



LET'S MAKE A DEAL

We know that taking Narcotics runs many risks.

Narcotics become the monkey on your back that constantly threatens you with the **nightmare of addiction and withdrawal** if you don't have access to your medications.

Narcotic effects may switch from analgesia to **hyperalgesia** and start causing you pain without you even realizing it.

Narcotics cause **tolerance** so it progressively takes higher and higher doses to control your pain. Someday you will reach over to take your medication for pain and it won't work.

Narcotics suppress your breathing so the more you take the less you breathe. This is why **Prescription Overdose** is one of the major killers in the United States.

There are **many other side effects** like constipation, fatigue, depression, addictive behavior, organ damage, suppressed testosterone, lowered immunity, cancer, memory loss, constantly walking around high, on and on.

Scientific evidence shows that you run these **risks at any dosage but especially when your daily opiate dose is greater than 80mg to 120mg of Morphine equivalents a day**. Keep in mind that 10mg of Morphine given for pain would be a very strong narcotic dose for someone that doesn't have tolerance. So when we say 120mg Morphine equivalents we're saying that we'll give you, up to, 12 times the "normal" dose of narcotics to help with your pain.

MDHC wants to help you with your pain but does not want to be simply a drug pusher giving you narcotics on a regular basis.

With your pain problem there may not be any "magic wand" to relieve it so you may have to be on narcotics the rest of your life.

Yet, we can try this and that to identify treatment modalities that do decrease your pain, all-be-it just a little. **If we can find a little relief here and there, it may add up enough to lower the risks you are running** taking only narcotics to treat your pain. Things like NSAID's, anti-consultants, massage, counseling, life style changes, injections, on and on, may help and may help significantly.

BOTTOM LINE

MDHC agrees to help you with your pain medication as long as you agree to work with us to try everything we can to keep your daily opiate dose less than 120mg Morphine equivalents per day.

If you agree to our approach please sign below to acknowledge your compliance.

Patient Signature _____ Date _____