

Chronicle[®]

Fall 2022

Inspire Pain Freedom

Motivation to Seek Quality Care

Expressive Writing

Sleep and Pain

ACPA Conference Online

PDPN Contest Entry

Tiny House Disability

Motivation & New You

Power of Pets

New Research

Also...

Ten Steps P2P

Book Review

In Memory

*September is Pain
Awareness Month*

The ACPA established
September as Pain Awareness
Month in 2001



**VISIT OUR
WEBSITE!**

www.theACPA.org

TABLE OF CONTENTS

FEATURES

- 3 Expressive Writing
- 4 Sleep and Pain
- 5 Inspired Pain Freedom
- 6 PDPN Contest Entry
- 7 Invasive Procedures
- 8 Tiny House Disability
- 9 Motivation and New You
- 10 Power of Pets
- 11-13 Pain Journey Map
- 14 Clinical Research
- 15 Ticket to Work
- 16 Ten Steps P2P
- 17 Book Review
- 18 In Memory
- 19 Ten Steps P2P Cont.
- 20 Message From CEO
- 21 Thank You Sponsors
- 22 Our Mission

Chronicle

The Chronicle is published four times a year by the American Chronic Pain Association (ACPA).

LEADERSHIP

CHIEF EXECUTIVE OFFICER

Kathy Sapp

CHIEF OPERATING OFFICER

Scott Farmer, MBA

President

Trupti Gokani, MD

PRODUCTION

EDITORS

Kathy Sapp, CEO

Kathleen Cady, PsyD

Scott Farmer, MBA

ILLUSTRATION AND DESIGN

Scott Farmer, MBA

COVER PHOTOGRAPHY: Jason Strull

PHOTOGRAPHY: Joel Muniz, Anthony

Tran, Chanan Greenblatt, Roberto

Nickson, Jonas Vincent

Our Mission

The ACPA Chronicle is our voice to help facilitate peer support, education, and hope for individuals living with pain conditions. We strive to raise awareness among the health care community, policymakers, and the public at large about issues of living with physical and emotional pain. Our vision is to motivate those with pain conditions to seek quality care, to optimize healthcare office visits, and to prevent chronic disease. Our goal is to provide those with pain conditions the resources needed to make educated and shared decisions with their healthcare provider. *Opinions in the Chronicle are those of the Authors and do not necessarily reflect the opinions or viewpoints of the ACPA. Although some topics may seem controversial, it is important for the Chronicle to cover a variety of topics regarding pain. And as always, consult a healthcare professional on all healthcare decisions.*

Expressive Writing to Heal

By Scott Farmer, MBA

In our most recent peer support group, the founder of Flowly (right), Celine, and her colleagues Christine and Rachel presented some amazing information on managing our nervous systems. Next month, they have offered to present a journaling class.

According to the Flowly website, Expressive Writing has had over 1,300 peer reviewed studies on how effective it can be for your physical and mental health.

Here's how to Do Expressive Writing:

1. On a scrap piece of paper, write down your thoughts and emotions
2. Now destroy that piece of paper
3. Move on

It is really that simple! It works because when you do expressive writing, you create a space between yourself and your thoughts. This is important because anxiety, pain, and anger are both a psychological and physiological response to a threat.

As many of you know, there is a key system in our body that controls all our unconscious bodily reactions like heart rate, blood pressure, breathing rate, and even sexual arousal. That key system is the Autonomic Nervous System.

You can typically think of the Autonomic Nervous System in two parts: The Sympathetic system (fight or flight). And the Parasympathetic System (rest and recovery).



Celine Tien, CEO
Founder of Flowly
*a mobile app that combines
Virtual Reality and
biofeedback for pain and
anxiety management*

When your body believes there is a threat, it activates “fight-or-flight” which is expressed as increased heart rate, muscle tension, blood pressure and more. This is the mode where all your anxiety, pain, and anger live.

The threat that triggers this response can be a physical threat, but it can also be a mental threat. Mental threats can be hard to manage because the danger signal, the threat, is in your own head. This can exacerbate or cause pain, anxiety, anger, and more.

However, when your body recovers, there is a “rest and digest” mode. Your body is relaxed, your heart rate is low, and your body can heal and recover in safety.

