

Author Full Name : Andrew Allison**Received Date :** 01/09/2025 09:05 AM**Comments Received :**

I'm a chronic pain patient due to a herniating disc in my lower back (L4/L5), and in so much pain I couldn't survive without proper pain management over the last decade. Every doctor I've seen, specialists, surgeons, urgent care, primary care, and more specialists, they all say the same thing - I'm too young to do surgery, and they don't know what's causing this level of pain, that they'll do surgery once it's "bad enough". They can only give me enough pain meds to keep me from writhing in pain. They can't give me enough to actually maintain a level of comfort because new guidelines restricted what my doctors could prescribe alongside opioids, despite what was working for me for years, and despite what they believe would work, so they're forced to try to find some work around. Is it so much to ask that a patient who is fully aware of the risks be allowed to take what they need? Or to allow a patient to maintain the medications they've been on for years because someone decided you can't mix opioids with xanax anymore?

I've spent the better part of two years trying to find any medication that could do even 50% of the job, and in that time I've had to deal with having my medication lowered, or have to go to other cities to even fill the medications because the shortage of pills.

The current guidelines do not allow for doctors to properly treat pain for all cases, and the current guidelines do not allow for enough production of medication. Restrictions largely only hurt the people using it properly, leaving people in unendurable pain, stressing every single month that the guidelines won't change further for the worse, or that they will get a refill to survive a month - that's no way to live.

We aren't addicts, we are people hoping to be able to have even a semblance of a life. The addicts will always find a way to get their fix, but a pain patient unable to get adequate pain management will either turn to illegal drugs, or take their own life, given enough time.

These guidelines need to be better designed to help people, rather than punish everyone.
They need to produce enough medication to not spend every day worrying this is your last month of medication.
They need to allow people to be medicated properly.
They need to stop handcuffing everything around pain.

People are suffering.