



You no longer have to suffer persistent pain alone. The Turning Pain Into Gain program is now here to support you to live well through better pain management.

WELCOME!!! Off to a fabulous start!!

It was so lovely to see you again at our first Self-Management Pain Education Session. Welcome to the Turning Pain Into Gain program again. We look forward to getting to know each of you throughout the course of this program. It has already shown itself to be a wonderful opportunity to meet staff, share ideas and find out more about available services within our community.

If you missed the first topic and would like to find out if we have repeat topics, please contact your Clinical Facilitator, alternatively watch module one at your convenience. **Its very important you watch Module 1.**

Looking ahead: Module 2



Understanding Pain Medicines.
"The old, the new and the future"

Revision of Module 1

Understanding Persistent Pain and Goal Setting

In our first topic, we discussed how the body's pain system processes and produces pain. We began to see that with a better understanding of the pain process we can identify the positive and negative contributors to our pain and start to learn how to control the pain traffic. Remember that our brain is not hardwired, and we can do many things to start to rewire or readapt our body's threshold to pain. There is hope! Have you taken some time to reflect on what positively and negatively contributes to your BIO-PSYCHO-SOCIAL management your pain experience? It is important that we set ourselves up to win and realistic expectations of our own personal goals will let us do just that. If you place a HIGHER VALUE on your goals and what you want to plan to achieve within this next 12 months, then your pain experience can be retrained and life regains! The workbook activities given will prompt you to think through some of what we have learnt, so take a moment to reflect on these learnings.

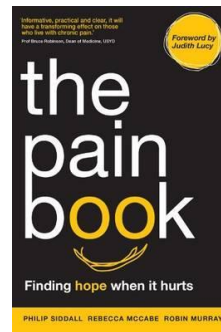
The THREE key messages so far are:



1. Persistent pain that is due to a sensitive nervous system can be remapped
2. Set realistic goals and start to work towards reaching them
3. Recruit and work with your healthcare team who believe in you for a brighter future

Helpful Resource: The Pain Book

by Phillip Siddall, Rebecca McCabe and Robin Murray



This month's book was launched in July 2013. This book gives a great update on how pain works and the best pain treatments now available.

It is a little different from other books on the market in that it dedicates a good portion of the book to courage and hope, both of which are vital when learning to be a good manager of your pain. It is also full of practical tips and suggestions.

It complements the Turning Pain into Gain program very well and would be a great reference to have on hand to help you get the most out of the program.

It is available on Amazon or in ABC bookshops, or join the Australian Pain Management Association (www.painmanagement.org.au) and receive a member's discount.

