

Chronicle®

Winter 2022-23

A Season for Resolutions

Accomplishing Personal Goals

Eight Progressive Steps to Achieving Your Goals

Create a Personal Goal and Resolution

Document a Timeline and Deadline

Be Obsessively Mindful 24-7

Twin Cities 5K Run for ACPA

ACPA CME Conference

EFT Tapping

Also...

Windowpanes of Emotions

Winter Reading Tidbits

Book Review and Poem

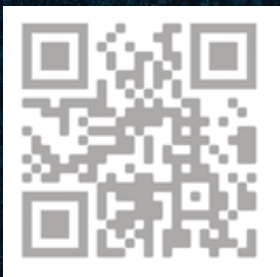
Clinical Research

National Support Group

Topic of the Season

Family, Caregiver, and Pain

Communication



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WEBSITE!**

www.theACPA.org

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Chronicle

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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.*

Accomplishing Personal Goals

By Scott Farmer, MBA

Welcome to the American Chronic Pain Association (ACPA) Winter Chronicle. Winter is the season for resolutions, and as people with pain, we must find ways to accomplish personal goals and resolutions that will help us cope. We will discuss *Eight Progressive Steps to Achieving Your Goals*, and dive deeper into each step so this season can be one of hope and progress for you and me.

The Eight Progressive Steps to Achieving Your Goals

1. Create a Personal Goal and Resolution
2. Document a Timeline and Deadline
3. Be Obsessively Mindful 24-7
4. Develop Skills to Meet Your Goal
5. Find Daily Motivation
6. Complete with 100% Effort
7. Reward and Repeat
8. Create a New Goal

Question: Why is it important to have a formal goal setting framework?

Answer: Because accomplishments require a plan that will motivate you to act, show up, and to follow through until complete.

Example: Wendy is a member of the ACPA. She has agreed to share her story on how she used the *Eight Progressive Steps to Achieving Your Goals* in reaching her goals.



Wendy
ACPA Member

Wendy has [Painful Diabetic Peripheral Neuropathy](#) (PDPN). Wendy's PDPN, damaged nerves in her legs and feet, causing severe pain and numbness in her legs. Along with PDPN, Wendy was experiencing depression and anxiety. PDPN was limiting her mobility and she started gaining weight. As a former athlete, these co-morbid conditions were making her feel hopeless physically and emotionally. With her healthcare provider's guidance, they made a shared decision to implement the *Eight Progressive Steps to Achieving Your Goals*.

Wendy created a goal to start walking every morning for 20 minutes with a friend, in hopes it would help her lose weight and reduce her depression. She posted a reminder on her refrigerator, as well as a reminder on her phone. Her goal included a timeline that would track her progress over three months. She became mindful of her progress and every decision revolved around her goal. She was obsessed on reaching her goal. She developed a routine and the skills to meet her goal. Wendy shared that her greatest motivation was including a friend, as together they spoke and formed a support system that facilitated 100% completion of their shared goals. Today she has lost 21 pounds; reporting less depression and plans to expand upon her progress.

Twin Cities Pain Clinic 5K

By Jeffrey Blanchard

The Twin City Pain Clinic completed their annual pain awareness 5k in late September. This amazing event had a record turnout and as a result made a great donation to the ACPA that will help develop research and resources for ACPA members.



The Twin Cities Pain Clinic is committed to help its patients get back to living their lives with less pain. In 2003, Dr. Andrew J. Will started Twin Cities Pain Clinic out of a small office in Eden Prairie, MN. Since then, the practice has grown into a highly-specialized pain management group, providing chronic pain care to the entire state of Minnesota and beyond.

The clinic's highly specialized healthcare providers come from a variety of skills and backgrounds, including physicians, nurse practitioners, physician assistants, physical therapists, and psychologists. Each one is a clinically trained expert in the treatment of chronic pain and serves as a partner and guide throughout the patient care journey.

This comprehensive and collaborative approach, in combination with the most advanced technologies, allows the clinic to offer its patients optimal treatment plans designed to provide maximum pain relief.

The Twin Cities Pain Clinic MISSION is To provide its patients and community the most innovative, breakthrough treatment options to improve overall health and wellness.

