Overview of the help available to veterans with chronic pain through the Veterans Administration (VA)

Evaluate alternative methods to heal chronic pain
- Estimated cost

Discuss relieving chronic pain through mental health professionals
My Journey with the VA

May 2003
- Other Malaise and Fatigue

October 2003
- Major Depressive Disorder and Prolonged PTSD

April 2006
- Symptoms involving skin and other integumentary tissue
- Backache

September 2006
- Temporomandibular joint disorder
The journey continued

March 2008
- Referred to podiatry
- Plantar fasciitis
- Plantar fascial fibromatosis
- Custom insoles
- Night splints
- Ice bottles
- Hydrocortisone shots
- TENS unit(s)
- STIM unit
- Physical therapy
- Plantar fasciotomy (January 2009)
  - Nerve damage
... and continued

May 2012
◦ Referred to Orthopedics
◦ Pain in joint, site unspecified

December 2012
◦ Irregular menstrual cycle
◦ Perimenopausal menorrhagia
◦ Symptomatic menopausal or female climacteric states
◦ Climara/Pro
◦ Farmed out hysterectomy

January 2014
◦ Chronic Pain Syndrome
◦ Pain management clinic
◦ Biofeedback
◦ Skin conductance home monitor
◦ PTSD
On my own

CBD Oil $1000+
Bemer $6000
Hypochamber $70 with groupon

Pain management doctor
- Rheumatologist
- Fibromyalgia diagnosis (Dx)
- Hydrocortisone shot
- Opioids
- Muscle relaxers
- Lidocaine patches
- Massage chair $100

Stand-up desk $400
Ball chair $100
Essential oils $100s
Massage table $80
Biomat $800
Bed $5000
On my own

Right SI joint
- Hydrocortisone shot

Cervical disk
- Hydrocortisone shots
- Physical therapy
- Dry needling
- Replacement

Cymbalta

Acupuncture

Chiropractor
- Seat cushion(s) $50
- Biomat $1000
- Inversion table $300
Mental health journey

Alpha-stim unit $1800
EMDR
Muse headband for meditation
Cymbalta
Search for counselor
Managing pain $40
EFT Tapping
CBT
Prayer
Meditation
Reiki
Healing
Questions?

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