Manage, reduce and control chronic pain

When pain disrupts your life and limits your activities, *Mayo Clinic Guide to Pain Relief* is a remarkable resource. Find valuable help with all leading causes of pain.

Complementary and alternative medicine approaches for coping with chronic pain are discussed in detail as well, giving you the most complete set of medically reliable options possible. Clear, easy-to-follow illustrations will show you just how to take maximum advantage of these options for your type of pain.

Order your copy of *Mayo Clinic Guide to Pain Relief* today and put the knowledge of Mayo Clinic to work for your healthy future!

Barbara K. Bruce, Ph.D., is the clinical director of the Mayo Clinic Comprehensive Pain Rehabilitation Center, a multidisciplinary program that encompasses adult and pediatric pain rehabilitation programs. Dr. Bruce is a psychologist in Mayo Clinic’s Department of Psychiatry and Psychology and an associate professor of psychology at the Mayo Clinic College of Medicine. She is active in many professional organizations dedicated to the study and treatment of pain, including the American Pain Society and the International Association for the Study of Pain.

Tracy E. Harrison, M.D., is the medical director of Mayo Clinic’s Comprehensive Pediatric Pain Rehabilitation Center, a multidisciplinary program that offers therapeutic services to adolescents with chronic pain. Dr. Harrison is an anesthesiologist in Mayo Clinic’s Department of Anesthesiology and the director of Mayo Clinic’s Pediatric Acute and Chronic Pain Service. Dr. Harrison is board certified in Pain Medicine and Hospice and Palliative Care Medicine and is an active member of the ComPASS Care Team, which provides care to children with life-threatening illnesses.
Advances in pain treatment are occurring at a rapid pace!

Mayo Clinic wants to share with you these latest advances for treating arthritis, migraines, low back pain, fibromyalgia, and painful illness and injury. Mayo Clinic Guide to Pain Relief brings you all this and more.

If you’ve suffered with too many headaches, put up with too many days of joint or back pain, or taken enough pain pills, we wrote this book for you! We believe that once Mayo Clinic Guide to Pain Relief is in your hands, you’ll be better able to manage your pain in very simple steps.

Get proven relief right now …

Don’t put up with your pain for one more day!

Mayo doctors know how pain interferes with sleep, work, social life and simple daily life. We help our patients meet these challenges every day, and we’d like to help you, too.

This book is based on the take-charge approach to managing chronic pain practiced at Mayo’s Comprehensive Pain Rehabilitation Center. Inside this book you’ll find thorough, easy-to-read information about the same solutions we offer to our patients.

Mayo Clinic Guide to Pain Relief is divided into three parts:

- **Part 1:** Understanding chronic pain — To control your pain, you need to understand how it develops. Part 1 discusses the anatomy of pain — the parts of your body involved in the development of pain — and why some people respond to pain differently than do others.
- **Part 2:** Treating chronic pain — This section explains the many options for treating pain. Learn about the various drugs used to treat pain, why some medications are more effective for certain types of pain, potential side effects and more.
- **Part 3:** Managing chronic pain — Part 3 focuses on strategies for managing chronic pain so that it doesn’t interfere with your life. This self-care section covers steps that you can take on your own to get yourself on course to life with less pain, including details for designing your personal pain control program.

In addition, you’ll learn about other types of treatments that are available, such as pain-site injections, nerve stimulators and medication pumps, as well as alternative and complementary therapies.

We created a book full of easy, practical ideas that make a real difference in your life – the next step must be up to you.

Order your copy of Mayo Clinic Guide to Pain Relief today!