New prescriptions law a pain for many seniors

HELPING SENIORS OF BREVARD
JOE STECKLER

Dear Friends,

Since my recent article on opioids, we have received numerous calls to our office from seniors having trouble obtaining their pain medication subsequent to the passage of Florida House Bill 21. Many callers suffer from fibromyalgia, a syndrome that causes widespread musculoskeletal pain. These callers noted the absence of support groups for those diagnosed with fibromyalgia.

I was diagnosed with fibromyalgia many years ago and know that the pain associated with it is often unbearable. You can search Florida Today and www.Helpingseniorsofbrevard.org to review the articles I have written on back pain and what it can do to other parts and functions of the body. Since I am not a doctor, I can only offer my opinion based on what we lay people call "on the job training," and here it might be called "personal pain."

Regardless of the name attached, the resultant pain can be extremely severe. Treatment is difficult to prescribe and most often administered on a trial and error basis. I admire doctors who treat this disease because the honest ones will tell you they do not know what it is or what causes it. They do know those who have been diagnosed with fibromyalgia have painful days ahead.

My efforts to self-treat were more effective before I had my stroke and limited gym days. To try to relieve different pains associated with the disease, I have endured pain management, therapy, back operations, massages, and burning of nerve endings. Now I am on a firmly controlled diet with no gluten, sugar, sodas, or alcohol, and scarce red meat. The goal is to eat an abundance of fresh fruits and vegetables and ingest shakes and other vegetable capsules to eliminate inflammation markers. To date I have experienced no change.

By change I mean any improvement in rising from a sitting to standing position without extreme pain, same for walking, even with my rollator, which I would not walk without due to poor balance. My posture has become stooped, something of which I am not proud. I know I have problems, but also know there are millions out there just like me.

Bringing it closer to home I know many experience the same difficulty naming their disease and coping with it. The passage of HB 21 governing the use of opioids combined with how little we know about the disease make it long overdue to develop a fibromyalgia support group. Let's join forces to develop a catalogue of problems associated with the disease and possible treatments – exercise, medication, pain management, and many others.

The support group will be held at the Helping Seniors office in the Unity of Melbourne building, 2401 N. Harbor City Boulevard, where we can seat about 120 people. While we will start small, I believe the group will grow since there are so many who cope daily with the painful symptoms of fibromyalgia. Please call Kay at (321) 473-7770 to give your preferences on a day and time to hold the fibromyalgia support group. We do need your feedback if we are to make this work and help those who will have a difficult time obtaining medications.

Joe Steckler is president of Helping Seniors of Brevard, a nonprofit organization designed to advocate, educate, and fundraise on behalf of Brevard's senior citizens. Contact the group at info@helpingseniorsofbrevard.org *or call (321) 473-7770.*

Rants

From page 6

to walk in the street to avoid your sprinkler, which may be using reclaimed water? (yuck.)

And wouldn't it be nice if people honored Titusville's water conservation order — water odd numbered houses on Wednesday and Saturday, even numbered houses Thursday and Sunday.

Then three days a week we'd stay safe and dry, and every day we could walk on one sidewalk or the other and not get wet. (And have you looked at how much water is going into the gutter?)

And while I'm ranting, I'll vent about parking a car so that it blocks the driveway.

OK, if you absolutely have to, I understand, but when you could pull your car up and you don't, you're being rude (as well as violating Titusville City Code of Ordinance Sec. 20-53.)

And we can combine the two. A few days ago, the dog and I took a sunrise jog, rounded a car that was parked over the sidewalk and ran right into the sprinkler that was irrigating the zone behind the parked cars. (The cars blocked the view of the far side of the lawn.)

I took a full-on oscillating sprinkler hit to the crotch; my big, water-hating mutt was startled, bolted, and nearly tripped me.

Puppies Are Our Focus!
We carry LUPINE products & Tropiclean name brands for your pet family

- Beds & Comfort
- Training Supplies
- Grooming Products
- Food
- Toys for Cuddling

We Have Puppies to Love, Too!
725 N. Wickham Rd • Melbourne, FL 32935
321-914-0881

NOW OPEN
Dr. Steven Alukonis DC, DABCO
Space Coast Advanced Health
Now Serving You From TWO Locations. We deliver Results!

I CAN HELP YOU WITH ...
- Auto Accidents
- Auto Immune Conditions
- Digestive problems
- Peripheral Neuropathy
- Thyroid Conditions
- Weight Gain
- Fatigue
- Neck Pain
- Back Pain
- Functional Medicine
- *And much more!!*

Call our office today to schedule your discounted consultation of $67. That's a savings of over $250!

Space Coast Advanced Health
Treating The Root Cause

Dr. Steve Alukonis DC, DABCO
Space Coast Advanced Health
Melbourne • 321-425-2519
3972 W. Eau Gallie Blvd., Ste A
Cocoa Beach • 321-783-1960
299 North Orlando Ave.
SpaceCoastAdvancedHealth.com

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL A PAYMENT OR TO BE REIMBURSED FOR ANY OTHER SERVICE, EXAMINATION OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISING FOR THE FREE, DISCOUNTED OR REDUCED FEE, SERVICE, EXAMINATION OR TREATMENT.