

## **PE1651/HH**

Submission of 7 January 2018

I wish to share my horror stories about the Cymbalta experience. You have no idea how dangerous Cymbalta was/is. There are many victims like me, who suffered from it in the whole wide world without a warning of dangerous side effects by a variety of medical doctors (majority of MDs, just a few ones who knew about it) who lacks their knowledges about this withdrawal effects or cold turkey. So why prescribing if they know nothing of. We don't deserve to be treated like some guinea pigs.

A year ago, that was in the year of 2016, I was prescribed Cymbalta by my psychiatrist, at first it was 30gm for a month and he saw that it has not been kicked in and he decided to increase the dosage to 60gm and it was finally kicked in. This is where and how it all began – all the hell break loose. I became emotionless zombie and altering me to a different person with a different personality. He didn't even warn me that there will be dangerous side effects. He didn't even hand out a pamphlet about it. He just like went ahead and prescribed it unsuspecting.

I stopped taking it after realising why I slept up to 16 hours daily. For example, my wife woke me up in the morning to take her to work and went home again to sleep and woke up around 2pm or 3pm. My wife and I went to see that psychiatrist and asked him to lower that dosage to 30gm and he REFUSED immediately and we tried another doctor who referred me to that person also refused. They knew each other through a referral.

It was my fatal mistake that I stopped taking it since they refused, only found out when I joined "Cymbalta Hurt Worse" Facebook group because there was a solution to wean this medication off and that was called a taper method which I never knew about it, even my own two doctors, I suspected, knew nothing about it otherwise they would tell me it's not safe to stopped taking it and they didn't even mention tapering when we asked to reduce that dosage. That was at the end of 2017 approaching 2018 is where I stopped taking it and began experiencing a cluster of symptoms like I was hammered like hell with multiple hits of dizziness, migraines, stomach cramps, extreme hunger, extreme tiredness, heavy sweating, and so on. This last 2 weeks.

PAWS (Post Acute Withdrawal Syndrome) or also known as protracted withdrawal that I am in and have to face my uncertain future whether I will die or not if I am not careful with strict diet foods (avoid sugars, caffeine, dairy, and refined/processed foods). This is no my life I wanted with post-Cymbalta. I, for long, yearned to get my old life back. My wife wanted her husband back in the old day she married and loved.

Cymbalta is indestructible who refused to leave my body as it's trying to stay inside, even stopped taking it. It is harder to get it off for how long. Most sufferers who wean it off 2 years, some 4 years, and there is no way of knowing when to get off completely.

I contemplate suicidal thoughts many time but I refused, if I did, Cymbalta win.

I beseech thee to heed my warning of Cymbalta, a deadly medication known to man and wish to save as much as other people's life who is not aware of it like me. If you truly and sincerely are so much understanding of this, you will be saving millions upon millions of people when Cymbalta is banned immediately for good. I strongly urge you to ban Eli Lilly, the maker of Cymbalta in the country of Scotland.

As you are aware that there are upcoming class action lawsuits in the USA because of deaths involved, and now Australia, and soon it will be followed by the rest of the world. Cymbalta has ruined my life, isolated from the real world.