So just as creating space between yourself and a physical threat allows your body to feel safe, you can “escape” a mental threat by also creating distance. This is where expressive writing comes in.

Famed neurologist and psychiatrist Viktor Frankl wrote, “Between stimulus and response, there is a space. In that space lies our freedom and our power to choose our response. In our response lies our growth and our happiness.”

Check out more on their excellent blog at:

www.flowly.world/blog

The Relationship Between Sleep and Pain

By Scott Farmer, MBA

While attending the ACPA live conference, Martin Cheatle, PhD (*Associate Professor of Psychiatry and Anesthesiology at the Perelman School of Medicine at the University of Pennsylvania*) delivered an excellent presentation on *The Relationship Between Pain and Sleep Disorders*. It seems to me that Sleep and Pain are often placed in two separate buckets in Primary Care, however they are very much connected.

As Dr. Cheatle explained, there is a spectrum of disorders and diseases that accompany persistent pain. These often include sleep disorders, depression, anxiety, migraine, type II diabetes, and gut-issues... among others. The symptoms of co-existing disease impacts the physical and emotional state for most people in pain.

An estimated 70%-88% of people with a chronic pain condition have a sleep disorder. The question remains, is poor sleep causing the pain, or is the pain causing poor sleep? I believe the answer is both, and as Dr. Cheatle stated... pain is bidirectional. Common sleep disorders (insomnia, restless legs syndrome, sleep apnea, or excessive daytime sleepiness) can increase pain severity and frequency.

Dr. Cheatle further explained that sleep deprivation and/or disruption increases inflammation and emotional stress in the short term, which increases the chances of co-morbid diseases in the long-term.

A sleep disorder affects pain severity and our quality of life. The best solution is to document your sleep disorder symptoms as they relate to your pain. This will allow for a productive discussion at your next clinical visit.



Symptoms to document include excessive daytime sleepiness, irregular breathing or increased movement during sleep. Track these signs and symptoms along with rating your pain severity. This will help form a shared decision to improve a management plan.

More education is needed in the connection between sleep and pain. As there are both pharmacologic and cognitive behavioral therapies for pain, all too often either sleep or pain overcome clinical dialogue instead of adequately treating both conditions. Dr. Cheatle gave some excellent sleep hygiene clinical pearls. I highly recommend watching his presentation: <https://www.acpanow.com/>

The ACPA Inspire Pain Freedom Conference

By Scott Farmer, MBA

On June 25, 2022, the ACPA conducted the first annual *Inspire Pain Freedom Conference*. Featuring amazing speakers, it was a day full of education and inspiration. All the presentations were captured and posted on the ACPA website.

The morning started off with *Pain Management: A Patient's and Provider's Journey*. This presentation was presented by Steven Stanos, DO, who also moderated the conference. The presentation was an excellent overview and introduction of all the topics and faculty.

Next there was a Panel Discussion where all faculty took a couple minutes to describe their current work and where they think pain management will go in the next five years.

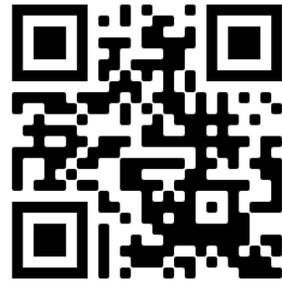
Brett R. Stacey, MD was next up with his presentation on *What is Pain?* This is a must-see video, which dives into the causes of pain and the changes in the body and nervous system as pain or a threat occurs.

Trupti Gokani, MD presented two amazing presentations on Migraine and the Gut Brain Axis and Peggy Compton, PhD spoke on the causes of the Opioid Crisis. All three very hot topics!

There was a Tai Chi demonstration by Anita Ahn and a Telehealth presentation by Lynn Webster, MD. Dr. Stanos then spoke on Back Pain and Osteoarthritis while showing real case studies.

Dr. Stacey spoke on PDPN and Martin Cheatle, PhD, as mentioned earlier, presented Pain and Sleep. It was all capped off by a presentation on Cannabis by E. Alfonso Romero- Sandoval, MD.

How to Access: www.acpanow.com



TOPICS

Pain Management

What is Pain?