Creating a Personal Goal

By Scott Farmer, MBA

Creating a personal goal is the first of *Eight Progressive Steps to Achieving Your Goals*. The goal should be something reasonable that you can accomplish that will directly reduce the impact of your pain when that goal is reached. It is beneficial to start with the low hanging fruit, as reaching goals will become contagious. Once you reach one goal, you will want to accomplish more complex goals as positive change takes over.

Examples of goals could include eating healthy, improving sleep habits, adhering to a medical plan, waking up early, keeping an exercise routine, meeting with a positive friend, forgiving people from your past, starting a new hobby, visiting family, writing a story, painting a picture, practicing a relaxation technique, going fishing, taking a hike, going for a swim, being more positive, improving your communication skills, etc.

Your goal should be personal; however, you should document the goal and share it with others. Your goal should involve a genuine effort on your part, and it should become a routine of your daily life. The goal may not be a daily activity, but you should be mindful of the goal on a consistent basis.

You will start to realize the negative things that may prevent you from accomplishing your goal. The negative aspects of your life should be analyzed and if possible, changed or eliminated. **Remember:** The ideal goal will help reduce the impact of your pain on your quality of life (QoL).



Metaphor for Creating a Personal Goal

Creating a personal goal requires looking at the big picture. Ask yourself, *what do you want to accomplish when you reach your goal?*

Take throwing a dart for example. The dart represents your goal, and you want your goal to be right on target to hit the bullseye. It takes practice, precision, and patience. If you shoot and miss, try again. Eventually you will hit your target, while gaining confidence for hitting future goals.

Goals for Pain Management

The whole idea of progressive goal setting is to create a healthy routine that helps you deal with your pain. Pain tends to overshadow our daily lives, however the more we allow positive reinforcement and a sense of accomplishment into our lives, the more we can empower ourselves to make the most of our painful situations. Happy Goal Setting!

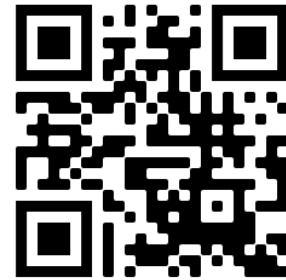
The ACPA Inspire Pain Freedom Conference

By Scott Farmer, MBA

This past summer, 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. You can access all the presentations to the right.

In 2023, this conference will be made available for continuing medical education (CME), as well as education for those in pain. We will provide more details as we move into Spring 2023!

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.

YOU are invited to...



Accredited by:
Kansas University Medical Center

Inspire

The ACPA Pain Freedom **CME** Conference

June 3, 2023 • 8am – 4pm • Breakfast • Lunch • Exhibits • Prizes

Kansas City Metro



Target Audience: MDs, DOs, PAs, NPs and other healthcare clinicians that treat pain conditions and comorbid conditions

An *Inspired* CME Conference For Those Treating Pain

Top Thought Leaders Present **HOT** Topics On...

- Managing Obesity to Reduce Pain Severity
- New Migraine Treatments in Primary Care
- The Relationship Between Pain and Sleep Disorders
- Building an Interdisciplinary Model for Pain and Depression
- Painful Diabetic Peripheral Neuropathy
- The Future of Screening Patients to Reduce Risk
- Neuromodulation for Chronic Pain
- Healthy Lifestyles and the Brain-Gut Connection
- Telehealth to Manage Pain Conditions
- Latest in Medical Cannabis for Pain Management
- Managing Back and Neck Pain in Primary Care

Registration
Coming
Soon!

www.acpanow.com/2023-CME



SATURDAY
6.3.2023

Document a Timeline and Deadline

By Scott Farmer, MBA

Many weight loss programs encourage people to snap a before and after photo. The before and after photo is used as motivation, so people can see progress over time. The same idea applies when it comes to reaching a goal. It is important to document the progress you make while pursuing a goal. Documentation works to motivate in times of doubt, and it builds self confidence in reaching goals overtime.

Setting a deadline is just as important as documenting progress. Without deadlines goals can be procrastinated against and are rarely met. Deadlines should be realistic, so the goal is attainable.

