

Patient Resources for Education and Support

Chronic Pain Support Groups

I encourage participation in a chronic pain support group, which are typically offered in the community through local hospitals or churches. If anyone is aware of any ongoing chronic pain support groups in the Denver metro area, please let us know so that we can pass along information to other patients.

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 positive-focused, informative websites available such as www.painfoundation.org (PainAid online), and www.nationalpainfoundation.org (National Pain Foundation). I also recommend www.painaction.com, which has interactive tools and an online pain journal. For specific conditions/topics, I recommend the following websites:

Back/Spine Pain

www.painaction.com
www.spineuniversity.com
www.spine-health.com

Endometriosis

www.endometriosisassn.org

Fibromyalgia

www.fmaware.org/

Headache/Migraines

www.painaction.com
www.headachecare.com (If looking for the relaxation CD for migraines, click on "Biofeedback Kit".)

Cancer Pain

www.painaction.com

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

www.rsds.org

Interstitial Cystitis

www.ic-network.com/

Multiple Sclerosis

www.nationalmssociety.org

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

www.barolatcares.com
www.sjm.com/neuromodulation
www.medtronic.com/your-health

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 orthopedic category on the left.)

Traumatic Brain Injury

www.biacolorado.org

For information on **biofeedback** including research on efficacy, disorders it treats, etc. see:

<http://www.aapb.org/consumers.html>
www.bcia.org (Click on "Find a Provider" to locate a certified biofeedback clinician in your area.)

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

www.apahelpcenter.org (Includes a great interactive tool on the effects of stress on the body and resources in Spanish.)
www.nami.org (National Alliance on Mental Illness)
www.namicolorado.org (for local resources including support groups)

For everything you ever wanted to know about **Colorado Workers' Compensation** (e.g., treatment guidelines, rules/policies, etc.) see www.coworkforce.com/dwc and click on "Injured Worker".

Recommended Books/DVDs/CDs

Anxiety

The Anxiety & Phobia Workbook, Fourth Edition by Edmund J. 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 A. Bauer and Bijoy K. Khandheria

Chronic Pain

The Pain Survival Guide: How to Reclaim Your Life by Dennis C. Turk and Frits Winter
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 (audio CD) by Emmett Miller, MD (available at www.drmliller.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 A. Bauer, Rodney Yee, and Jeffrey M. 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 M. Cohen, Rodney Yee, and Brent A. Bauer
Easing Into Sleep (audio CD) by Emmett Miller, MD (available at 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 (audio CDs) by Emmett Miller, MD (available at 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.