



HOW TO OBTAIN MEDICAL HELP IN YOUR LOCAL COMMUNITY

1st of 3 Part Series

As state and federal policies are increasingly restricting long distance travel to access treatment, persons who have IPS should pursue physicians (MD) and nurse practitioners (NP) in their local community to provide necessary care. This Chronicle is the 1st of 3 to give some guidance.

FIRST REQUIREMENT

You must have a verifiable, anatomic diagnosis that is the cause of your IPS. The fact that you have intractable pain (IP) is not sufficient-you must know the cause of your IP.

Case Examples:

#1 A woman consulted us who was taking three different opioids that had quit providing pain relief. When asked what caused her pain, neither she nor her husband knew. They did not have an answer.

#2 A woman on two opioids and three ancillary agents, wanted a letter to support her disability claim. When asked the cause of her pain, she didn't know, but her feet and legs hurt. Someone told her she might have fibromyalgia.

Note: Neither of these cases above could produce a single page of medical records stating the cause of their pain. They couldn't locate a doctor to help.

HOW IS AN ANATOMIC DIAGNOSIS OBTAINED?

This requires a physical examination plus confirmation with an x-ray, MRI, photograph, blood test, electro-conduction study, or biopsy. This information must be documented in your medical record. Equally important is to keep a copy of all test results in your personal possession-not in some doctor's office.

UNACCEPTABLE DIAGNOSISES

The following are not considered specific enough diagnoses to obtain opioids or disability:

- *bad back *sciatica *failed back *sprain or strain *fibromyalgia *headache *accident *EDS
- *neck pain *fall

COMMON DIAGNOSISES FOR IPS

Adhesive Arachnoiditis (AA)	Herniated discs with complications	Post-Stroke
Reflex Sympathetic Dystrophy (RSD)	Sickle Cell Disease	Specific Arthritis
Specific Neuropathy	Interstitial Cystitis	
EDS with complications	Traumatic Brain Injury (TBI)	

WHEN ASKED ABOUT YOUR NEED FOR CARE

Do NOT identify yourself as a "pain patient" in your attempt to secure a physician. Instead, state your specific disease diagnosis that causes pain. For example: "I have (name your anatomic disease) which causes pain and other symptoms.

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