Timelines should resemble the example to the right. It starts with a goal, a daily reminder, a progress report, and a deadline. It can also be beneficial to have landmarks, which are mini accomplishments that act as chapters in accomplishing the goal.

Place the timeline somewhere that catches your attention when you wake up and again when you go to sleep. Consider a diary or a mobile app to keep you on track.

Celebrate Small Victories

It helps to see positive change. For example, if you are trying to eat healthy, and you were offered junk food but passed... this is a positive victory. A small victory, but small personal victories will snowball into accomplishing your goal!

MY TIMELINE

Goal: Start a New Hobby (Fly-Fishing)

Week 20: (Deadline) Go on Fly Fishing Trip... Enjoy!

Week 19: Pack Based Off Your Gear List

Week 18: Practice Casting and Fishing

Week 17: Order Gear Needed

Week 16: Make a Gear List (Landmark)

Week 15: Do More Fishing Research on Your Trip

Week 14: Tie Flies Specifically for Your Trip

Week 13: Practice Casting at a Local Waterway

Week 12: Book a Fishing Trip (Landmark)

Week 11: Ask a Friend or Family Member to Go

Week 10: Trip to Fly-Fishing Store (Ask Questions)

Week 9: Take Another Casting Lesson (Landmark)

Week 8: Tie Third Fly (What They Eat)

Week 7: Research the Fish and What They Eat

Week 6: Tie a Second Fly (Common Insect)

Week 5: Research a Place to Fly Fish

Week 4: Tie Your First Fly (Landmark)

Week 3: Order Fly Kit, Rod and Reel

Week 2: Schedule Lessons (Landmark)

Week 1: Watch the Movie *A River Runs Through It*

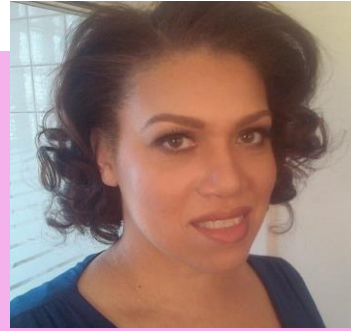
EFT Tapping

By Halima Aziza

In a November 2022 episode of NBC's Today, host Hoda Kotb talked about how she uses a technique called Emotional Freedom Techniques (EFT) Tapping on herself and her children to help reduce anxiety and to wind down for bed at the end of the day. Inspired by Traditional Chinese Medicine, EFT Tapping uses meridian points—energy flow areas on the body—to balance the bodies' energy with a sort of manually applied acupressure. Developed in the 1980s and 1990s, by psychologist Roger Callahan and Gary Craig, EFT is thought to maintain health and reduce negative emotions.

Evidence-Based Results

A 2012 study published in the Journal of Nervous and Mental Disease found that EFT lowered the major stress hormone cortisol significantly more than talk therapy, reducing feelings of anxiety and depression. Tapping balances activity between the sympathetic and parasympathetic regions of your brain, producing *a neutral emotional state*, like what many seek in mindfulness practices through meditation, prayer, and yoga.



Halima
ACPA Member

Dr. David Feinstein, author and clinical psychologist, describes tapping as *unusually precise, rapid, and direct for shifting the neurological underpinnings of a range of psychological problems*. In addition to anxiety and depression, it can be used to treat weight gain, sleep problems, **chronic pain**, digestive issues, and PTSD.



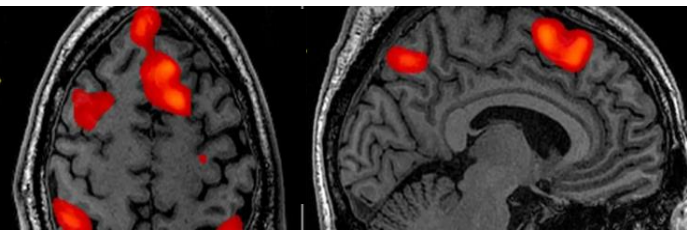
Jessica Ortner, New York Times bestselling author and co-founder of The Tapping Solution, recalls her first experience with tapping. *Suddenly, I was giving a voice to these feelings and this anger that I had as I'm tapping on these points, and I noticed again, I was able to relax... my whole body felt energized, and I thought... WOW!*



EFT Tapping Continued

By Halima Aziza

More recently, researchers used fMRI data to confirm changes in the brain of chronic pain patients after six weeks of tapping in a 2020 Australian study published in *Complementary Therapies in Clinical Practice*. Imaging revealed significant improvements in two areas related to “modulating and catastrophizing of pain”—the medial prefrontal cortex (a pain modulating area) and bilateral gray matter areas in the posterior cingulate cortex and thalamus.