Migraine

Opioid Crisis

The Gut Brain Axis

Tai Chi Demonstration

Telehealth & Pain

Back Pain & Osteoarthritis

Painful Diabetic Peripheral Neuropathy (PDPN)

Pain and Sleep

Cannabis in Modern Medicine

Testimonial: I appreciate you all being here today. It was very helpful. As a nurse I see so many in chronic pain. I take away today new knowledge for myself and to pass on to clinicians.

Help Us Name That Pain!

By Scott Farmer, MBA

Speak For Your Feet Contest

Join our *Speak For Your Feet Contest* and help us better understand how patients describe diabetic nerve pain of their feet in their own terms.

We welcome all individuals impacted and aware of diabetic nerve pain of the feet, including patients, healthcare professionals (HCPs) and caregivers, to submit a 4-10 letter memory aid (mnemonic) where each letter can represent key symptoms, actionable next steps and/or potential solutions.

Get Creative With It!

To get those creative ideas bubbling, a diabetic nerve pain mnemonic could look like: “W.A.L.K”.

- W** – Walking on broken glass
- A** – Achiness and throbbing pain
- L** – Loss of feeling
- K** – Knowledge is power! Talk to your HCP

Winning Prize

To celebrate, the winner will receive a \$1000 VISA gift card or two passes to the American Chronic Pain Association (ACPA)’s 2023 Pain Freedom Conference, with up to \$1,500 for associated travel and lodging expenses. In addition, three runners up will receive a \$100 VISA gift card.



For a Great Cause

The winning entry will be used in educational resources and other materials to help people who have diabetes, or may have diabetes, better identify and seek care for symptoms of diabetic nerve pain of the feet.

Official Rules and Details

For Official Rules and entry details, please visit www.nervepainandme.com/contest. Entry is open today and must be received by October 1st, 2022. The winning entry and 3 runners up will be announced around Mid-November. You must be 18 years of age or older to participate. Promotion is void where prohibited or restricted by law. No purchase is necessary to enter.

To Enter Go To...

www.nervepainandme.com

A Golf Hero for the ACPA!

By Scott Farmer, MBA

Thank You Mark Harris

Thank you, Mark Harris, for planning the golf outing that raised \$4,130 in memory of your wife, Holly Harris.

We will proudly pursue research in memory of Holly!



ATTENTION...

Residents or Relatives of Washington

Ask for a petition.. send email to: shtap@hca.wa.gov or call (360) 725-5126



ACTION Special Issue on Clinical Trials of Pain Treatments

Spinal Cord Stimulation

Washington State Health Care Authority

hca.wa.gov (more info)



Unique aspects of clinical trials of invasive therapies for chronic pain

Steven P. Cohen^{a,b}, Mark Wallace^{c,*}, Richard L. Rauck^d, Brett R. Stacey^e

Abstract

Nearly all who review the literature conclude that the role of invasive procedures to treat chronic pain is poorly characterized because of the lack of “definitive” studies. The overt nature of invasive treatments, along with the risks, technical skills, and costs involved create challenges to study them. However, these challenges do not completely preclude evaluating invasive procedure effectiveness and safety using well-designed methods. This article reviews the challenges of studying outcomes of invasive therapies to treat pain and discuss possible solutions. Although the following discussion can apply to most invasive therapies to treat chronic pain, it is beyond the scope of the article to individually cover every invasive therapy used. Therefore, most of the examples focus on injection therapies to treat spine pain, spinal cord stimulation, and intrathecal drug therapies.

Keywords: Clinical trial, Design, Invasive, Procedures, Chronic pain

Tiny House Living and Disability

By Jamie Davis

Tiny House Living was always a dream for me and when I had the unexpected opportunity to do it, I flew to Indiana and bought my first house.

In the 4 years I've lived in it, I have done all the maintenance and repairs on my own. This included pulling out and replacing a toilet, taking apart an electric hot water heater, putting skirting around the house, changing circuit breakers and fixing appliances.

My late Father was a proud man who worked with his hands, and he taught me to be hardcore independent. He always believed in repairing things by himself. My Mother did the same because she was a single Mother and had to.

As a person who prefers to CREATE, read, write, travel, draw, these tasks do not come easily to me.

When you add in my mobility issues and chronic pain, there were many tears and long periods of time when I didn't have hot water. I went to the gym to shower. I've been doing my dishes in the bathroom because I can't get under the plumbing to fix the sink. It takes me a long time to complete these projects as a Disabled Person.

