I have had severe pain yet only treated for less than 10 years. This last year my insurance changed, since I am on bcbs advantage plan that means my prescriptions went from \$6.00 per prescription to \$85.00.

So not only do I not get enough pain meds, I have to decide if I eat, or get my medication. Can I afford my medication this month or do I decide to let the utility bills go unpaid this month. We shouldn't have to decide this! So if the cdc gets us then the insurance company wants their cut too?

To me we are being tortured. Even at the pain medication I get, I can't walk on my feet because of biting foot, neuropathy because of nerve root surgery from Tarlov Cyst Disease. I have neuropathy from my toes to my mid calves. Muscle spasms. Smooth muscle spasms like my bladder, that causes terrible pain I double over. My list goes on and on.

When they came out with these guidelines, I had asked if the cdc were going to be held responsibility for all the bills where we had to go inpatient because we can't handle the pain, or the burial charges when we commit suicide ? Cause someone needs to be held responsible for it.



**Ubissen** 4 months ago

It makes me so mad reading how people are kicked out from their doctors or being made to live in pain. I switched from opioids to cannabis over a year ago and are grateful that I can get it legally in

my state. Thanks to Aunt Zelda's cannabis research center my day to day pain is livable. It's not gone, and never will. Before cannabis I was on many strong opioids, in fact I think they had me on too high a dose. I was proscribed a 100 mg fentanyl patch together with 90 mg of oxycodone a day. My pain clinic topped it with high doses of Phenagan, Demerol injections and antidepressants. Eventually I stopped fearing for my life. I found a doctor who supported me the year it took for me to taper out of the addiction. Now that I eat concentrated cannabis I have way better pain relief with no side effects. Still that said I do still use opioids once or twice a month, but at a much lower dose. When I use cannabis I do it for two reasons. The first one is that it's illegal to take cannabis across state borders, so when I travel out of state to see my specialist doctor I have to use a different medication. I am just lucky I still have a some left from my opioid days. Normally I would destroy expired medications, but now I am too scared to do that. Who knows if I can get more. I also take it for migraines. So far I haven't found a cannabis strain that works when my migraines get really bad. I am in constant pain 24/7. I have POTS, Ehlers Danlos syndrome, fibromyalgia and brain damage. My shoulders are literally being held together with tape. I have also never abused opioids and don't abuse cannabis either, actually I am no high either since you don't have to with cannabis. If CDC has to limit access to opioids, they need to release access to other things like mushrooms and cannabis. Suicide has been in my thought many times over the 10+ years I have been in constant pain. If I didn't have access to cannabis like I do. I would not be able to hold out much longer.



**Audrey Tracy Jennings**

4 months ago

You're welcome to join our closed private support group on fb. We are an awesome group of wonder folks supporting each other everyday. Busy active board for only having 94 members. Please come learn what has worked for us. This link is <https://www.facebook.com/groups/537543433060575/>

Also there is a product called Kratom that is all natural herbal supplement that comes from a tree. Its legal. Not a drug. Its a miracle worker for pain and withdrawal among many other ailments. Google Kratom.

Best to you and so sorry for the loss you all are suffering. I too have DDD and many other issues. We know your pain!!



**Emily Raven** 4 months ago · 1

like

In a civilized "free" society nobody should feel the need to die because of physical pain that could be treated. Period. I do not understand what purpose this kind of suffering serves besides money and feeding the sick god complex egos of these pain "doctors" that think they know our bodies better than we do.