But what exactly is Tapping?

During EFT, a person focuses on the worry, anxiety, problem, or situation that is causing unwanted emotional and physical sensations. For a typical one-minute session, a person uses their fingertips to quickly and lightly tap five to seven times on each of nine specific acupressure points on the body:

- The outer ridge of the hand
- Eyebrow Point: inner start of the eyebrow
- Side of Eye: between the eye and temple
- Under Eye: bone beneath the eye
- Under Nose: between the nose and upper lip
- Chin Point: between the bottom lip and chin
- Collarbone Point: one inch below the start of the collarbone
- Under Arm: 4 inches beneath the armpit
- Top of Head: crown of the head



Tapping sends a calming signal to your brain, letting it know that it's safe for you to relax, says Ortner. You don't feel like you're being hijacked by that emotion. Ortner explains that EFT is both easy and forgiving; she has created several short YouTube videos below.

www.youtube.com/@TheTappingSolutionChannel/featured

Want More Resources?

- The Association for Comprehensive Energy Psychology has a comprehensive list of practitioners as well as a podcast, blog, and other material.

www.energypsych.org

- The Tapping Solution has a popular app available for both iOS and Android that includes free Tapping meditations.

www.thetappingsolution.com

- Dr. Peta Stapleton, a lead researcher in the 2020 Australian fMRI study and global expert in EFT, has a host of online programs on her website.

www.evidencebasedeft.com

Obsessively Mindful 24-7, Develop, Motivate, Complete 100%

By Scott Farmer, MBA

Pain becomes all consuming at times, overshadowing everything else around us. The negative affects of this are tragic, often causing depression, poor sleep, and avoidance. The third of the *Eight Progressive Steps to Achieving Your Goals* is being obsessively mindful 24-7. Once you build your timeline and set a deadline, becoming obsessively mindful of achieving your goal is a good thing. If your goal facilitates a positive change, focusing on achieving it will motivate you to progress.



What is Mindfulness?

Mindfulness is the action of becoming more aware of your current surroundings, where you are aware of the present, and what you're doing, without becoming overly reactive or overwhelmed by what's going on around you.

Develop Skills to Meet Your Goal

The fourth of the *Eight Progressive Steps to Achieving Your Goals* is to Develop Skills to Meet Your Goal. Developing skills could be your goal altogether, or it could be something learned to help you be proactive in accomplishing your goal.

Daily Motivation... The First Step

The fifth of the *Eight Progressive Steps to Achieving Your Goals* is to take a First Step for Daily Motivation. A perfect example is making your bed, which sounds simple, but it acts as a motivator to keep you proactive.

Complete 100%

The sixth of the *Eight Progressive Steps to Achieving Your Goals* is to Complete 100%. We have all attempted something halfway or not entirely completed something. It is good to form a 100% completion habit to establish a sense of accomplishment and consistency.

Reward and Repeat

The seventh of the *Eight Progressive Steps* is to Reward and Repeat. We all enjoy a reward, and when accomplishing our goals, an award is something to work toward.

Create a New Goal

The final of the *Eight Progressive Steps* is to Create a New Goal. As mentioned earlier, reaching goals becomes a positive habit and greatly improves our emotional wellbeing.

Chronic Panes—Windows Into the Emotions of Chronic Pain

By Randall H. Duckett

*Only Now Can I Dream Again...
After a Decade Dominated by Disease,
I'm writing a new chapter.*

Nightmares Came After I Retired

Dreaming, I would frequently find myself back at a company I left almost 30 years ago, my first job after journalism school. I felt lost, completely confused about what I was supposed to do there—like the iconic dream about confronting a huge test for which one hadn't studied. During these nightmares, I could manage to speak to my coworkers only in a slow, impotent whisper. Often, I dreamt that I tried—and failed—to please the charismatic founder who eventually lost the firm and put 1,000 people out of work in the mid-1990s.

