

Author Full Name : Shelli Brot

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Comments Received :

I'm wondering why I'm even bothering to write my opinion on the subject of opioids. It never seems to do any good from the chronic patients point of view because we are treated as if we are medication seekers. I assure you, all of the pain patients I've met have waiting months or years before ever going in to the doctor. We've iced, heated, massaged, bathed in Epsom salts, and suffered until it's not manageable anymore. Then, when we're at our wits end in pain and aggravation, we go see a doctor and tell them we're in agonizing pain. Then they decide we are "seeking drugs" within 5 minutes of meeting us. We're accused of faking or malingering because we're at the point where we need to get a medication for pain from the doctor. It's that bad. I could drink alcohol to numb the pain, but that's not healthy! Then, when we're sent out of our doctor appointment with a recommendation for Tylenol and physical therapy, people wonder why we go to the street for medication pain relief. No one wants to be in pain. You've got millions of pain patients who have been abruptly stopped from their opioids that have been working JUST GOOD ENOUGH to have some semblance of a "normal life". That little bit of quality of life is what we seek. We are going to doctors, test after test, surgery after surgery, nerve blocks, rhizotomies, spinal cord stimulators, ALL of which cause ongoing problems that may need further surgeries.

I've done it all. I'm not a lazy person. My career was outside sales, service, and drove to customers. 100% commission, so I knew how to hustle. After my health issues started taking over, I did everything to try to feel better, including the following:

Exercise: daily walking, stretching, weight lifting, yoga, pilates
 Mindful meditation daily
 Daily gratitude, positivity, and prayer
 Eating organic, non-GMO, gluten free, dairy free, and free range/grass fed whenever possible
 Anti-inflammatory diet
 Counseling, psychotherapy, biofeedback
 Medical cannabis
 Chiropractic
 Physical Therapy (many, many rounds)
 Red Cord Therapy-the best physical therapy ever invented
 Water therapy
 Massage therapy-currently going every two weeks
 Craniosacral therapy
 Bowenwork therapy
 Magnet therapy
 Copper therapy
 Acupuncture
 Shakti mat
 Gua Sha
 Hypnosis
 MELT Method exercises
 Yoga and weight bearing exercises
 McKenzie method exercises
 Reiki
 Chinese cupping
 Theracane
 TENS Unit
 Braces (knees, wrist, back, Sacroiliac Joint, cervical)
 Shiatsu back massager
 Rheumatology
 Opioids
 Lidocaine infusions-several
 Pharmacy compounded creams
 Voltaren gel in every room of my house
 Ketamine Infusion at Cleveland Clinic Dec 2-6 2013
 Depression medications tried (Wellbutrin, Prozac, Lexapro and more)
 Fibromyalgia meds (Savella, Neurontin, Lyrica, Gabapentin, Cymbalta, Celebrex)
 NSAIDs (Advil, Motrin, Ibuprofen, Pamelor, Aleve, Naprosyn). GI upset, pain, and bleeding
 I have an adjustable bed 2 twin XL each side with its own remote. Both feet and head adjust.
 I have a special recliner that lies very far back

I do everything to make sure I take care of myself. I keep a lower weight, with a bmi of 22.5, I eat healthy, I stretch every single day, exercise, and I fully participate in my wellness. All I want to do in life is to be able to walk my little dogs, keep my body moving (MOTION IS LOTION), be able to keep up with everyday hygiene for my body and home, and maybe make

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love with my husband once in a while. These tiny every day things are impossible without my medication.