These moments have taught me a lot about myself. I've always been a determined person who takes on challenges and completes them.



Jamie Davis

Something new that I learned is that I need to accept where my body is. I don't have to do physical tasks to be a successful and strong person. I can ask myself what I can do to make my life easier. It took me a long time to come to accept that an apartment will be a better fit.

It still makes me a little angry because one of my dreams has always been to buy a historic home. Sometimes dreams must change and evolve. The quality of my life and preservation of energy must start coming first.

I've been getting my tiny house ready for sale for 3 months. It is taking me forever as my peripheral neuropathy isn't on the same page as my ambition. But I will get it done.

This is just a reminder that just because you need to make a new path for yourself, doesn't mean that you are giving up. Sometimes accepting what you cannot change (my spine) is the wisdom to make your life better.

As a person with Chronic Pain, I suffer every day. The changes that I have within my power are the ones I try to focus on.

This article can apply to any Disabled person suffering. It doesn't have to just be tolerated. You have choices. If you don't know what they are, reach out to members of our community. We can help you find the options.

Motivation and the New You

By Kathleen Cady, PsyD

A close friend and I jogged every morning with our dogs while the neighborhood slept. We would focus on trees, flowers, clouds, aromas, sounds—Mother Nature occupied our minds, freeing us from worry, anxiety, and other problems.

One day I noticed my friend was lagging, and eventually we realized our shared jogging days may be limited.

She sighed with frustration, knowing that her osteoarthritis had become a roadblock in the way of something we loved to do.

I suggested we start walking instead, but the feeling of being defeated overwhelmed her as she became a victim of her disease.

Early mornings became late mornings as the words like *I can't* and *not today* took the place of *yes, I can*, and *I can't wait*. She became defeated and closed off.

As I saw her become depressed, I chose one morning to knock on her door and ask, *do you remember how we used to love to dance?* I reminded her of a New Year's Eve party where we all formed a circle around her, clapping, and we became extremely impressed by her dancing ability. She said that she remembered, but it was a while ago, and she doubted her dancing ability was still present. So, we played her favorite song to find out. Sure enough, a new exercise routine was born.

From then on, we started each morning dancing along with our dogs in her driveway. She taught me moves and songs that I hymned in my mind throughout the day. Physically and mentally, we stayed fit.



Motivation is possible to each of us when we turn the corner into the unknown, take a chance, and reach out to a desire that we crave. Whether it is reading, writing, exercising, playing music, swimming, or another wish. The choice becomes a challenge that pushes a person to rise above the nuisance of pain and away from being a victim of one's disease.

Many individuals pursue a goal through action. Others envision and plan how to reach for a *new you*. The choices surround us. We only must choose one, reach out, and follow through with our desire.

Often a person receives a message in a dream. Many respond with, *I can't do that!* But imagine if you can. Challenge the painful self. There is a painless self too that needs expression and recognition. The *Yes, I am*, is the real you, waiting to be released.

As we enter September 2022, Pain Awareness is more important than ever. With healthcare challenges overwhelming our headlines, it is important to realize that pain can not and will not take a back seat. Together, we will make our voices heard! Kathy Sapp, CEO

The Therapeutic Power of Pets

By Kathleen Cady, PsyD

What do you want in a best friend?

Kindness, warmth, fun-loving, affectionate. Such characteristics describe a relationship with a pet. Regardless whether the pet is a dog, cat, bird, fish, lizard, or gerbil, the connection between the two of you is what counts.



To care for a pet, the focus is on another being, other than oneself. The pet encourages exercise, playfulness, fondness, and a predictable eating schedule. Gazing into your eyes, the pet communicates that you are the most important person in the world. Each pet has an individual personality, often echoing yours.

The pet listens as you speak and cuddles to reassure you that you are loved. Research in Japan found that bonding behavior raises the level of the hormone oxytocin in both dogs and humans, described by the researchers as the cuddle or love hormone. In other words, science supports the impression that a pet facilitates positive, physiological effects.



Studies have found that pets distract a person's pain, provides comfort, and reduces the feeling of isolation. And the pet's routine forces the owner to wake early, be active all day, and go to bed at a reasonable hour. This routine produces a positive effect that pushes pain into the background.

Certain businesses have created the Workday, that invites employees to bring their pet to work. Employers have found that on these days, persons' ability to do their job is enhanced.