Sure, I knew that retirees sometimes have a hard time adjusting to their new lives and that disturbing dreams could be a side effect. But there was a deeper reason for my restless sleep: **I had to heal.**

Back in 2006, I cofounded a successful communications company. My friend and I mostly created marketing programs for state departments of career and technical education (CTE). It was exciting, even nerve-wracking, to be an entrepreneur trying to make a good living and support a family. It came crashing down a decade ago, when, at age 53, I was forced to sell the business to my partner for \$1 and retire due to a rare disease.

In childhood I'd been diagnosed with **multiple epiphyseal dysplasia (M-E-D)**, also known as Fairbanks Disease. I share this rare distinction—MED occurs in about one out of every 20,000 births—with actor Danny DeVito. The genetic condition is complex, but it comes down to my bones being deformed at the joints. Think of broken gears constantly grinding against each other, causing crippling chronic pain.

7 Major Operations in 7 Years

I had already faced four hip replacements since young adulthood (twice on each side). Over the past decade, I've had my ankles fixed and my knees and shoulders replaced. I even endured bariatric surgery to reduce my ballooning weight from being sedentary. Seven major operations in seven years. Working hard in physical therapy and in the pool at the local health club, I regained my ability to walk. I now live with constant pain throughout my body, especially in my back and neck. MRIs showed scoliosis, stenosis, and bone spurs in both places. Opioids and over-the-counter pain killers take the edge off enough for me to function.



Today, I use a HurryCane, my most valuable possession, around the house and for short distances. I employ a wheelchair for longer outings. My 100-pound wife pushes me, her 170-pound husband when we go on “walks” through nearby state parks and nature preserves.

Chronic Panes—Windows Into the Emotions of Chronic Pain

By Randall H. Duckett

It Stole My Sense of Purpose

The disease took away my fifties, 10 of my prime earning and achieving years. More importantly, it stole my sense of purpose, a common refrain among chronic pain sufferers. And deep down it robbed me of hope.

During the summer of 2021, I began jotting down notes for a book for writers—young and old alike—who are trying to find their voices in the print and digital worlds. I authored it slowly on an iPad with a Bluetooth keyboard, in one- or two-hour sessions in my La-Z-Boy, the only place I can sit for any time because of a bruised tailbone from the wheelchair. I self-published *Seven Cs: The Elements of Effective Writing* on Amazon in April 2022 and created a website with writing tips for creators (randallhduckett.com).



One night after I finished the first draft of the book, I dreamt that I was a college counselor (I have never been one) and a graphic novel author (likely a hangover from my childhood love of comic books). I can't remember other details, except that there weren't any frustrating whispers or kissing up to the boss. I was surprised when I awoke with a sense of satisfaction, peace, and the title of this essay.

Writing heals. Authoring the book and essays like this has given me hope that I can be useful again, that I can have a second act, that I can contribute to the world. It has made me optimistic about writing a new chapter in my life after a decade dominated by disease. Most of all, it distracts me from the pain.

Only now, 10 years after forced retirement, have I started to think about the future, to dare to hope, to really dream again.

Randall H. Duckett lives with his wife, daughter, son-in-law, and granddaughter in the Philadelphia suburbs.



Book Review: The Matzah Ball Novel

By Halima Aziza



Halima Aziza
ACPA Member

For years, Rachel Rubenstein-Goldblatt has hidden her career as a Christmas romance novelist—and her passion for the actual holiday itself—from her Jewish family. What’s more, her chronic illness has always gotten in the way of finding the kind of love she writes about. When her publisher insists, she write a Hanukkah romance, Rachel struggles to capture the “magic” and “merry” most people associate with Christmas.

She tries to find her muse at the Matzah Ball, a Jewish music celebration on the last night of Hanukkah. To Rachel’s chagrin, she finds she must work with an old acquaintance from summer camp for whom she still holds a grudge, Jacob Greenberg, in order to complete her book.

