Date: June 3, 2001

To: Ms. Kimberly Topper

From: Janice Gardner

Subj: the Benefits of the Medications I take as Prescribed ~~an~~ by CPHTC.

I started treating with Dr. Mark Thimineur and CPHTC in October 2000.

In first 9 mos. he and his outstanding staff have turned my life around. With the help of Narcotic pain relievers and procedures and devices I am able to have a nice life. Back in October of 2000, I relied on my wheelchair and cane to get around. I could not sit still and was constantly in motion, struggling to find a comfortable position or at least one that was not so painful. I hardly ever got out of the house I was just about ready to ask for help from a visiting nurse - someone to help me during the day as I live alone. Riding in a car was painful and my travel was limited to medical appointments. ~~Along with~~ One of my problems was intense, severe, chronic sciatic nerve pain. Along with this, I suffered daily excrutiating headaches - migraine and right occipital pain that branched out to my right temple.

(I will be trying a spinal cord stimulator to see if this pain can be reduced.)

All kinds of oral pain relievers and migraine specific drugs were prescribed and failed. All but two. The two drugs that successfully reduce and occassionally eliminate the pain and headache are Demerol injections and Fentanyl Duragesic patches. I must also give credit to a lidocaine & Ketamine infusion. This really seemed to be what took my sciatic pain away. I occassionally have sciatic pain, but nothing like it was.

With these meds I have renewed hope of a better life. The pain is much more manageable. These meds do not cloud my thinking, I walk without a cane, I move around much more easily, I pay my own bills, I work on my computer... The focal point of my life is no longer Intense Pain. I can also ride more comfortably in a car, Get out of the house and go on a dinner date with my fiancé! I can start living again NOT just existing. I have a fuller, richer life.
I know I'll never have a pain-free life. Yet with the help of these medicines it can be much more comfortable.