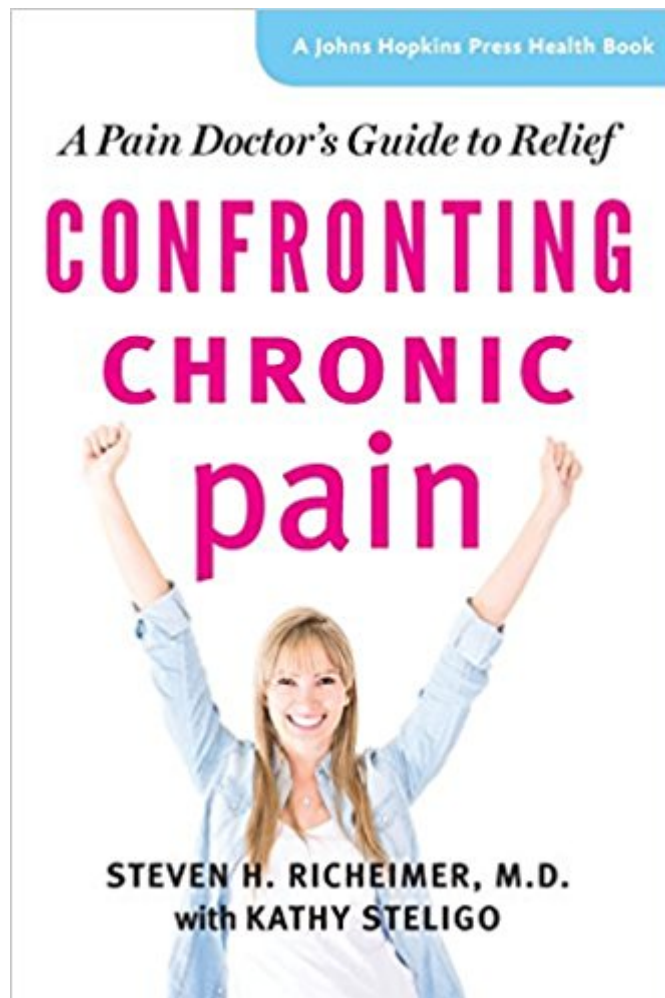




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Confronting Chronic Pain: A Pain Doctor's Guide To Relief (A Johns Hopkins Press Health Book)



Synopsis

This comprehensive guide is designed to help everyone whose days are filled with chronic pain—the kind of pain that truly is a disease unto itself. Where does chronic pain come from, and why doesn't it go away? Dr. Steven H. Richeimer, an eminent voice in the field of pain management, answers these and other fundamental questions about chronic pain. Board certified in pain medicine, anesthesiology, and psychiatry, he knows that the stress of persistent pain quickly takes a toll on the body and the mind. And he has helped thousands of people reduce their pain and reclaim their lives. In *Confronting Chronic Pain*, Dr. Richeimer discusses what causes pain in such disorders as arthritis, cancer, fibromyalgia, chronic headache, and back pain and describes how to get relief. He provides clear and up-to-date information about pain medications, exercise and nutrition, injections and neurostimulators, and complementary therapies. He also explains the many approaches to managing the social and emotional aspects of pain. Understanding that chronic pain affects the spirit, he offers seven spiritual tools for moving beyond pain; understanding that chronic pain affects the whole family, he has created an action plan for family harmony; understanding the emotional component of people in pain, he helps them solve the chronic pain puzzle. "Just learn to live with it" is not a satisfactory response to someone living with chronic pain. Dr. Richeimer's compassionate and holistic approach can help soften the harsh edges of pain and provide hope for the future.

