



Patient Perspective: A Veteran's Pain Journey

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OBJECTIVES



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

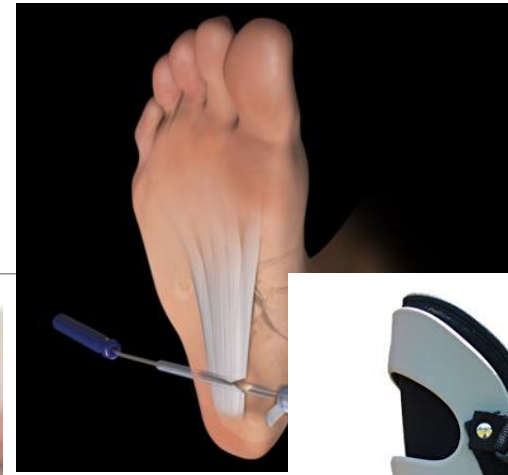
- Temporomandibular joint disorder



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 withgroupon

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

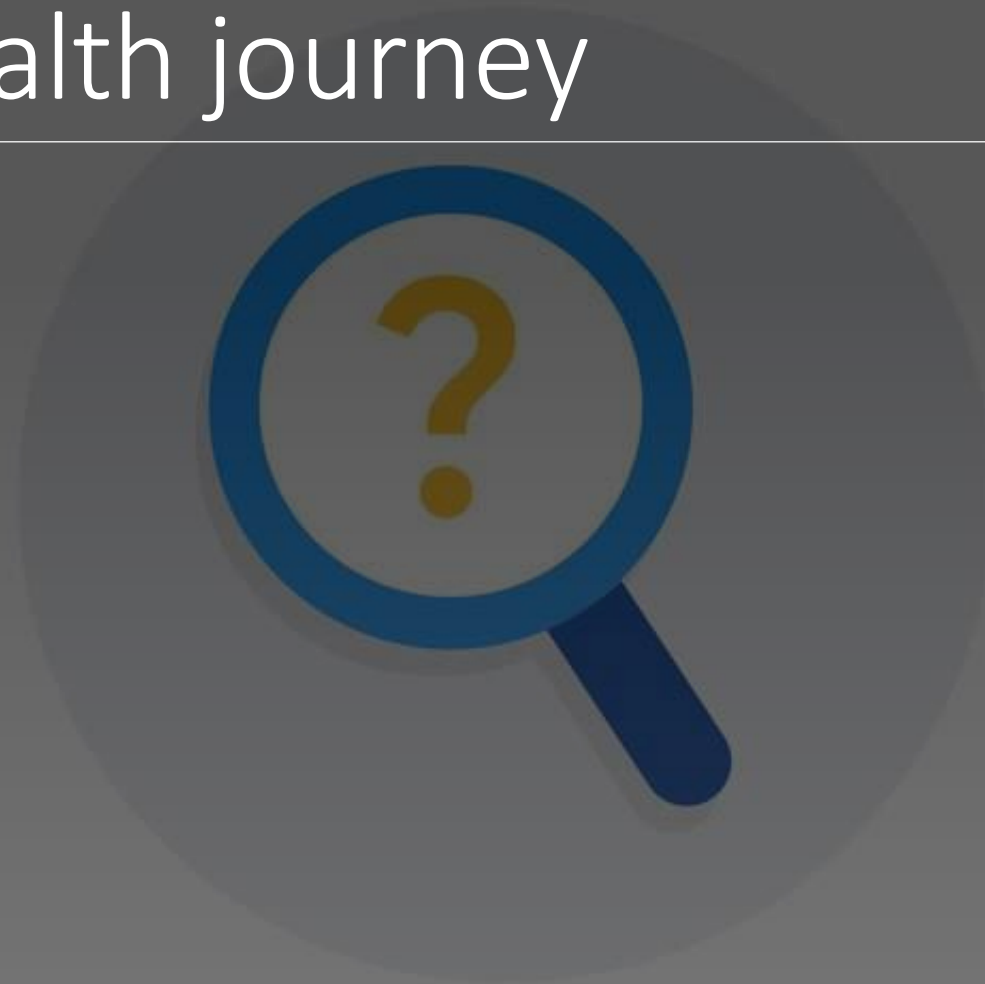
CBT

Prayer

Meditation

Reiki

Healing



Questions?

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