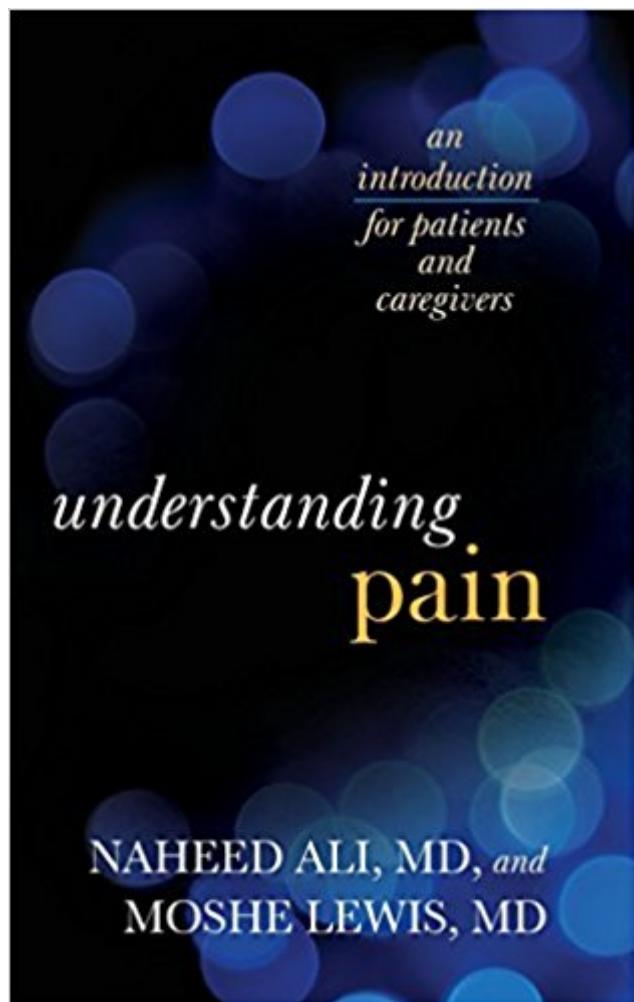


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# Understanding Pain: An Introduction For Patients And Caregivers



## **Synopsis**

Pain is informally defined as the body's way of uncovering a problem. Whether due to an injury, infection, or something else, pain alerts a person that something is not right. Sometimes pain goes along with inflammation and swelling, and when it does, the problem is more evident. Oftentimes, pain is more generalized to the entire body, signaling a viral infection such as a flu virus. Still other times, there is no apparent root cause for a person's pain. Yet, millions of people suffer from some form of pain on a daily basis. Understanding Pain walks readers through the various types of pain, the causes and symptoms, as well as the methods of treatment currently available. From prescription medication to acupuncture and massage therapy, various approaches may work for some but not for others. But handling pain is essential for living well and functioning on a daily basis. Here, the authors provide a comprehensive introduction to the subject, covering self-care as well as caring for others in pain, and addressing alternative as well as traditional methods of pain management.

## **Book Information**

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## **Customer Reviews**

Medical doctors Lewis and Ali deliver a hefty overview of the history, causes, symptoms, and treatment of pain. . . . [T]he millions of Americans who suffer from acute pain (less than six months) or chronic pain (more than six months) and the doctors, friends, and family who look out for them will find much good information here. (Booklist)[It was an] impressive book that provides much of the information patients and carers might want . . . It seems factually balanced and was presented in an

organized manner. It is nearly all written to the lay reader. . . . [The book] provides patient information at two levels: Basic (Grade 5-6 reading level) and Beyond Basics (Grade 10-12). This book falls in the second group, if not higher. But if you are running a pain clinic, especially a chronic pain clinic, you could recommend this book to patients and carers[.] (International Association for Hospice & Palliative Care)

Naheed Ali, M.D., Ph.D., is the author of The Obesity Reality (Rowman & Littlefield, 2012), Understanding Alzheimer's (Rowman & Littlefield, 2012), and Arthritis and You (Rowman & Littlefield, 2013). His website is NaheedAli.com. Moshe Lewis, M.D., M.P.H., is an ivy league-trained pain physician and physiatrist. He currently serves as the Chief of Physical Medicine and Rehabilitation at the St. Luke's Campus of the California Pacific Medical Center. He lives in northern California, where he enjoys traveling and writing during his spare time. He can be visited online at MosheLewisMD.com.

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