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### **MEDICATION POLICIES FOR PAIN AND SEDATION**

- Opiate narcotics are similar to naturally produced substances within the body known as endorphins. When we take opiates like codeine, the body is not stimulated to produce its own pain control chemicals. This is the reason why continued use of opiates creates a dependency on this medicine. **The more we take – the more we tend to need even though the source of pain is diminishing.**
- Opiate medication causes mental depression after use. Pain is worse when we are depressed. **Medicines which increase depression will tend to increase pain.** Many sleeping pills such as barbiturates are also medications which create depression.
- The best medicines to improve sleep are those which have been used to treat depression. They are good sedatives even for people who are not depressed. They are not habit forming.
- The best medicines for control of persistent pain from the musculoskeletal system are known as anti-inflammatories. These treat the body's reaction to mechanical irritation chemically. They treat pain at its source rather than at the receiver (the brain). **They do not cloud the mind or create depression.**
- Thus, most persistent musculoskeletal pain is best treated by anti-inflammatories. Sedation is created by anti-depression narcotics such as codeine. This is not a good medicine for long term benefit.
- **Overuse of pain medicine is destructive and will delay recovery.** Boredom and self-concern increases the need.
- No medication will be renewed indefinitely. The attitude of this office is to make every effort to reduce and eliminate the need for medications. If you have a problem with this, the staff will be glad to discuss it with you when charts are available. **Because of these principles, no medication will be renewed on the weekend or after business hours.**