

## Patient Resources for Education and Support

### Chronic Pain Support Groups

Participation in a chronic pain support group can be very beneficial. They are typically offered in the community through local hospitals or churches, and are sometimes listed in the local section of the newspaper. Support and “meetup” groups can also be found online through a search engine or site such as <http://chronicpain.meetup.com/>.

### Online Support/Websites

If not able to attend a support group in the community, you may be able to participate through online resources (e.g. blogs, bulletin boards, or online communities). There are several patient-friendly and positively-focused websites available such as [www.nationalpainfoundation.org](http://www.nationalpainfoundation.org) (National Pain Foundation) and [www.painaction.com](http://www.painaction.com), which has interactive tools and an online pain journal. Once you register, you can also download a copy of “Your Guide to Pain Management.” For specific conditions/topics, visit the following websites for additional information:

Arthritis Pain

[www.painaction.com](http://www.painaction.com)

Back/Spine Pain

[www.painaction.com](http://www.painaction.com)

[www.spineuniversity.com](http://www.spineuniversity.com)

[www.spine-health.com](http://www.spine-health.com)

Endometriosis

[www.endometriosisassn.org](http://www.endometriosisassn.org)

Fibromyalgia

[www.fmaware.org/](http://www.fmaware.org/)

Headache/Migraines

[www.painaction.com](http://www.painaction.com)

[www.headachecare.com](http://www.headachecare.com) (Click on “Biofeedback” at the bottom of the home page to order the relaxation CD.)

Cancer Pain

[www.painaction.com](http://www.painaction.com)

Complex Regional Pain Syndrome (CRPS, formerly known as RSD)

[rds.org](http://rds.org)

Interstitial Cystitis

[www.ic-network.com/](http://www.ic-network.com/)

Multiple Sclerosis

[www.nationalmssociety.org](http://www.nationalmssociety.org)

Neuropathic Pain

[www.painaction.com](http://www.painaction.com)

Neuromodulation (spinal cord stimulation, peripheral nerve stimulation, etc.)

[www.poweroveryourpain.com/](http://www.poweroveryourpain.com/)

<http://barolatcares.com/>

Orthopedic Disorders/Pain (e.g., shoulder, hip, hand, elbow, wrist, foot, ankle, knee, etc.)

<http://www.eorthopod.com/public/>

(Select “Patient Guides” under the appropriate category on the left.)

Traumatic Brain Injury

[www.biaincolorado.org](http://www.biaincolorado.org)

[www.cdc.gov/TraumaticBrainInjury/](http://www.cdc.gov/TraumaticBrainInjury/)

For information on **biofeedback** including research on efficacy, disorders it treats, etc. see: [www.aapb.org](http://www.aapb.org)

To locate a certified biofeedback clinician in your area, go to [www.bcia.org](http://www.bcia.org) and click on “Find a Practitioner”.

For information pertaining to **mental health issues** (e.g., anxiety, depression, bipolar disorder, how to get psychological help, etc.):

[www.apahelpcenter.org](http://www.apahelpcenter.org) (Includes a great interactive tool on the effects of stress on the body and resources in Spanish.)

[www.nami.org](http://www.nami.org) (National Alliance on Mental Illness)

[www.namicolorado.org](http://www.namicolorado.org) (for local resources including support groups)

## Recommended Books/DVDs/CDs

### **Anxiety**

The Anxiety & Phobia Workbook, Fourth Edition by Edmund Bourne.

An End to Panic: Breakthrough Techniques for Overcoming Panic Disorder by Elke Zuercher-White.

The Anxiety Cure by Archibald D. Hart\*.

### **Balance**

The Power of Full Engagement by Jim Loehr and Tony Schwartz.

Inner Peach for Busy Women: Balancing Work, Family, & Your Inner Life by Joan Borysenko.

### **Cardiac Health**

The Emotional Wellness Way To Cardiac Health: How Letting Go Of Depression, Anxiety & Anger Can Heal Your Heart by Arthur Nezu, Christine Nezu, and Diwakar Jain.

Mayo Clinic Wellness Solutions for Heart Health (DVD - 2008) by Brent Bauer and Bijoy Khandheria.

### **Chronic Pain**

The Pain Survival Guide: How to Reclaim Your Life by Dennis C. Turk and Frits Winter.

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness by Jon Kabat-Zinn.

Managing Chronic Pain: Strategies for Dealing With Back Pain, Headaches, Muscle & Joint Pain, Cancer Pain, Abdominal Pain by Siang-Yang Tan\*.

Change The Channel On Pain by Emmett Miller, MD (CD/MP3 available at [www.drmliller.com](http://www.drmliller.com)).

Mindfulness Meditation for Pain Relief by Jon Kabat-Zinn (CD/MP3 available at [www.soundstrue.com](http://www.soundstrue.com)).

### **Depression**

Mind Over Mood: Change How You Feel by Changing the Way You Think by Dennis Greenberger and Christine Padesky.

Unmasking Male Depression by Archibald D. Hart\*.

### **Fibromyalgia**

Mayo Clinic Wellness Solutions for Fibromyalgia (DVD - 2008) by Brent Bauer, Rodney Yee, and Jeffrey Thompson.

### **Health Anxiety**

It's Not All In Your Head: How Worrying about Your Health Could be Making You Sick by Gordon Asmundson and Steven Taylor.

### **Insomnia**

Mayo Clinic Wellness Solutions for Insomnia (DVD - 2008) by Irvin Cohen, Rodney Yee, and Brent Bauer.

Easing Into Sleep (audio CD) by Emmett Miller, MD (CD/MP3 available at [www.drmliller.com](http://www.drmliller.com).)

### **Stress Management**

Adrenaline and Stress: The Exciting New Breakthrough That Helps You Overcome Stress Damage by Archibald Hart.

The Relaxation & Stress Reduction Workbook by Martha Davis, Matthew McKay, and Elizabeth Robbins Eshelman.

Letting Go Of Stress and Ten-Minute Stress Manager by Emmett Miller, MD (CD/MP3 available at [www.drmliller.com](http://www.drmliller.com)).

### **Thyroid Disorders**

The Thyroid Solution: A Mind-Body Program for Beating Depression and Regaining Your Emotional and Physical Health by Ridha Arem.

\*Written from a Christian perspective.