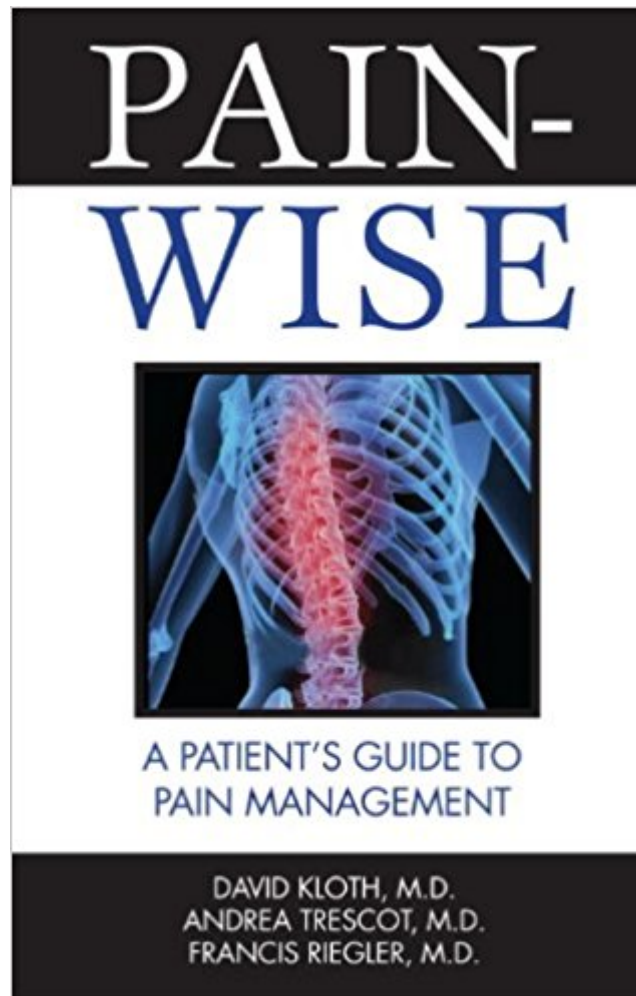




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# Pain-Wise: A Patient's Guide To Pain Management



## Synopsis

Chronic Pain Doesn't Have to be a Life Sentence! Suffering from chronic pain can be incredibly isolating and frustrating. Visiting doctor after doctor can leave you feeling as if there is no treatment for your pain. If you or a loved one is suffering from chronic pain, this book can be a first step to understanding treatments that can help manage pain. Though doctors have tried to treat patients in pain throughout history, more recently, focused training and certification in pain medicine has resulted in the emergence of a new specialty designed to help people suffering from chronic pain. Pain-Wise also includes expert advice on:

- Identifying what parts of your body are in pain, using a simple anatomy guide
- How to choose a pain specialist that is right for you
- Getting the most out of your doctor's visits
- Basic explanations of common interventional pain management techniques
- How to follow-up on treatment

Written by three doctors with years of experience in pain management, Pain-Wise is a patient's guide to simplifying the confusing and often overwhelming process of finding treatment for chronic pain. It will teach you the basics of how pain works, explain different interventional pain therapies in layman's terms, and help you find a doctor that can manage, and potentially relieve, your chronic suffering.

## Book Information

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## Customer Reviews

David Kloth, M.D. is an anesthesiologist specializing in pain management. Dr. Kloth founded Connecticut Pain Care, where he continues to serve as the President and Medical Director and is the Founder and Executive Director of the Connecticut Pain Society. He now serves as an examiner

for the American Board of Interventional Pain Physicians. Andrea Trescot, M.D. is a Fellow of Interventional Pain Practice and an examiner for the World Institute of Pain. Dr. Trescot has 20 years of experience as a pain clinic Director in private practice. For more information about Dr. Trescot, visit [www.drtrescot.com](http://www.drtrescot.com). Francis Riegler, M.D. M.B.A. is President of the California Society of Interventional Pain Physicians as well as President and Co-Founder of Universal Pain Management. Dr. Riegler currently lectures resident and fellow physicians about healthcare economics.

Pain-Wise describes options for treating chronic pain. Oriented for the patient who wants to be informed and an active participant in his/her treatment by an MD who specializes in pain management, it does an excellent job of presenting current medical options in terms I can understand. It does not preach, nor waste my time reciting patient testimonials. I have lived with severe scoliosis and associated lower back pain. This book explains and illustrates the treatments that have been of most value to me. Having read the book, I can better explain and pin-point symptoms and the effects of both facet injections and radio frequency ablations (facet rhizotomies). I now understand, for example, why the pain in my toe is caused at a facet joint in my back, and what options I have for treatment. My doctor recommended it before I try regenerative therapy (also called prolotherapy) to strengthen select ligaments so as to either slow then degenerative curvature in my back or possibly partially straighten the back. While my interest is focused on scoliosis and its complications, I also recommend it for anyone considering the other treatments covered in the book: Trigger point injections, Epidurals, facet injections, Sacroiliac injections, radiofrequency ablation, adhesiolysis, regenerative therapy, discography, minimally invasive disc surgery, complex regional pain syndrome, post-herpetic neuralgia (shingles). The book also gives a brief explanation of the various diagnostic tests and the information each provides, plus the various medications and how they work.

This book provides an easy to understand explanation to most pain issues and explains why your body reacts to them the way it does. If you're looking for a very helpful book this is defiantly the one I'd recommend! I think more people in the medical field should read this.

This book was referred to me by my orthopedic doctor when I asked for a book that would help navigate thru my 'new normal' since injuring my low back at work. It begins with what you need to know before seeing a physician immediately after injury. In the Introduction it addresses

understanding Chronic Pain and Pain Management - as the injured party or the loved one/a friend. It covers the different kinds of doctors available to treat the variety a aspects of your conditon. In language that is 'patient friendly' the book explains human anatomy, treatments and pain relief medications/alternatives. Last but not least the policies/procedures of Insurance and Workers' Compensation are detailed. There is a Glossary, a list of Online Resources, and a simple guide of anatomy with photos/illustrations identifying the body parts that can cause pain. I wish I had this book two years ago when I was injured. I have it now and still refer to it as I navigate this journey of life after a back injury.

Referred to this book from a doctor, one of the authors.

This is a must on book for anyone suffering from OA, RA, Chronic regional pain syndrome etc. In my opinion this the Bible of Pain care. The color plates are priceless.

Great book about medications. Explains it in language you can understand..

It would be better suited to someone just beginning to suffer with chronic pain, rather than someone who has been dealing with it for years.

A good primer on treating human pain.

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