Book Information

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Customer Reviews

"Together these two authors have written a really helpful and balanced book on how to go about managing pain." (Bronwyn Thompson Healthskills)"Those who suffer from chronic pain will find this readable, sophisticated yet approachable treatment a helpful read" (Library Journal)"Chapters survey what causes different kinds of pain, from arthritis and back pain to migraine and cancer- an offers the latest information on neurostimulators, pain medications, and alternative medicine alike. There are different, new approaches to pain management that everyone should become familiar with: this book covers them all!" (James A Cox Midwest Book Review)"For anyone who has been made to feel that their suffering is in their head, or has refilled prescription after prescription with no relief, you no longer have to suffer helplessly and in silence. Read this book and begin to take back control of your life." (Sue Friedman, Executive Director, Facing Our Risk of Cancer Empowered (FORCE) and coauthor of Confronting Hereditary Breast and Ovarian Cancer)"This book is a very good tool for patients to better understand the types and mechanisms of pain, and it is helpful for physicians in the physician/patient relationship, enabling the physician to better serve them. It is easy to read with a good scientific base, and most importantly, it emphasizes the spiritual and psychological aspects of pain." (Nashaat N. Rizk, M.D., University of Pittsburgh Physicians, Department of Anesthesiology)"The chronic pain experience is wrought with pitfalls and missteps. In my 31-year journey, I've discovered that one needs a guide or two to help find the light. Dr. Richeimer's Confronting Chronic Pain is one of those beacons. Comprehensive and enlightening, it covers the full chronic pain spectrum, including often overlooked aspects such as spirituality and family impact. Best of all, it offers real hope by embracing acceptance and self-care." (Cynthia Toussaint, founder and spokesperson, For Grace, and author of Battle for Grace: A Memoir of Pain, Redemption and Impossible Love)"An excellent reference for patients with chronic pain, their caregivers and families" (Susan Spinasanta Vertical Health, LLC)

Steven H. Richeimer, M.D., is an associate professor in the Departments of Anesthesiology and Psychiatry and chief of the Division of Pain Medicine at the University of Southern California. He is also director of Pain Management at Norris Cancer Hospital, Los Angeles. Kathy Steligo is a freelance writer specializing in business and health topics, coauthor of Confronting Hereditary Breast and Ovarian Cancer: Identify Your Risk, Understand Your Options, Change Your Destiny, and author of The Breast Reconstruction Guidebook: Issues and Answers from Research to Recovery, both published by Johns Hopkins.

I found this to be an excellent book. It is written from the perspective of someone who has experience in dealing with the myriad of issues related to pain as well as persistent pain itself. It explains simply the mechanisms behind chronic pain, as well as touching on areas like family and spirituality; which are often missing from books on the subject. I found it to be easy to understand (important when you are in pain) and generally informative. If you are looking for a book detailing specific treatments a chronic pain sufferer can try, there are some, however that is not I believe the general push of the book. A part, yes, but I believe it does a great job of touching on many aspects. In my opinion, you could write a thousand pages and still not be done with the subject, especially if you want to touch on all the possible causes and treatments of chronic pain! Anyway, I highly recommend it for yourself, or loved ones. I found it to be useful, mostly because it approaches pain as a legitimate topic with concrete causes and how it impacts a person and their family. Learning how best to live with pain, and turn it into a positive as much as possible and treat it as effectively as possible, is what I took away from it.

This book tells you many things non-drug related to help yourself and understand your pain. I fell March of 2015 and hurt my neck severely. It has been a journey but this book and a few more helped me very much. I do not take opiates and did get a procedure (not surgery as I am not a candidate for it) and now deal with it in my own way. This book is a great help. I now do not think it has wrecked my life forever like I first did. This book teaches you to work with your pain and not be afraid of it. I never knew real pain until I fell, now I know what everyone talks about. I also learned, nobody wants to know you are in pain (unless they are then they want you to listen, really)?

If you are new to the world of chronic pain like I am, this is an excellent reference. I got it from the library and was marking so many pages to copy, that I decided I needed my own copy. Great reference. Lost of info.

Flipped through it. Many pages contained things I had already tried. Wasn't very helpful at all. Only bought because my doctor told me to buy the book.

Dr. Steven Richeim, by writing about real life pain situations of his patients, truly connects with the reader. Finding a doctor like him must truly be life changing for his patients. Great tips on dealing with pain at all levels from home/self-based recommendations to medications and procedures that might be available to you!

Very helpful book for those suffering from chronic pain. Many good ideas and lots of research and helpful information.

A well written, easy to read guide to assisting those who suffer with CRPD and enlightening for the families of those who suffer from this painful syndrome.

I'm a chronic pain patient and this is extremely helpful and I'd recommend it to all in pain.

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