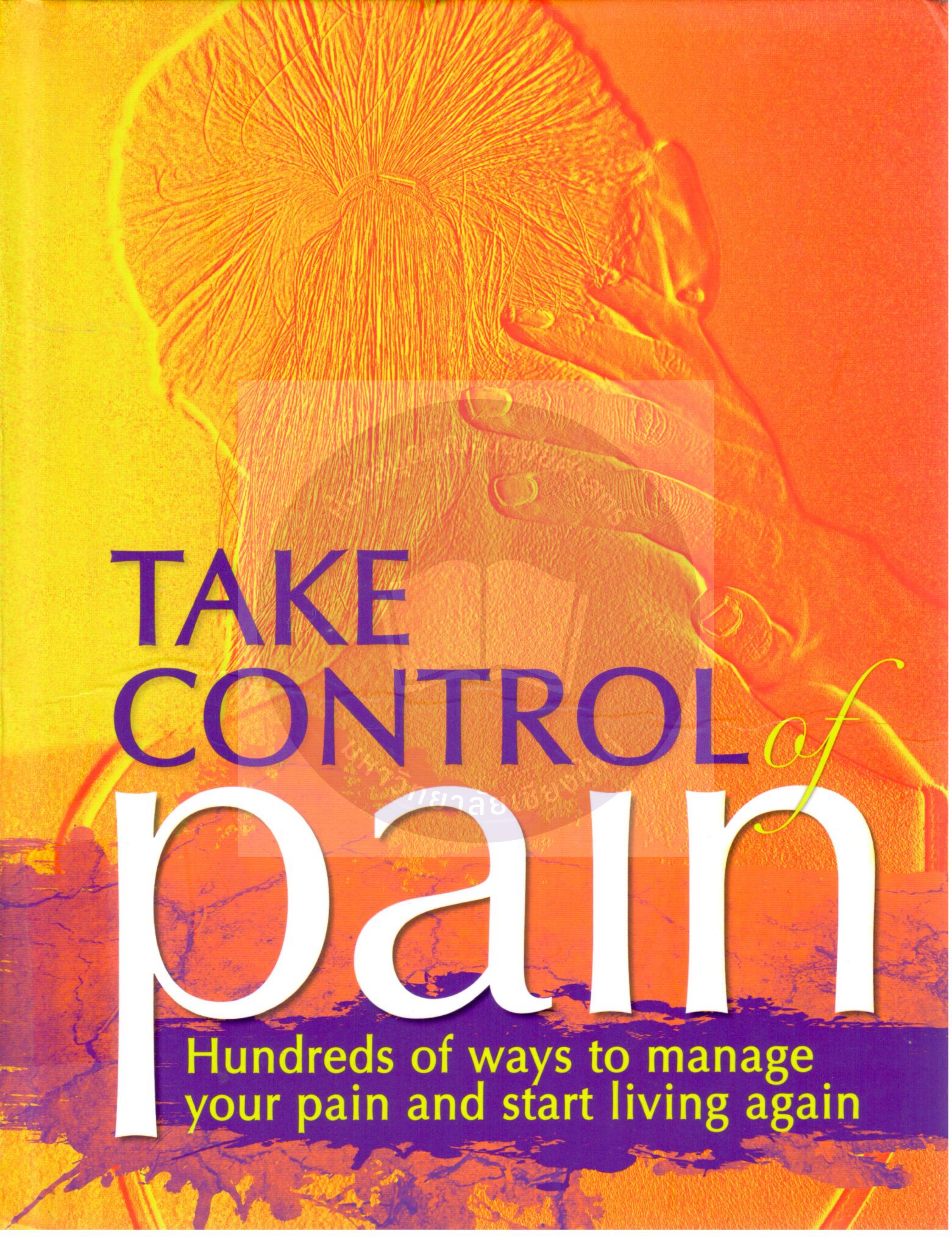
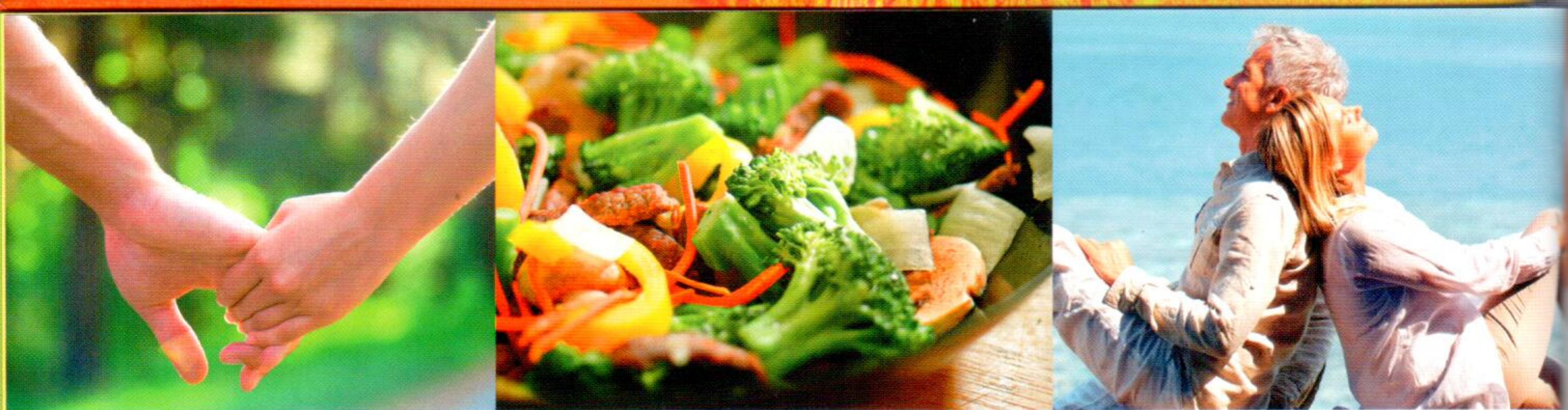




