

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

By Steven H. Richeimer MD

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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.

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Editorial Review

Review

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*)

About the Author

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.

Users Review

From reader reviews:

Deborah Green:

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Edna Spalding:

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Justin Campbell:

A lot of people always spent their free time to vacation or go to the outside with them family members or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you read you can spent all day every day to reading a publication. The book Confronting Chronic Pain: A Pain Doctor's Guide to Relief (A

Johns Hopkins Press Health Book) it is rather good to read. There are a lot of people that recommended this book. They were enjoying reading this book. If you did not have enough space to develop this book you can buy the actual e-book. You can m0ore easily to read this book from a smart phone. The price is not too costly but this book has high quality.

Aaron Thomsen:

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