

Take your first Step

If you are struggling with chronic pain and your quality of life has been compromised discuss your treatment options with your psychologist and pain specialist.

This could be your first step toward a happier, healthier and more successful tomorrow.



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Indicators for Pain Complications

If you have suffered from unremitting or worsening pain for months, you may suffer from chronic pain and from associated conditions. Please check all that apply.

Are you troubled by any of the following:

- Excessive worry, occurring more days than not.
- Unreasonable worry about a number of events or activities, such as work, school and/or health?
- The inability to control the worry?

Are you bothered by:

- Restlessness, feeling keyed-up or being on edge?
- Being easily tired and fatigued?
- Muscle tension? Inability to relax?
- Having problems concentrating? Irritability?
- Compromised self-esteem?
- Trouble falling asleep or staying asleep, or restless and unsatisfying sleep?
- Does your anxiety interfere with your daily life?

Have you experienced changes in sleeping or eating habits? Yes/No

More days than not, do you feel:

- Sad or depressed? Disinterested in life?
- Worthless or guilty?

During the last year, have you:

- Increased your medications without your doctor's knowing?
- Have you turned to alcohol when your meds just were not strong enough?
- Have you had more problems in your relationships with loved ones or friends?
- Do you feel that your future is bleak and foreclosed?

Pain

When
Medication
no longer
helps



An Integrative Approach
to Pain Management



Dr. Ursula Stehle

Call 916/962-0222

PAIN: FACTS & TREATMENTS FOR CHRONIC PAIN

Everyone knows pain, that unpleasant sensory and emotional experience when there has been some form of damage. For most people pain is an indicator that something is wrong. We expect pain to go away after the underlying problem is fixed. Even with the advances of modern medicine there are still many sources of pain that are either not at all or not well understood, or we do not have treatments that can effectively cure the underlying pathology. Some of these chronic illnesses are

- Osteoarthritis
- Metabolic illnesses like obesity, IBS, and GI problems
- Neuropathic Pain
- Idiopathic Pain—pain of unknown origin, unexplained pain syndromes
- Chronic pain from old accidents
- Autoimmune illnesses, like Chronic fatigue, Fibromyalgia
- Headaches and Migraines
- Stress induced conditions like angina

In these situations pain is not only a sign but becomes a source for additional illness. Pain and the associated stress and decline in function can cause a dysregulation of the nervous system. Common disorders caused by pain are

- Depression • Addiction •
- Sleep Problems • Eating Problems •
- Post-traumatic Stress Syndrome •
- Cognitive Impairment •

Pain Facts*

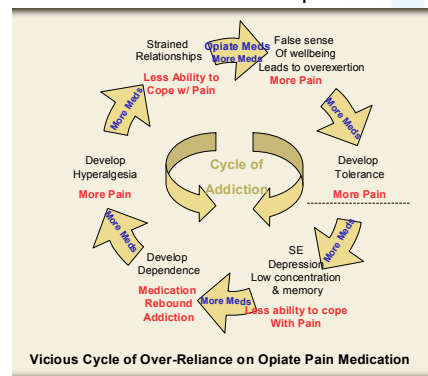
Did you know that in America

- Over 50 mil people suffer from chronic pain
- 2 in 5 pain sufferers have such intense pain they cannot work; 3 in 5 are unable to engage in daily living activities.
- Over 45 mil people suffer from chronic headaches, 28% suffer from Migraines
- Over 26 mil people between 20 and 64 suffer from chronic back pain. Back pain is the leading cause of disability for adults under 45.
- Over 20 mil Americans suffer from arthritis
- Over 10 mil Americans suffer from TMJ

* Pain facts are made available from the American pain Foundation

Pain and the Nervous System

Pain is regulated by our brain and all pain sensations are very personal experiences and not independently measurable. When pain becomes chronic the prolonged and intense bombardment of pain neurons can lead to an increase in pain sensations. This increased pain sensitivity creates many problems for patients and their doctors and frequently a vicious cycle of increased



pain—more drugs—increased pains sensitivity—decreased ability to function ... etc is engaged.

Expanding Current Treatments

Chronic Pain, especially when medical interventions have become less effective, tends to respond well to interventions that focus on self-regulation and self-management. Therapies that teach pain sufferers to

- identify personal triggers that open and close their pain gate
- increase awareness
- increase relaxation and esteem
- and non-medication based technologies like CES Alpha Stim and Cold Laser treatments,

are used to work synergistically to decrease pain. As a matter of fact, frequently opioid medications can be decreased or even let go off completely. While medications are very necessary during the initial phases in the treatment of pain, in chronic and medically less understood pain opioid medications are often minimally helpful.



Transcending Pain
Increasing Quality of Life

