

Bookshelf

DEALING WITH CHRONIC PAIN

The Pain Management Approach by Dr Jack Barrett, Marna Carey and Dr Gillian Moore-Groarke, published by On Stream. Available from bookshops or by post from On Stream, Cloghroe, Blarney, Co. Cork, Republic of Ireland, £8.50 inc. p&p.

It is a fact that if pain has been unrelieved for six months or more, the chances of relieving it completely become very small indeed. However, there is still an opportunity to provide relief with effective treatment delivered with the active participation of the patient. The presence of unrelieved pain may be an enormous worry to the individual. It can lead to concerns about the future health and income and to huge stresses upon family and friends. Often, understanding more about pain and why it occurs is helpful; even more helpful is knowing what can and cannot be done to help.

This book offers real help to those patients who have unrelieved pain. It will also help family members and friends understand why pain occurs, and more importantly, what can be done by the individual to help doctors and other health care workers. It is based on experience of the authors and many others throughout the world who treat pain with a combined approach: the so-called *Pain Management Programme*. This uses the skills of different pain specialists together to achieve the maximum restoration of function and return the individual with pain to as near normality as possible.

In this book you will find easy-to-read and understand explanations of how pain is transmitted within the nervous system and how the body responds to injury. There are chapters on exercise and relaxation, an explanation of some novel methods of pain relief and, most importantly, what you can do to help yourself.

The final section asks readers to look at themselves and their lifestyle and so see how simple changes in attitudes and activity can make a big difference to the levels of pain and the quality of life. There are no magic wands or miracle cures in the treatment of persistent pain, but the application of the common sense and advice found in the book will give readers a real opportunity to learn more about pain and find the way forward to a more active and fulfilling life.

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