But, like any great, formulaic rom-com, Rachel finds herself drawn to Hanukkah—and Jacob—in a way she never expected. Maybe this holiday of lights will be the spark she needs to finally have her own romance.

Beyond crafting a cozy book-by-the-fire story, Meltzer uses Rachel’s journey to illustrate chronic-illness acceptance and authenticity.

I hope this book helps educate healthy folks. I hope it makes things easier for people who are living with chronic illness, says Meltzer.

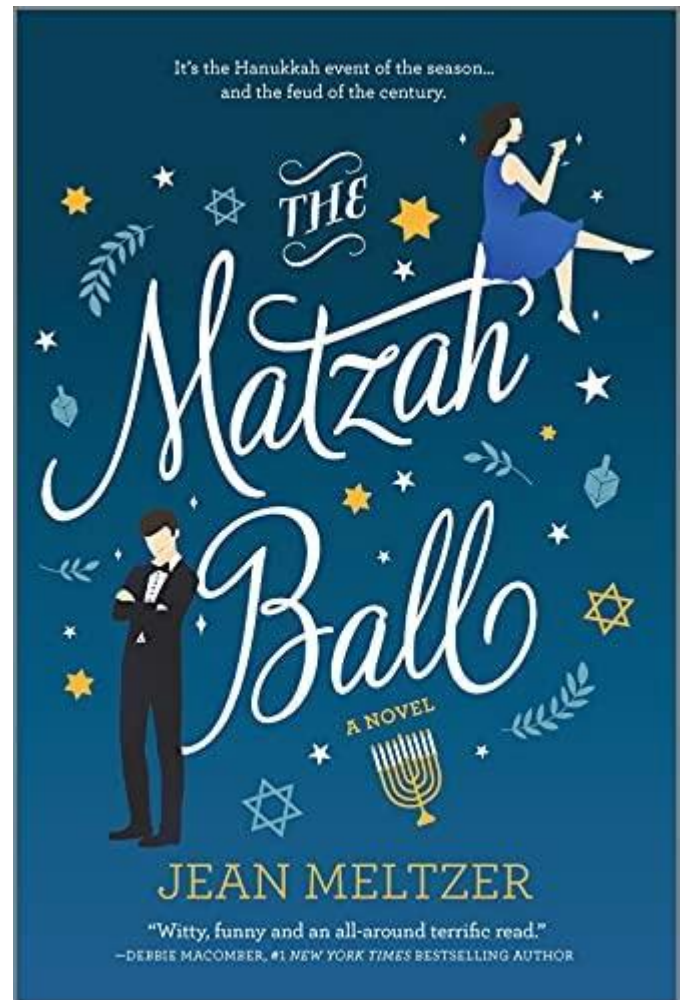
Ultimately, what I really want is for future generations of sick people to have it better than I did.

In her debut novel, *The Matzah Ball*, Emmy-Award-winning writer Jean Meltzer uses her experiences with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) and her love for the winter holidays to create a Hanukkah romantic comedy, riddled with Christmas undertones.

The Matzah Ball: A Novel

By Jean Meltzer

Released: September 28, 2021



[To Order on Amazon Click Here](#)

Tidbits for Winter Reading and Watching

By Scott Farmer, MBA



Medical Cannabis

Many of our members with pain conditions have many questions about medical cannabis. Does it work for my condition? How do I discuss medical cannabis with my healthcare professional? How do I pay for medical cannabis? Here is a good resource to learn more on these questions:

<http://www.bennabishealth.com/education>



Gut Check

Host Dr. Nicole Beurkens, and ACPA President Trupti Gokani, MD reveal new insights into why chronic diseases manifest themselves and how to rebalance your gut for optimum health...both mental and physical. More information here:

<https://get.bpossible.com/gut-check/>



From Pain to Ice Cream

Making ice cream gave Gibson a purpose amid physically challenging circumstances. *I drained my savings*, referring to medical bills... a true story of resiliency. <https://www.dallasnews.com/food/restaurant-news/2022/08/29/after-bicycling-accident-disabled-wylie-man-starts-ice-cream-business-sweet-pearls/>



