

PE1651/TTTT

Angel Ene submission of 24 January 2017

Im danish living in Norway, and my story are so much more than just being prescribed a benzo diazepine, because I was actually only prescribed ambien.

But I was on it for more than 8 years.

My first symptoms was incontinence, back pain, muscle weakness, myalgia, inner distress, stomach issues, minor depressions on and off, joint and muscle/tissue pain, vertigo, blurred vision, PTSD

These where ALL symptoms that occurred years before I actually found out that the medication was the reason to it. My doctor never considered or connected them to my medication.

Now later when many of my symptoms has evaporated due to stopping the medication, she still refuses to recognise the connection, therefore I've now given her up, just like so many others who are suffering and going through this. And due to that fact, so many doctors and professionals are therefore loosing a great opportunity to gain knowledge and understanding about what REALLY happens when we are tapering and getting off and also the real extension of how long it REALLY takes to recover from these horrendous medications.

Here's a part of my story who actually are so so much more.

And I wanna say, that even the tragic loss of my brother being murdered when I was 18 the sadness and despair from that incident are nothing compared to what I went though and still are going through during my WD symptoms.

It's not only a nightmare of torture, it's a life eater. It's been eating for now more than 5 -6 years of my life if we count the years in tolerance withdrawal in too.

I've been misdiagnosed and got my uterus removed because the professionals couldn't after several tests and scannings find any other reason than my uterus probably was too big, and therefore the reason to my stress incontinence, which actually are a really common tolerance Benzo wd symptom.

Another thing are that the only medication I used, was only an ambien/z-drug (stilnoct) sleeping pills and these meds are really really underestimated by the doctors, to the fact they're giving as severe symptoms as any other ordinary Benzo and if not they're even more difficult to vean off due to its short half-life.

And another fact is, that many many doctors are so under educated when it comes to these medications, that they're often tapering patients off a regular benzo and under the same prosess they are prescribing an ambien as a "helping medication" and the patient continues in a tapering that just never goes well...

I've seen it again and again on several forums.

It's a disgrace to everyone that doctors prescribe these meds to us with absolutely no knowledge about how to help us to get of them. Instead they're prolonging the suffering immensely by their "I know best" attitudes.

I'm 15 months out now and things are slowly getting better, but I'm physical still so debilitated that I can't work.

I don't know how to submit and my English are not that good, but if you guide me, I'll probably get to it.

I don't know why it's always a lot of focus on addiction?? I never felt addicted to my pills!!

I was prescribed 10 mg for more than 8 years, I never took more than 5 mg. and I never felt I needed them and I never had much of panic if I didn't had them with me.

My tolerance WD symptoms increased by the years, starting with minor symptoms that later increased in even more and more severe weird symptoms, and I found myself visiting my PD more and more frequently with new symptoms again and again, mostly physical and later an extreme increase in stress and sometimes minor depressions. It was only like 5 months before my symptoms exploded into severe anxiety and panic attacks, and it was only myself who by an coincidence found the reason and connection between the symptoms and my medications, but only after being hospitalized (because of the above mentioned symptoms) in a psychiatric unit, who did not see the connection at all, they not once asked me about the previous medication or questioned how long I've been on them, instead they convinced me to try an ssri medication.

That ssri I threw in their faces after 5 days and I still suspected there was a underlying cause to my increased symptoms.

It was only after I got home from the psychiatric unit (who didn't want me there, due to refusing their pills)

I suddenly by a pure coincidence found the connection.

I read and read and it was like an epiphany to me.. I was then like in chock and determined that those pills where never a part of my life anymore.

I stopped at once at got so sick, and I read again and realised they should be tapered, I was at that time so scared about what I've been reading and what those pills had been doing to me, that I tapered for 10 days, and never looked back.

I only realised later that I've actually done a cold turkey, but at that time I refused to go back even though I was now in a nightmare of torture.

But even there, I wasn't feeling any addiction and I never had.

I think there should be a much bigger focus on the fact that we are in years of tolerance without any doctors recognise it, and the lack of knowledge about how long we suffer after being veaned of too fast by the prescribers.

Just my opinion experience and thoughts about this.

I really really hope that someone wise will consider the public health more important than the profit of a huge medical scam.

It's no coincidence that theres been a huge increase among the population on health welfare and early retirement due to many mysterious undiagnosed diseases.

Another thing are that if you look at my medication paper one of the biggest side effects are back pain and muscle weakness.

No wonder we have a population with more and more severe BACKPAIN issues.