



WHAT YOU NEED TO KNOW TO OBTAIN LOCAL CARE
3rd of 3 Part Series

Persons who have IPS or plain chronic pain are usually taking several drugs, including controlled medications, but don't always know why they are taking them. If you don't know why you are taking a drug, you may appear to medical practitioners to simply be a drug seeker who abuses medication or has an addiction or opioid use disorder. If you can't explain in detail why you take each medication including supplements, you shouldn't be taking them. Also, no MD or NP will prescribe them to you if you don't know why you are taking them. It is imperative that you learn as much as you can about each medication and supplement you are taking.

There are 4 reasons for medications and supplements:

<u>REASON</u>	<u>SOME EXAMPLES</u>
1. Treatment of the cause of your pain	methylprednisolone, prednisone, curcumin, ketorolac, andrographis, adrenal cortex
2. Healing and permanent pain reduction	vitamins C, D, B-12, DHEA, colostrum, Pregnenolone, nandrolone
3. Complications of your pain	medications for high blood pressure, high blood sugar, high cholesterol, insomnia, low testosterone
4. Symptomatic pain relief	opioid, PEA, kratom, stimulant, CBD, benzodiazepine, ketamine, gabapentin, naltrexone

ADDITIONAL

If the only care you are seeking is for symptomatic pain relief from opioids or benzodiazepines, don't expect to find pain care. Also, don't expect acceptance from local practitioners unless you are taking medications to treat the cause of your pain and permanently reduce your pain.

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