



## Managing Pain

Pain is a very real and debilitating condition for many people. For thousands of years, doctors have been helping to relieve their patient's pain with a variety of medications and treatments. A new subset of doctors is becoming specialized in what causes pain, the bodies reaction to pain, and how different medications dull or eliminate it. Decades of research done by anesthesiologists have led to the development of newer and more effective treatments for pain unrelated to surgery. The American Board of Anesthesiology (ABA) is the only board recognized by the American Board of Medical Specialties to offer credentials in pain management.

### Read the following steps to help you understand and deal with chronic pain.

- Accept the pain and learn all that you can about your physical condition. Understand that there may be no current cure and accept that you will need to deal with pain in your life.
- Take an active role in your own recovery. Follow your doctor's advice and ask questions.

- Recognize your emotions. By acknowledging and dealing with your feelings, you can reduce stress and decrease the pain you feel.
- Learn to relax. Pain increases during stress. Relaxation exercises such as deep breathing or visualization can help you reclaim control of your body.
- Focus on your abilities rather than your disabilities. Prioritize and set goals. In doing so, you will see that pain does not have to be the center of your life.
- Exercise. Most people with chronic pain fear exercise, but unused muscles feel more pain than toned flexible ones.
- Know your basic rights. We all have the right to be treated with respect, to say no without guilt, to do less than humanly possible, to make mistakes, and to not need to justify your decisions.
- Reach out. It is estimated that one in three people suffer from some form of chronic pain. We all support and learn from each other.

### SAVE THE DATE

#### **Movement into Relaxation**

Sept. 11<sup>th</sup> at 2:30pm

Wellness Center Aerobics Room  
Observe or participate in a therapeutic movement class that offers a blend of tai chi moves and relaxation techniques to calm the body.

#### **Family Swim Day**

Sunday, Sept. 20<sup>th</sup>

1:00pm-4:00pm

Children must be at least 8 years old and 50 inches tall. Lifeguards will be present.

### **Dementia Less Common When Diet Favors Fish**

An international team compared the eating patterns of 14,960 people, 65 years and older, living in China, India, Cuba, the Dominican Republic, Venezuela, Mexico and Peru. The results showed that, as in previous studies in industrialized nations, people in low- and middle-income countries who ate more fish had lower rates of dementia. Meat consumption tended to be higher in people with dementia, although the relation between meat consumption and dementia remained unclear.

### **NO EXERCISE CLASSES**

Monday, Sept. 7<sup>th</sup>  
Due to the Labor Day Holiday  
The Wellness Center will be open for use

## What is a Physiatrist?

**Physiatrists, or rehabilitation physicians, are medical doctors who are:**

- Experts at diagnosing and treating pain
  - Restore maximum function lost through injury, illness or disabling conditions
  - Treat the whole person, not just the problem area
  - Lead a team of medical professionals
  - Provide non-surgical treatments
  - Explain your medical problems and treatment plan
  - Work not only on treatment but also prevention
- Rehabilitation physicians are nerve, muscle, and bone experts who treat injuries or illnesses that affect how you move. Rehabilitation physicians have completed training in the medical specialty physical medicine and rehabilitation (PM&R).

Rehabilitation physicians treat a wide range of problems from sore shoulders to spinal cord injuries. Their goal is to decrease pain and enhance performance without surgery. Rehabilitation physicians take the time needed to accurately pinpoint the source of an ailment. They then design a treatment plan that can be carried out by the patients themselves or with the help of the rehabilitation physician's medical team. This medical team might include other physicians and health professionals, such as neurologists, orthopedic surgeons, and physical therapists. By providing an appropriate treatment plan, rehabilitation physicians help patients stay as active as possible at any age. Their broad medical expertise allows them to treat disabling conditions throughout a person's lifetime. See chart below for what conditions may be treated.

## What does a Rehab Physician Treat?

Amputations/Prosthetics	Osteoporosis
Arthritis	Pediatric Rehabilitation
Back Pain	Post-Polio Syndrome
Brain Injuries	Spinal Cord Injuries
Cardiac Rehabilitation	Sports-Related Injuries
Geriatric Rehabilitation	Stroke
Neck Pain	Women's Conditions
Nerve Pain	Work-Related Injuries

## Credible Health Information Websites

In this age of information, it can be difficult to find accurate, reliable health information. There are millions of health-related web sites catering to the growing demand for medical information. But not all web sites are created equal. Some may contain false or misleading information. That's why it's important to learn about the site and determine whether the information is accurate and trustworthy. The following sites contain credible information, but remember, never use information found on the Internet to make decisions about your medical care. Use your online research to educate yourself and be a more informed partner when working with your healthcare provider to determine the best treatment for you.

### **www.healthability.net**

This web site is accessible from the Wellness page of the Elim Park web site. Information on the eight components of wellness, tools for wellness, and a Wellness Assessment are included.

### **www.familydoctor.org**

This web site is offered to consumers by the American Academy of Family Physicians and features clear and concise patient handouts for common medical concerns and conditions.

### **www.mayoclinic.com**

Mayo Clinic provides health information and tools that reflect the expertise of Mayo's 3,400 physicians and scientists.

### **www.medicinenet.com**

MedicineNet.com is an online, healthcare media publishing company. It is part of the WebMD Network and provides comprehensive, easy-to-read, in-depth medical information for people who want to research a variety of medical and health subjects.

### **www.medlineplus.com**

The National Library of medicine consumer web site brings together the latest health news, studies from the national Institutes of Health, interactive tutorials, an illustrated medical encyclopedia and much more.

### **www.webmd.com**

Provides valuable health information, tools for managing your health and support to those who seek information.