



## Case study – Megan



Canberra-based Megan is in her early 30s and has a busy life. She works full time, is undertaking postgraduate study and enjoys volunteering with local charities in her spare time.

Megan also lives with chronic pain.

For most of her young adult life Megan had almost no symptoms, but in 2008 at the age of 18, she was diagnosed with Polycystic ovarian syndrome and Endometriosis.

“Increasing awareness and understanding of what chronic pain is and how people live with it is important for breaking down people’s assumptions and the stigma surrounding the topic,” Megan says.

Megan has had multiple surgeries to treat her conditions, however, the operations have been unsuccessful. Since her initial diagnosis Megan has also been diagnosed with Adenomyosis, an often painful condition where cells that normally grow on the inside of the womb are also found in the muscle wall. In 2019 a heart condition – resulting from her chronic pain – was added to the list.

In addition to regular over the counter medication, Megan takes hormone replacement therapy, heart condition and pain medication.

“As a person who lives with chronic pain, it’s great to be able to save money on prescription medications. Prescriptions for managing chronic pain often need to be filled more than once a month, which can really add up, especially if you also need to see a doctor every time you need a repeat script. Having the discount takes the weight off my shoulders as I know I’ll be able to manage my health a little easier.”

On 1 January 2023 the Australian Government reduced the general co-payment for medication listed under the Pharmaceutical Benefits Scheme (PBS) by almost a third to encourage people to not delay purchasing their PBS medicines. The cost reduction to most PBS medicines is providing hip pocket savings to Medicare card holders who are not eligible for concession cards.

Megan expects to save around \$25 each month on the cost of her PBS prescriptions.

“I spend around \$200 to \$300 per month on medication. Most of my medicines are listed under the PBS and while it’s early days, I can definitely see that the reduced co-payment will have a positive effect on my budget.”

Visit [health.gov.au/pbs](https://health.gov.au/pbs) for more information or talk to your pharmacist about how the PBS can help reduce the cost of your medication.