TAKE CONTROL *of* pain

Hundreds of ways to manage
your pain and start living again



Contents

8 Introduction: Take charge of pain

PART ONE

About pain

- 12 Chapter 1 Understanding pain
- 20 Chapter 2 Change your thinking, change your pain
- 28 Chapter 3 Some facts about pain pills

PART TWO

Six steps to taking charge of pain

- 40 Step 1 Adopt pain-managing attitudes
- 46 Step 2 Get the right help
- 58 Step 3 Move more, ache less
- 76 Step 4 Laugh it away ... and other mind-body solutions
- 88 Step 5 Sidestep your pain triggers
- 96 Step 6 Pain-proof your diet

PART THREE

Being in charge

Back, neck and shoulder pain

- 108 Back pain
- 114 Neck pain
- 118 Shoulder pain

Body pain

- 121 Chronic fatigue syndrome
- 126 Fibromyalgia
- 131 Lupus

Cancer pain

- 135 Cancer pain

Face and mouth pain

- 140 Burning mouth syndrome
- 143 Dental pain
- 147 Sinusitis
- 150 Temporomandibular disorder (TMD)

Gastrointestinal pain

- 154 Diverticulitis
- 157 Haemorrhoids
- 160 Heartburn and GORD
- 164 Inflammatory bowel disease
- 169 Irritable bowel syndrome
- 173 Ulcers

Head pain

- 177 Cluster headaches
- 181 Migraines
- 186 Tension headaches

Joint pain

- 188 Bursitis
- 192 Gout
- 196 Knee pain



- 200 Osteoarthritis
- 206 Rheumatoid arthritis
- 211 Tendon pain

Leg and foot pain

- 214 Achilles tendon pain
- 217 Bunions
- 220 Foot and ankle arthritis
- 223 Peripheral vascular disease
- 227 Plantar fasciitis

Mystery pain

- 230 Mystery pain

Nerve pain

- 234 Complex regional pain syndrome
- 239 Diabetic neuropathy
- 244 Shingles
- 247 Trigeminal neuralgia

Overuse injuries

- 251 Carpal tunnel syndrome
- 254 Muscle and tendon soreness
- 258 Repetitive stress injury

Pelvic pain

- 261 Endometriosis
- 266 Interstitial cystitis
- 271 Menstrual cramps
- 275 Premenstrual syndrome
- 279 Vulvodynia

Skin pain

- 282 Burns
- 286 Psoriasis

PART FOUR

Exercises for pain relief

- 292 Ease your pain with exercise
- 294 Back pain
- 302 Carpal tunnel syndrome
- 304 Elbow pain
- 306 Foot and ankle pain
- 312 Hand osteoarthritis
- 316 Hip and knee pain
- 324 Neck pain and temporomandibular disorder (TMD)
- 329 Shoulder pain

PART FIVE

Useful resources

- 336 Help yourself to manage your pain
- 337 My self-care contract
- 338 Pain diary
- 339 Pain-trigger log
- 340 Exercise record
- 341 Medication log
- 341 Management log
- 342 Stress diary
- 343 Index

**Living with pain? Take control! Learn how ...
and get back to doing the things you love.**

Whether you suffer from muscle or joint pain, headaches, backaches or even painful stomach or bowel problems, your pain can be eased. *Take Control of Pain* shows you how. Based on countless studies and consultations with medical specialists and pain management experts, this book gives you the very best and latest thinking on managing and treating pain.

TAKE CONTROL OF PAIN helps you deal with back, neck and shoulder pain • body pain • cancer pain • face and mouth pain • gastrointestinal pain • head pain • joint pain • leg and foot pain • mystery pain • nerve pain • overuse injuries • pelvic pain • skin pain

- Find your pain triggers and recognise the different ways you respond to pain
- Discover the full range of options for just about every type of pain – both the things you can do for fast relief and the things that need your doctor's help
- Mix and match different pain management strategies to find a formula that suits you

TAKE CHARGE OF PAIN and start living again!



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