Mini walks with the pet through the day can reduce pain by increasing movement and helps control weight. These too provide opportunities for socializing with others. As pain is lessened, the need for medicine is reduced.

The Chronic Pain Journey: Opportunities for Action

Posted on Behalf of Penney Cowan (ACPA Founder) and the National Academy of Medicine

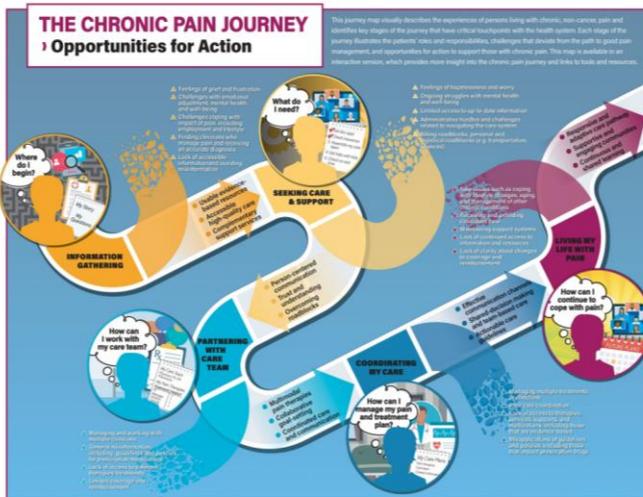
Attention ACPA Facilitators!

We are looking for ACPA Group Facilitators to participate and to give input on the usefulness and effectiveness of an interactive resource on September 28, 2022, at 2-3:30 PM CST. If Interested, please go to... acpanow.com/map

The Chronic Pain Journey Map

Informed by individuals with chronic pain and clinicians in pain management, this online, person-centered tool aims to illustrate the diverse experiences of persons living with chronic pain as they navigate the care environment, highlighting gaps in chronic pain care, identifying actions that can be taken to improve the pain management process, and directing users to helpful evidence-based resources and information. This serves to both empower the individual as the director of their own journey and reorient health care stakeholders to better partner with patients and families, utilize person-centered insights as data to inform health care delivery, payment, and reimbursement, and ultimately improve the state of chronic pain management.

In an effort to increase awareness of the map and encourage its broader uptake and utilization among key stakeholders, we are collaborating with the National Academy of Medicine, American Chronic Pain Association, and the National Pain Advocacy Center to convene a 90-min, interactive discussion of individuals with chronic pain that will focus on exploring and identifying opportunities to (1) improve the functionality and usability of the map and (2) further disseminate and expand the reach of the map among those impacted by pain and their communities. Feedback gathered during the discussion will inform additional efforts which may include the development of complementary tools, resources, and materials to assist with greater uptake and utilization of the map.



The National Academy of Medicine's Action Collaborative on Countering the U.S. Opioid Epidemic—a public-private partnership of more than 60 organizations working to advance multi-sector, interprofessional solutions to reduce opioid misuse and improve outcomes for individuals, families, and communities affected by the opioid crisis—has recently launched a new, interactive resource.

Check Out All Our Clinical Trials

By Scott Farmer, MBA

Go to...

www.acpanow.com/research



People with pain can play an important role in the development of new therapies by taking part in clinical trials. Find a listing of IRB-approved clinical trials that might be of interest to you at www.ACPANow.com/research/. New trials are posted often, so check back regularly.



Research and Clinical Studies

NEW

**PRESCRIPTION OPIOID TAPER SUPPORT (POTS)
AND MEDICAL CANNABIS STUDY (Earn \$1,130)**

NEW

CLINICAL TRIAL FOR Dermatomyositis

Now enrolling in these states:

- Arizona
- California
- Florida
- Kansas
- Kentucky
- Louisiana
- Michigan
- New York
- Ohio
- Oregon
- Pennsylvania
- Tennessee
- Texas



Who can qualify?

- 18 years of age and above
- Diagnosed with dermatomyositis with active inflammation
- Failed previous treatment or are on stable treatment
- Have not been diagnosed with dermatomyositis within 2 years after being diagnosed with cancer

Travel reimbursement may be available



Are you interested in
CBD or cannabis
for chronic pain?



This study's for you!
relief.at/umpain

Conducted with researchers
at the University of Michigan.



MoreBetter



relief.

