



Karen "Duff" Duffy:

Pain wakes me up in the morning. It's my constant companion.

Nicole Hemmenway:

And it just wasn't getting better. They brushed it aside, not understanding to the degree that the pain was.

3rd patient:

I'm suffering, I'm suffering, fix me and they can't.

Duffy:

Pain is inevitable...but suffering is optional. So you can live with chronic pain, but you don't have to suffer.

Hemmenway:

I think that a lot of people that are dealing with chronic pain at some point feel like a victim.

Duffy:

I'm deeply reliant on pain medicine whether it's my pain patch, or pills that I take. And in New York city they say you're never more than three feet away from a rat? Well, I'm never more than three feet away from my pain medicine.

3rd patient:

I realize that my body is physiologically addicted, but I worry about abusing the medication. I've never felt like its gone there.

3rd patient:

Now I have anxiety. I'm going to run out of pills and I'm not going to be able to treat this pain.

Duffy:

If I could only get one week of pain medicine or three days of pain medicine, I'd be a huge burden on my community.

Hemmenway:

We really need to focus our efforts on empowering patients about the different types of alternative and complementary therapies.

Duffy:

Access to quality care for primary care and for alternative complementary therapies can be rather difficult. Hopefully, we can take this moment where the spotlight is shining on pain and pain management and illuminate alternative ideas like yoga, walking, acupuncture, music, crafts.

Hemmenway:

I don't believe any person that is taking pain medications wants to be on them.

Duffy:

So many complementary and alternative therapies are not researched and they quantitatively don't have the same results and the same efficacy that a pill does but I believe if we do more research we'll be able to see the benefits.

Hemmenway:

Finding treatments that really fit my body and lifestyle were a trial and error process.

Duffy:

Happiness and chronic pain can co-exist.

Hemmenway:

I thought chronic pain was the end of my life and in reality it lead to a whole new beginning.