

My name is Sarah Collins. I live in Pulaski, NY. I was injured at work in 2009 with chronic low back pain. Ibuprofen and otc pain meds didn't help at all so I went to the doctor and was put on hydrocodone. I was forced to get another job inside the hospital where I worked. My pain wasn't getting better and I had to report to the Health Office every two weeks where I was bullied and called a liar because the cause of my pain doesn't show up in x-rays and MRI's. I got a job as a unit secretary. We also had a lot of other jobs. My pain was exacerbated. Now not only did I have low back pain but nerve pain down both legs. I was constantly told that it was "all in my head". I also have bad anxiety and depression since I was injured. My doctor had me on Oxycontin and Oxycodone. I was still in a lot of pain. She switched me to the highest dose of extended release Tramadol since Tramadol is weaker. Someone told me about Kratom in 2017. I've now been taking Kratom and off opioids since November of 2017. I still have flare ups but it's good that I can take it more often if I need it. Right now they are weaning down all of the cpp on opioids to the lowest dose. I don't think I could handle the lowest dose of Tramadol. The highest dose was barely cutting it. My doctor has been very good about helping me even though she doesn't know a lot about Kratom. I'm very lucky to have her after I've heard some horror stories from other cpp.

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Sarah Collins