

# **MESSAGE TO INTRACTABLE PAIN PATIENTS EVERYWHERE**

**December, 2009**

Shown here are 5 handouts that I have just given to all of my private, intractable pain patients. They are intended to make their basic pain treatment regimen more effective. Each year I try to summarize what I've learned and then make recommendations. I hope each year brings improvement. Good luck in finding a few tips to give you a better 2010.

## HANDOUTS

1. How to use opioids to control intractable pain.
2. Diet for intractable pain patients.
3. Basic dietary supplements.
4. Electricity control measures.
5. How to make pain relief creams

## **HOW TO USE OPIOIDS TO CONTROL INTRACTABLE PAIN**

- ❖ You must use a combination of some of the opioids listed here to allow you to:
  - Leave your bed, couch, and home each day;
  - Allow you to dress, eat, walk, sleep, and interact with your family in a meaningful way;
  - Develop a quality life with work, volunteerism, hobbies, church, family, or other activity that brings you happiness;
  - Control your blood pressure, pulse rate and pain flares so you can physically and mentally function and stay out of hospitals and emergency rooms.
  
- ❖ You must take your opioids in such a manner that you are not sedated, impaired, sleepy, or have a clouded mind or memory.
  
- ❖ Most intractable pain patients who best control their pain use a long-acting opioid and a short-acting one for flares, surges, or breakthrough pain.
  
- ❖ Use your short-acting opioids 30 to 60 minutes BEFORE the flare starts. **STAY AHEAD OF THE PAIN.**

## **OPIOIDS FOR INTRACTABLE PAIN**

CODIENE	METHADONE	TAPENTADOL	MORPHINE
FENTANYL	OXYCODONE	TRAMADOL	HYDROCODONE
OXYMORPHONE	MEPERIDINE	HYDROMORPHONE	PROPOXYPHENE

## **DIET FOR INTRACTABLE PAIN PATIENTS**

**Alert: Protein provides the amino acid which make the endorphins and hormones that control pain.**

**PROTEIN FOODS TO EAT EACH DAY - EAT WITH IN 2 HOURS AFTER AWAKENING (BEFORE 9:00AM)**

EGGS  
CHEESE - COTTAGE CHEESE  
FISH  
POULTRY  
BEEF  
PORK

## **FOODS TO KEEP AT A MINIMUM TO PREVENT HYPOGLYCEMIA AND WEIGHT GAIN**

**Alert: Hypoglycemia interferes with opioid effectiveness and pain control**

BREAD  
POTATOES  
CORN  
FRUIT JUICE  
MILK  
PASTA  
PIZZA  
PASTRIES  
CEREAL/OATMEAL  
DESSERTS-ALL KINDS

## BASIC DIETARY SUPPLEMENTS

1. EACH MORNING - 1 OR 2 MULTI-VITAMIN/MINERAL TABLETS OR CAPSULES - ANY BRAND
2. EACH DAY - 1 OR 2 VITAMIN D - CALCIUM, MAGNESIUM TABLETS (Sold for Osteoporosis)
3. EACH DAY - TAURINE or GLUTAMINE TABLETS 1000mg TOTAL

### OPTIONAL

FISH OIL  
COPPER TABLETS  
ARGININE  
D-PHENYLALANINE

ZINC TABLET  
VITAMIN D<sub>3</sub>  
MILK THISTLE  
GAMMA-AMINO-BUTYRIC ACID (GABA)

## ELECTRICITY CONTROL MEASURES

You must **daily** eliminate and prevent the accumulation of electricity in your pain sites. Pain and its complications are fundamentally caused by excess electricity.

### MANDATORY

1. Rub your pain sites at least 2 times a day with copper and a magnet;
2. Massage one of these topical (skin) medications into your pain site(s): morphine, hydromorphone, carisoprodol;

### DO SOME OF THESE EACH DAY

1. Take a tablet of magnesium, copper, or zinc;
2. Experiment and determine if a copper bracelet, anklet, or necklace helps;
3. Experiment and determine if a magnetic bracelet, back, neck or knee brace, mattress, or shoe insole helps;
4. Soak in your bath tub or Jacuzzi with 2 tablespoons of Epsom salts placed in it;
5. Walk barefoot for at least 5 minutes;
6. Use an ultraviolet light or heat lamp to drive some of your topical medication into your pain sites;
7. Use a TENS, microelectric current (Alph Stim®) over your pain areas;
8. Stretch exercises which put pressure or "tug" on your pain site(s).

## **HOW TO MAKE** **PAIN RELIEF CREAMS**

Crush 8-12 tablets of the following and stir into 8 ounces of cold cream. Massage into painful area each day.

1. Soma® - 350mg
2. Morphine – 30mg
3. Prednisone – 5mg
4. Copper - 2 or 3mg
5. Dilaudid® - 8mg