

My name is [REDACTED]. I am 56 years old. I'm told that I'm very near Quadriplegic. That idea has taken a while to get used to living with, psychologically speaking, but I'm doing ok for now.

I have two protruding disks in degenerative bone disease in my lower back. I also have Myelomalacia in my neck. Both are degenerative in nature, and both are very painful. I have tried a few pain killing options, both natural and pharmaceutical. But so far Tramal is the only thing that works for me. I'm currently taking 400mgs a day. I have been taking Tramal for about 8 years. I have been offered stronger medication because the pain is not always at this level and able to be managed by only Tramal.

Im not keen on taking anything stronger because Im sure it would be very difficult to get off that. I don't drink alcohol or take other drugs. I haven't drunk alcohol since I began taking Tramal 8 years ago. Best thing I ever did was to stop drinking alcohol. I was using that as a very weak excuse for pain killing while I was working on and off roofs.

The chronic pain and numbness is slowly spreading & getting worse. That is agreed upon by specialists & my GP. Back specialists want to operate but there is only a 30% success rate for the Myelomalacia, and the other 70% is all risk of landing in a wheelchair. Its not a great risk/reward ratio. The right side of my body below my hips is gradually becoming numb. My right foot is about 60% numb. At the Saddle and crotch area, Im about 60% numb. My left ear is becoming numb and is regularly tingling. I have pain down my left arm. But that was previously in my right arm. It seems it all depends on what position(s) I sleep in.

I have an x-wife who is taking every opportunity to wreck my relationship with our 9 year old daughter, and that creates serious stress for me, which then increases my pain levels. In 2013, I got off all pain killing meds and was only meditating 2 hours a day. That worked very well for me. But then my ex took our daughter from me and that tipped me over the edge in terms of stress, and I was immediately back on Tramal, and have been ever since.

We are in Court, and have been for 2 years, but the ex keeps breaking Court Orders and is brainwashing our daughter, which just keeps me in this horrible loop, stress and pain-wise. I will get off the Tramal eventually. I have no intention of living like this forever. But for now, its all I have to rely on.

If Tramal was taken from me at this point, Im not sure I would survive the cold turkey detox. Last time I got off Tramal, it took 12 months of serious effort. I can and will do that again, just not right now, if possible.

Sincerely

[REDACTED]