LEVEL



overcome

Social Security's Ticket to Work (Ticket) Program

By Scott Farmer, MBA

Social Security's Ticket to Work (Ticket) Program supports career development for people ages 18 through 64 who receive Social Security disability benefits (SSDI/SSI) and want to work. If you qualify for this free and voluntary program, you will work with service providers to receive the supports and services you need to find and maintain employment. The Ticket Program has helped many people who live with chronic pain, including Angel, who retired from the military and transitioned to the civilian workforce. The Ticket Program is a good fit for people who want to improve their earning potential and are committed to preparing for long-term success in the workforce. Ticket to Work service providers can help determine what type of roles could be best for you as you manage chronic pain. Because chronic pain is often an invisible disability, you may have questions about disclosing your disability and what reasonable accommodations are available. Our service providers are available to help you get answers. To learn more about the Ticket Program, please visit the Ticket to Work website, or call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY), Monday through Friday, 8 a.m. to 8 p.m. ET. You can also attend an upcoming free Ticket to Work Webinar to learn more.



A Message to the Editor

Every year, Twin Cities Pain Clinic hosts a 5k race in September in observance of Pain Awareness Month. And each year we proudly donate the proceeds to the ACPA in support of chronic pain awareness.

We are hosting our 5k again in Mid-September and I just wanted to notify you in advance so we can prepare for the donation process.

Thanks!

Jeff Blanchard
Email: jeffrey.blanchard@tcpain.com

Thanks Jeff... your support means a lot!

THE TEN STEPS FROM PATIENT TO PERSON

By Scott Farmer, MBA

Endless Group Discussion

The question I hear most often from other facilitators is *what do we discuss within the group?* My answer is the *Ten Steps From Patient to Person*. It provides endless topics to discuss. By following, discussing, and analyzing each step over several meetings, the steps act as goals for group members. Written by Penney Cowan (Founder of the ACPA), simply ask the questions, *what does this step mean to you? Have you accomplished this step? How?*

Step One: Accept the Pain

Learn all you can about your physical condition. Understand that there may be no current cure and accept that you will need to deal with the fact of pain in your life.

Facilitator:

I explain what this step means to me, and if I have accomplished this step. If I have, I explain how. If I am still trying to accomplish this step, I explain how I plan to accomplish it. Then I open these questions for group discussion...

Repeat these questions
for all ten steps

Questions:

- *What does this step mean to you?*
- *Have you accomplished this step?*
- *How did you accomplish this step?*

Step Two: Get Involved

Take an active role in your own recovery. Follow your doctor's advice and ask what you can do to move from a passive role into one of partnership in your health care.

Questions:

- *What does this step mean to you?*
- *Have you accomplished this step?*
- *How did you accomplish this step?*

Step Three: Learn to Set Priorities

Look beyond your pain to the things that are important in your life. List the things that you would like to do. Setting priorities can help you find a starting point to lead you back into a more active life.



Step Four: Set Realistic Goals

We all walk before we run. Set goals that are within your power to accomplish or break a larger goal down into manageable steps. And take time to enjoy your successes.

