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My passion journey began in 2010. It started with myofascial pain Syndrome. I couldn't barely do anything because of my muscles. Then I fractured my back in 2016. That was the worst year to injure myself as the new guidelines started taking affect. I've been diagnosed with degenerative disc disease (multilevel),mps, compression fracture deformity, nerve damage, osteoarthritis, osteoporosis, and I have pain issues with my knees. I've had two spine surgeries; decompression surgery of my lower back and spinal fusion in my neck (three levels). I will need additional surgeries on my lower spine, spinal fusion where I will have another plate inserted like I did on my neck. Ever since the 2016 cdc guidelines I've had so much difficulty finding a medication that works. I spent 2-3 years bedridden as a result of not being able to stay on the medication that works for me. I've exhausted every medication and a last resort my doctors kept me on Percocet after my 2020 spinal fusion surgery on my neck. I lost my entire life and the ability to have any quality of living. I can't work, cook, take showers, walk more than a few minutes, play with my grand children, I've missed many family functions etc. being on the lowest dose of a pain medication enables me to not feel the pain full force. But I know more can be done so that I can get my life back. I become anxious and depressed because I cannot engage in social events any longer. My children were forced to fill an adult role in the beginning and had to do grocery shopping, clean the house etc as I was not able to do daily chores. I'm thankful for the minimum that I do get as many do not get any pain medications. I filed for disability because I can no longer perform as an adult who can do basic chores such as taking baths and showers. I had to cut baths out completely because I cannot get out of the bathtub once I sit down. I just want my life back. Some of my scans come back that I have mild this or mild that but I can assure you the pain is not mild. It is intractable debilitating pain. I didn't ask to feel this way and I definitely didn't see my life path transition into such agonizing pain either. The medications I was given resulted in very uncomfortable side effects and I could no longer take them. Opioid therapy was my last resort and that can end at any time and without save tapering. I was completely cut off my anxiety medication and pain medication and labeled. I was desperate and didn't want to feel this pain I feel every single day of my life. As I said I'm thankful for what I do get but it's like putting a bandaid on a wound that requires staples or stitches. Bring a chronic pain patient was not a choice and we should be able to have and be given a better quality of life.

Thank you.