**Lynn M** 4 months ago · 1 like



ly chronically ill daughter, has chronic pain, has

been diagnosed with dysautonomia. There is probably more going on than that but no one seems to be able to figure it out. They started her on Morphine after putting her on high doses of steroids to treat Adrenal insufficiency. She is on IV nutrition and can't take anything by mouth or by gtube anymore. So meds have to be able to be given IV. She can't take anti inflammatories because she has a low platelet count and bleeds with anti inflammatories. She doesn't have a lot of options and now they are lowering her morphine dose and she is in such pain, she talks about wanting to die. But at present, I believe she wants to fight and live. Her pain has not been controlled for months now. We would all prefer that she would be able to be off the Morphine and we are going to a specialist to see about other options, like trigger point injections, stimulators, pain pumps etc. She has a great PCP but people don't see her living in pain day by day. I would not blame her if she got tired of the fight. I think we are just beginning to see the effect of reducing opioids. They are so focused on reducing them but you never hear about what will be offered in the place of these meds. My daughter is likely to die younger than the norm and I don't want her to die in pain. I don't want anyone to die in pain. I have chronic pain too, and even on medicine, my life is of low quality, I don't feel like I live life like I did before. Without pain meds I would seriously have to wonder why I am even trying to have a life. Everything becomes so much harder to do, even the good stuff like spending time with friends and family. Without pain meds, I would not do even as much as I do now, which is significantly reduced from my previous norm. I can understand why people want to die when their only hope is taken away.



## Emily Raven

4 months ago · 1 like

I'll tell you now from personal experience the pain that comes associated with dysautonomia probably won't be sufficiently taken down with any sort of injections because of the widespread type of pain it causes. Will it help maybe and probably yes for certain ha and good luck to her. Whatever you do do not let them con you into steroid injections near the spine. I would get them to rule out connective tissue disorder as well before you proceed with any steroid injection as it breaks down the tissue (collagen) worse which is what happens in connective tissue and why steroids are used to break down keloid scars. My family has had to watch me struggle with my health for years due to lack of knowledge of doctors here and them making me doing everything possible to get me off "evil opiates" even though what I'm on is so mild it's not funny. Prayers and blessings to you both.



## Pam Cushion

4 months ago · 1 like

I can relate to everything you say. I have had my share of epidurals, facet injections, trigger point injections, etc. I no longer get epidurals, but my neurologist continues to give me trigger point and facet injections. They do nothing for my pain but intensify it. I

am not a needle person, so before he even does them I am all worked up. Just him spraying lidocaine causes me to scream in pain, the needles do me in and I am in tears, then and only then am I handed my scripts . Scripts that have been lowered more than half, my health greatly deteriorating..I honestly do not know how our drs look at themselves with respect and dignity, when they are reducing their legitimate pain pts meds, seeing for their own eyes the amount of suffering we are going thru and they are with us for what 20 mins!? What about the other 23 1/2 hours!? God only knows what damage is being done by having so many injections.



**Elaine** 4 months ago

Mark Ibsen, thank you for your courage and for speaking out.

Gary, thank you for taking the time to write and send that letter and for sharing it with us. I have the same concerns about the "interventional medicine specialist" who set up business in the region. Volume, volume, volume is his mantra, and if he even knows what he's doing, is his concern doing it right or doing a lot? I expect an epidemic of arachnoiditis.

Garrett, again my condolences to you and your family.





**Sasha** 4 months ago

I have Ehlers Danlos and live in chronic pain. My mother also lived in chronic pain, probably from this same disorder. Her doctor took her off opiates and put her on antidepressants. It's been two years since she shot herself and died. The war on addiction was definitely a part, and in her note she said she "couldn't live like this" any more.



**Pam Cushion**

4 months ago

Sasha, I am so very sorry for your loss. We need to get our stories heard and put faces to the stories. My heart breaks for you and your Mom, I too am a CPP. Prayers to you and your family. Another life lost at the hands of the government, they need to be held accountable . so tragic and sad



**Kim** 4 months ago

I completely understand why people go the route of illegal drugs or suicide now! I moved from FL back to KY in December 2015. I had been seeing the same Primary for over 10yrs and same pain Dr for over 8yrs. I had been on the same narcs and opiates for 8+ yrs and when I moved to KY and had to get a new Primary, simply because the 3 pain clinics he sent me to wouldn't accept me as a patient, he dropped me too. I now have had to go through withdrawals (am still going through them),

and can't even get my non controlled medication! I was dropped on my head like a bad habit! I'm only 41 with 2 9yr olds to raise. This KY Dr. Didn't even bother taking my past medical records, MRI'S, X-rays anything, none of them did! So I am supposed to suffer with anemia, hypothyroidism, Hashimotos Thyroiditis, thyroid nodules, Acute Chronic Gastroitis, DDD, Spinal Stenosis, Facet Joint Arthritis, Sciatica issues, L4/L5 fusion, migraines and the hits keep rolling! Don't know how much more I can handle!



