

ANONYMOUS

MIDDLETOWN, OH

How is the opioid epidemic affecting you, your family, and your neighborhood? :

I am a 44-year-old female and I want to share my story. In 2001 my husband and I were in a car accident which resulted in me having 2 ruptured discs in my neck. I had to have two major neck surgeries and began taking pain medication; I was on just about everything that you can think of. I was on methadone for 12 years from a pain clinic, and I became addicted to it. I had to have more and more of the pills, until it became a vicious cycle! It was completely ruining my life! Thank the Lord I never did turn to heroin and that's when I finally decided I had enough.

I decided to go to a doctor that could treat my addiction and help me get my life back on track! That was the best decision that I could have made for myself! It has been 2 years I have been clean, with no relapses!! I believe having faith in my higher power helped me through my addiction. I see so many people dying from heroin it's so sad I have lost a cousin from heroin and also recently just lost a best friend! We got to get control of this!

What do you see as causes of the epidemic in your community and in Ohio? :

I believe doctors over prescribing pain medications has caused this opioid epidemic! A lot of people that were on opioid medications got addicted, and then when they could no longer get any, they started to choose heroin, which is a lot cheaper. But this is killing people every day and lots of people I believe the pain pill epidemic we have is the problem!!

I also believe all doctors should stop over prescribing pain medications! I do believe if you have Painful cancer and need them for a couple days from a surgery I can understand people needing them. But they are just so free to write them; there's other alternatives that do work then pain medication! But, that's what the drug companies want, for you to keep coming back for more and more so they could just keep making the money my opinion! But to solve this problem they have to stop over prescribing them! I believe it would help so much.

What steps might we take as a state to combat the opioid epidemic? :

Doctors need to stop over prescribing pain medication and use other alternatives for pain medication! If you have Painful cancer or you're having surgery and needs to be put on them for 2 to 3 days but I do also understand there is people out there that need pain medication around the clock! But not everyone needs them. But I understand weeding out the ones that do and weeding out the ones that don't I can understand but people do not need to be on them for a long period of time because they cause so many problems I've been there I know how they work but that's what I believe we should do!

What might we do as individuals and a community to reduce opioid abuse?:

We need to make people in our communities and also individuals aware and give the education about how opioids affect the human body and how easily you can become addicted to them! And also educate what happens to you if you do become addicted to them! That's what I think needs to be done to help the problem with individuals in our communities. I also think it should be part of Education in our schools so we can teach the young as they grow.

Anything else you'd like to share?:

I have been wanting to share my story for a long time just didn't know where to share it at I'm so glad I found this place where I could share it I just want to be able to help others and help people get treatment before it's too late! Thank you very much and God bless each and every one of you!