Lyme Disease Care

Patients who have persistent or chronic Lyme disease (PLD/ CLD) have a hard time obtaining the medical care. Read more here:

<https://www.lymedisease.org/mylymedata-clinician-lyme-survey-report/>



Psychological Effects of Chronic Pain

A recent blog post from Dr. Lynn Webster featured an article by Casey Bloom, that can be found here: <https://www.lynnwebstermd.com/2022/11/05/what-are-the-psychological-effects-of-chronic-pain/>



CDC Practice Guideline for Prescribing Opioids for Pain

Recently a new guideline was published by the CDC on prescribing opioids. More information can be found here:

https://www.cdc.gov/mmwr/volumes/71/rr/rr7103a1.htm?s_cid=rr7103a1_w



Support for Overcoming Substance Misuse

The holidays can be a challenging time for those struggling with substance misuse.

<https://startyourrecovery.org/>

Chronic's Mistress

Original Poem By Halima Aziza

There I stood

Two decades ago
Finally married to my betrothed
So in love
I knew it would last
Yet in snuck strain when a decade passed

Gravity

Swooped and left me bent
Bang Bump Tumble down the stairs I went
All bloody
I lay scared and bruised
Stuck in a nightmare, very confused

Hospital

Curtains, docs and beds
CTs, X-rays of my neck and head
Day to night
Not knowing my fate
I'm here, my Love said, as we did wait

Back at home

Weeks, months and then years
Chronic came courting, loving my tears
Aches and pains
Meds made me so sick
Slowly, I felt like a lunatic

Bound to bed
Losing perspective
With more time, Chronic was infective
Discouraged
Helpless felt my Love
Engulfed by this torment, push came to shove

With illness

Chronic seduced me
Soon I grew full of harsh self-pity
Resentful
I then retreated
Chronic consumed me, so defeated

Bewildered

Deep in Winter blues
My Love reached for me, giving me cues
Now awake
Iciness could melt
Chronic had scarred me, left me with welts

Therapy

PT, Chiro, too
Neuro, Ortho and I wasn't through
Conditions
I could not pronounce
Braces and canes to help with my flounce

Endlessly

Some Chronic will stay
Limitations continue to weigh
TMJ
Migraine, stenosis
Anterolisthesis, arthrosis

Shorter days

From Winter's brisk light
Now are the times that need extra fight
Reynaud's plus
Right frozen shoulder
Sciatica making it colder

Heating pads

Menthol and camphor
Salves and creams, looking for the answer
Vitamins
Duloxetine
Gabapentin and tizanidine

Lists and apps

Like gear wheels and cogs
Work to guide the way through the brain fog
My Love asks
What I need today
Hey Mommy, we'll help you, my kids say

Progress comes

One step at a time
Now I move with the groove of ragtime
Challenged, still
But nevertheless
I'll no longer be Chronic's Mistress

A Winner to Be Announced!

By Scott Farmer, MBA

Speak For Your Feet Contest

A winner has been selected for the *Speak For Your Feet Contest!* This will help us better understand how patients describe diabetic nerve pain of their feet in their own terms.

We welcomed 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.

They Got Creative With It!

To get those creative ideas bubbling, we gave an example of a diabetic nerve pain mnemonic: “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. The entry date has ended (October 1st, 2022). The winning entry and 3 runners up will be announced soon. Participants must be 18 years of age or older. Promotion is void where prohibited or restricted by law. No purchase was necessary to enter.

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

Are you struggling with headaches?

MigrainePro.com

Introduction to 7.0

[Click Here](#)

MIGRAINEPRO 7.0

Description
MigrainePro® is a community of 175,000+ people with migraine who have become "Pros" at migraine management. We are here to give you the tools to do the same. This is a 4-Step education program on how to understand and track your migraine triggers, patterns, and treatments so you can better communicate with your healthcare professional. MigrainePro® will help you improve awareness of treatment options and the importance of adherence.