**Karen Brown** 4 months ago · 2

likes

My boyfriend & I were both dumped by our Doctor two years ago because he was no longer going to do pain management. To this day the same doctor is still writing scripts for someone we know & a few other chronic pain patients. Now why is that? I ended up going back to my old primary care doctor but my boyfriend has yet to find another Doctor. Every Doctor he has been referred to does not want to take him on as a patient. What ever happened to the days when you went to a doctor you were seen by that Doctor? You can't do that now especially if you're a chronic pain patient there's no chance in hell of getting a Doctor to even see you. I have to watch him suffer through some horrible pain 24/7, it gets so bad at night with his screaming from pain that I have to take off and sleep in my truck just so I can get some rest before I have to go to work in the mornings, then I'm in horrible pain all day from sleeping in my truck with a bad back. He has talked about killing hisself many of times and I think he's getting real close to doing it cause he can't find a Doctor that will see him. What the CDC has done is totally

INHUMANE and they need to be held accountable for all these suicides.



**DParker** 4 months ago · 2 likes

The insurance we pay \$1800 a month, Blue Shield Of Ca, has decided to question the Medical Necessity of the same medication they have approved and payed for since 2000. My pain specialist has written a letter asking that they give time to titrait in the event they do not agree on the Necessity. He said they may just stop paying for it all at once because he has had numerous patients that recently lost coverage. I have Adhsive Arachnoiditis since 2000 and completely disabled. I utilized my meds to get my bachelors degrees business finance and masters degree in science in administration. I will never get a chance to use the degrees without proper pain management. I consider myself worthless to my family and often consider leaving all this pain behind. Thanks CDC...



**Tammy** 4 months ago · 1 like

My Doctor sent me to a pain Dr. That wanted 5 MRIs and about 6 more test. And then he was going to give me a medication that was about 3 times stronger . I could not afford all the test and I have to function so I did not think the meds he was talking about was good. So now I am working full time in major pain most of the time. It seems like we have been put out to the dogs..





**Mary Maston** 4 months ago · 1

like

Garrett, once again my deepest condolences on your father. I am so proud of you for telling your story - it needs to be told and so do the rest of them. Sadly, I don't think that they care about the number of suicides they've already caused and are going to cause in the future. In fact, that's what some of them are counting on. If you have a prescribed pain medication or a street drug in your system when you die - because you went to the street desperate for pain relief, they will count your death in their already over inflated number of overdose statistics. It helps their cause. If you tell your doctor or anyone else that you're considering taking your life because you're in pain that you can't bear, they totally disregard the pain factor and consider you mentally unstable which opens a different can of worms. Don't worry though, Buprenorphine in the form of Probuphine is going to save us all!

Mary Maston  
MSK Advocate



**Val** 4 months ago · 1 like

My doctor stopped prescribing me my thirty norco a month, because he didn't think I needed it for my fibro, frequent fibro flares and five herniated discs working as a hospice aide with three children. I just want to function, that's all I pray for.





**pam** 4 months ago · 1 like

As a chronic pain patient myself, I have resorted to "self medicating " because it's not possible in my rural area to find a doctor willing to help. I have been diagnosed with systemic lupus and pulmonary fibrosis and mixed connective tissue disease, raynauds disease, and others. I take 12 non pain related Medicines. Now I can drive 3 hours and maybe find help, but I completely understand getting to the point of feeling that u r a burden and can't go on.

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