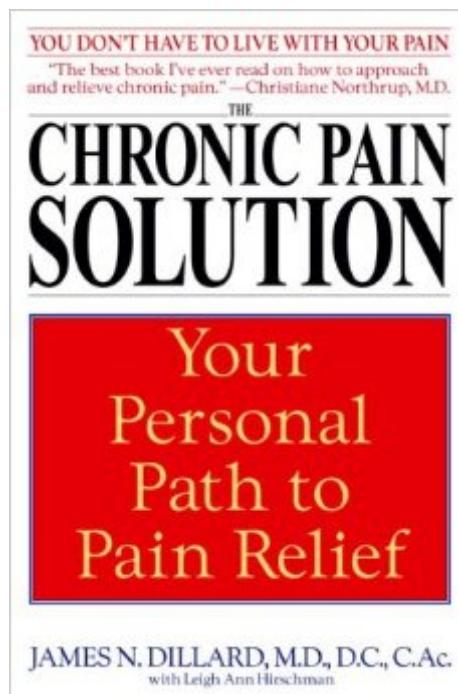


The book was found

The Chronic Pain Solution: Your Personal Path To Pain Relief



Synopsis

Every morning, more than 50 million Americans wake up to another day in pain. If you are one of them, you know the way chronic pain can take over your life: the lost work and missed pleasures, the harsh drugs or surgeries, the feelings of anger and frustration, the endless search from doctor to doctor. It doesn't have to be that way. This remarkable book, by one of the leading pain specialists in America, puts in your hands the resources usually available only at the most sophisticated pain clinics. Recent research has shown that the solution to the puzzle of pain is almost never one "magic bullet" treatment. What works is a combination of therapies--often three or more--customized to your individual needs. Some drugs or surgeries can actually make your condition worse, while surprisingly gentle alternative therapies can provide measurable, lasting relief. The key is knowing how to combine the best of both conventional and alternative medicine. Dr. James Dillard offers you what few physicians today are trained to provide: a fascinating new information on how pain affects your body and mind--including six myths that can keep you from healing; a detailed guide to more than 40 treatment methods, from state-of-the-art microsurgery and pharmaceuticals to acupuncture, yoga, and biofeedback; individual chapters on the 12 most common types of pain, from arthritis and back pain to fibromyalgia and migraines--clearly indicating what works and what to avoid; The Pain-Control Diet--and 20 top supplements for pain relief; how to build your pain-management team and get what you need from your insurance company; checklists, self-evaluations, and guides for tracking treatment; special chapters on children, seniors, pregnant women, terminal pain--plus how you can help a loved one in pain. You can take back your life from pain. The Chronic Pain Solution will guide you every step of the way. From the Hardcover edition.

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Chronic pain has become perhaps the most trying and least understood health problem in this country. Millions of people suffer from chronic pain, and most of them have little hope that their pain will end. Many doctors are ignorant about the pain experience of their patients, and some are even dubious that the pain exists! Part of the problem is that pain is an entirely subjective experience. It has no existence in the world outside of the pain sufferer (and the observable consequences of that pain). There are no instruments that can objectively measure pain. The plain fact, known only too well to chronic pain sufferers, is that nobody feels your pain but you, period. Dr. Dillard, however, among a growing number of progressive and caring physicians, realizes that the pain is real and has trained himself to appreciate and understand pain. On page 59 he even has a list of 68 adjectives for describing pain ranging from "aching" to "gnawing" to "wrenching." Another part of the problem, as Dr. Dillard points out, is that many physicians have not had adequate training in pain management and tend to respond to their patients' needs from a narrow and relative uninformed perspective. A third part of the problem is that pain management is not a medical specialty. Most physicians simply are not experts in treating chronic pain. I am not a chronic pain sufferer, but I know about this tragedy because someone I love has suffered for several years from near-constant pain of unclear origin. She has seen a number of doctors but has found little relief. To some extent she has become discouraged and cynical about ever finding help. I hope she will read this book and be inspired to renew her efforts to manage and reduce her pain.

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