

# Leading Author Sheds Light On Physical And Emotional Toll Of Pain

(NAPSA)—“People in pain are a pain”—that’s the subliminal message people with persistent pain hear when their complaints are overlooked, ignored and dismissed. After a while, even the patients themselves begin to believe that they are weak, whiny individuals who should just “grin and bear it.”

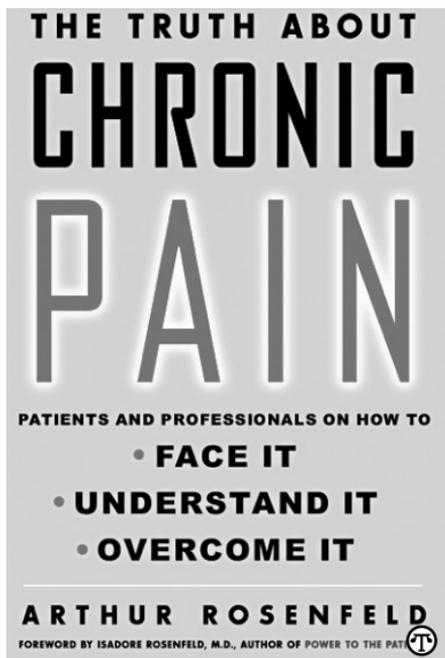
According to a national survey, nearly 80 percent of pain sufferers believe that their pain is a normal part of a medical condition and something with which they must live. In fact, the American Pain Foundation estimates that more than 50 million Americans suffer from chronic pain due to a specific illness or medical condition.

In a fascinating new book, *The Truth About Chronic Pain* (Basic Books, May 2003), Arthur Rosenfeld reveals one of the great tragedies of our society—the shabby and shameful treatment often given to millions of people in pain. For the first time an author has talked to the health care community, listened to people in pain, heard their stories and shared their anguish and hopes.

What makes the condition of persistent pain so heartbreaking is that many people are uncomfortable discussing their pain. Their pain leaves them feeling isolated and alone, and they don’t believe that people understand how much pain they are in.

Additionally, people with pain often feel that their family is tired of hearing about their pain, do not understand how it affects them and feel inadequate as a spouse/partner because of it.

While persistent pain is common within the U.S., many people do not realize that there are things they can do to alleviate their pain. It is important for



physicians and patients to realize that while each sufferer has different needs, they can be helped.

Reading *The Truth About Chronic Pain* will benefit health care professionals and patients by:

- Arming them with insights and information to help manage pain
- Providing validation of patients’ experiences
- Stimulating dialogue between health care professionals and patients
- Creating a climate of understanding between health care professionals and patients
- Erasing the stigma surrounding appropriate pain management

Rosenfeld’s insightful interviews with patients and professionals help anyone who has been touched by pain learn how to face it, understand it and overcome it.

The book is available in bookstores nationwide, or online at [www.barnesandnoble.com](http://www.barnesandnoble.com) and [www.amazon.com](http://www.amazon.com).