Book Review

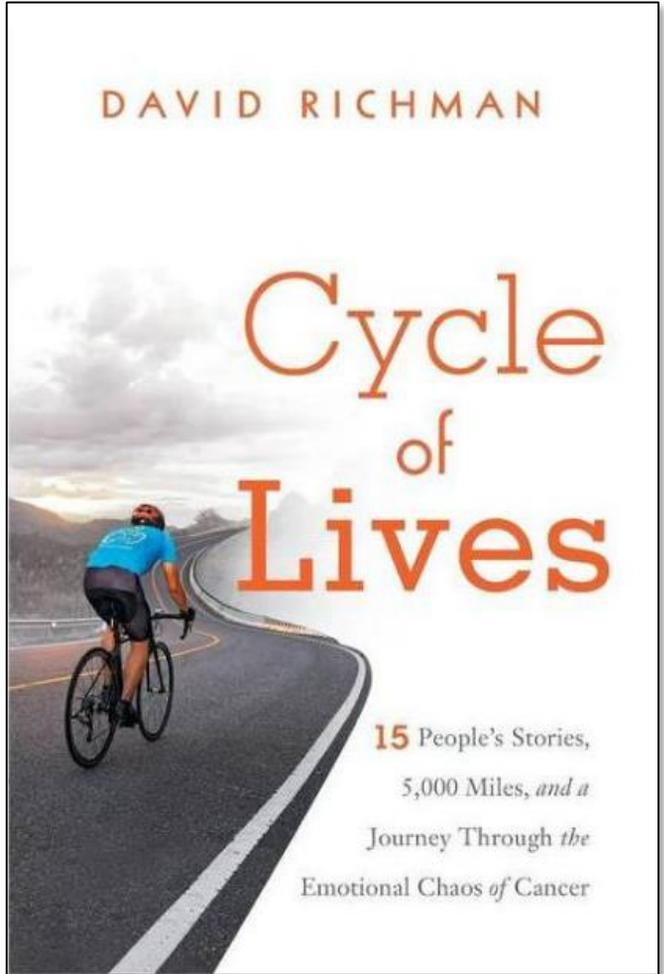
By Scott Farmer, MBA

Cycle of Lives

David Richman, an author and motivational speaker, has a recent multi-award-winning book out called *Cycle of Lives*. These moving stories are about doctors, caregivers, survivors, patients, loved-ones - and each story deeply explores different facets of the wide-ranging emotional trauma people endure. David's book will help people to better understand the effects of trauma (he explores issues such as abandonment, suicide, hope, love, fertility, and so much more) and helps the reader start conversations about things that are far too often left bottled up. 100% of the net proceeds of the book are being donated to various cancer-related charities picked by the book participants (or their survivors) and other cancer-focused charities.

Electronic or paperback versions of *Cycle of Lives* includes 15 People's Stories, 5,000 Miles, and a Journey Through the Emotional Trauma of Cancer in the hopes that if the book touches you, or speaks to your mission, you might find value in connecting with David in some fashion.

Do you have
**Painful Diabetic
Peripheral Neuropathy
(PDPN)?**



Are you struggling with headaches?

MigrainePro.com

In Memory of Jim Redmon

By Mary E. Peters

American Chronic Pain Association,

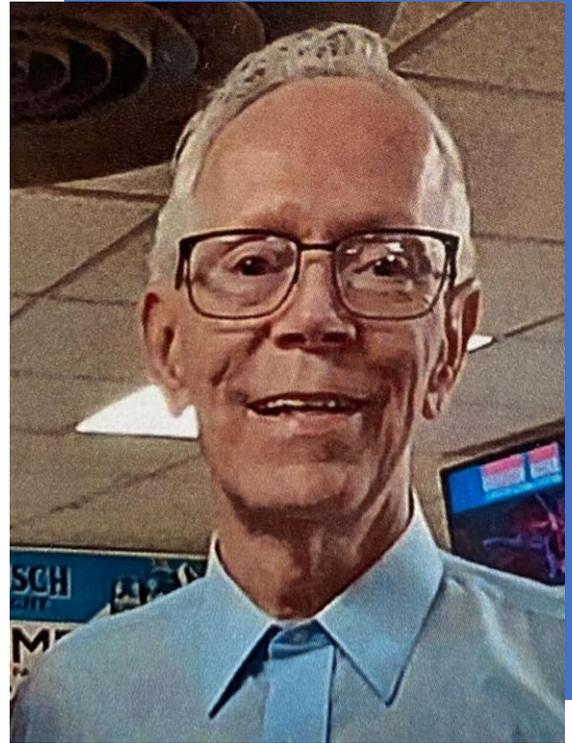
My name is Mary Peters. I started the Fremont, NE Chapter in 1995 – We no longer have a formal group, but we continue to meet once a month to keep in touch and support each other.

On June 13, Jim Redmon passed away. He was a charter member. He started the first evening and was a very active member. He very seldom missed a meeting. Sometimes he would admit he was not doing very well –then after we meet, he would say he was leaving in better spirit. He was always supportive to others. Most of us remember his great smile. He came to the group and left with us having a smile.

He loved a good laugh and at the end of the meeting, he always had a joke to share. One night as we met at a church, there was another group meeting. After our meeting, a gentleman walked up to me and asked, “I thought you folks were in pain?” I told him “we are but we deal with it with laughter.”

Jim was a support to me as a group leader. He was always willing to pitch in for me. He was just a great guy with a great sense of humor and a smile. He will be missed.