S1	S2	S3	S4
LEARN	TREAT	PREVENT	ADHERE
<ul style="list-style-type: none">Clinical dialogue in your communityScience of migraine disease	<ul style="list-style-type: none">Impact of migraine and the importance of treatmentAcute Treatments	<ul style="list-style-type: none">Forming routines to reduce frequency and minimize painPreventive Treatments	<ul style="list-style-type: none">Disease awareness and migraine storiesPatient to person with migraine

[Click Here to Speak with Dr. Bear](#)

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

[Click Here for Resources](#)



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.

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.

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PLEASE CONSIDER SUPPORTING THE ACPA

By Kathy Sapp

Thank You for Your Support!



Dear Friends,

Since 1980, over 42 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, as we offer the 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.

The ACPA understands the battles you fight everyday. Therefore, 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.

Happy Holidays from all of us at the American Chronic Pain Association!

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



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By ACPA Staff

THANK YOU!



THE ACPA MISSION

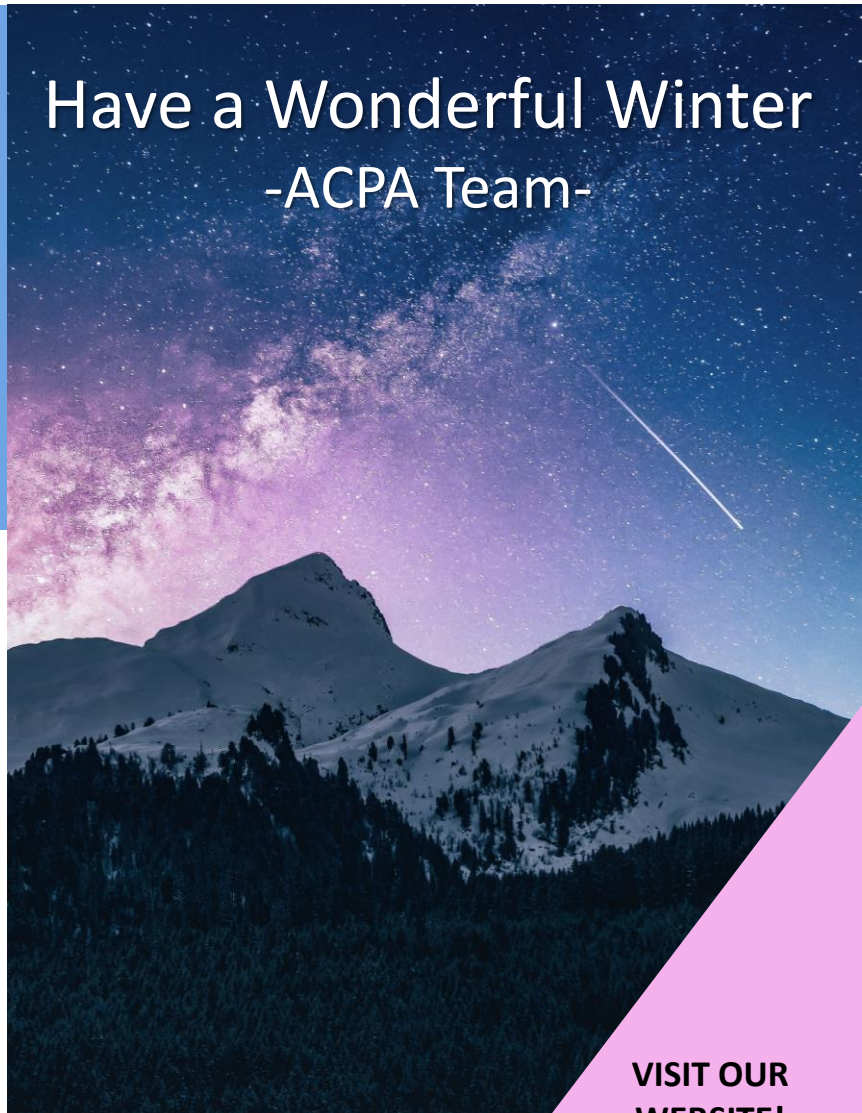
By Scott Farmer, MBA

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!

Have a Wonderful Winter
-ACPA Team-



**VISIT OUR
WEBSITE!**
www.theACPA.org