We (the group) would like to donate \$100.00 in memory of Jim Redmon. As a group we appreciate all the support from ACPA and materials that were supplied. It was helpful to know we were a part of an organized group that cared.



Thanks for being a part of ours and to know you are just a phone call away. We truly recommend ACPA to others. Thanks for being a part of our ACPA journey.

Many times, we talked about our journey. One thing that stands out in my mind is the fact we were never alone – we were with others that understood our struggles – positive support and friends.

We continue to work on our chronic pain and we thank the ACPA for helping us learn to deal with it in a positive way. We also continue to deal with it with a smile – Thanks, Jim.

Thank you,

Mary E. Peters, Jennifer Bartling, Phyllis Kathol
And Susan Clinkenbeard

THE TEN STEPS FROM PATIENT TO PERSON (Continued)

By Scott Farmer, MBA

Step Five: Know Your Basic Rights

We all have basic rights. Among these are the right to be treated with respect, to say no without guilt, to do less than humanly possible, to make mistakes, and to not need to justify your decision—with words of pain.

Step Six: Recognize Your Emotion

Our bodies and minds are one. Emotions affect physical well-being. By acknowledging and dealing with your feelings, you can reduce stress and decrease the pain you feel.



Step Seven: Learn to Relax

Pain increases in times of stress. Relaxation exercises are one way of reclaiming control of your body. Deep breathing, visualization, and other relaxation techniques can help you to better manage the pain you live with.



Step Eight: Exercise

Most people with chronic pain fear exercise. However, unused muscles feel more pain than toned, flexible ones. With your doctor, identify a modest exercise program that you can do safely. As you build strength, your pain will decrease. You will feel better about yourself.

Step Nine: See the Total Picture

As you learn to set priorities, reach goals, assert your basic rights, deal with your feelings, relax, and regain control of your body, you will see that pain does not need to be the center of your life. You can choose to focus on your abilities, not your disabilities. You will grow stronger.

Step Ten: Reach Out

It is estimated that one person in three suffers with some form of chronic pain. Once you have begun to find ways to manage your chronic pain problem, reach out and share what you know. Living with chronic pain is an ongoing learning experience. We all support and learn from each other.

The Ten Steps From Patient to Person are a copyright of the © American Chronic Pain Association 1985-2022.

PLEASE CONSIDER SUPPORTING THE ACPA

By Kathy Sapp

DONATE FOR
PAIN FREEDOM



Dear Friends,

Since 1980, over 40 years, The American Chronic Pain Association has advocated for people living with pain and provided them with resources. Our efforts have reassured people with pain that they are not alone and offered support and the hope they deserve. The ACPA has shown millions of people in pain how to achieve reduced suffering and a better quality of life.

ACPA understands the battles you fight everyday. This is why we continue to advocate for your rights and provide pain management strategies and tools for you, your caregiver, and your healthcare team to better understand your condition. We believe resources are needed to provide empowerment for shared decision-making.

We are grateful for your partnership. When you support the ACPA, you help fight for people living with pain to be heard, respected, and treated equally. Your support makes the important work of the ACPA possible, so please make a generous gift today. Thank you for bringing hope to those living with pain and those who are newly diagnosed.

We at the American Chronic Pain Association wish you a Fun and Safe Fall!

Sincerely,

Kathy Sapp, CEO




PAYPAL QR CODE

HOW TO DONATE TO THE ACPA Online:

www.theacpa.org/donate/

By Mail:

American Chronic Pain Association
11936 W. 119th Street, Suite 216
Overland Park, KS 66213



OUR CORPORATE SPONSORS

By ACPA Staff

THANK YOU!



THE ACPA MISSION

By Scott Farmer, MBA

Be Well My Friend

The American Chronic Pain Association (ACPA) is a non-profit, 501(c) (3) organization. Our Mission is to facilitate peer support, education, and hope for individuals living with pain conditions. We strive to raise awareness among the health care community, policymakers, and the public at large about issues of living with physical and emotional pain. Our vision is to motivate those with pain conditions to seek quality care, to optimize healthcare office visits, and to prevent chronic disease. Our goal is to provide those with pain conditions the resources needed to make educated and shared decisions with their healthcare provider.

Thank You for Reading!

Happy Fall

-ACPA Team-

