

Pain Self-Care That Works

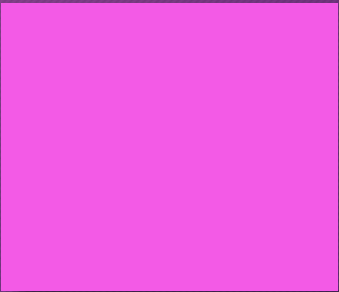
Create Your Own Pain Management Toolbox

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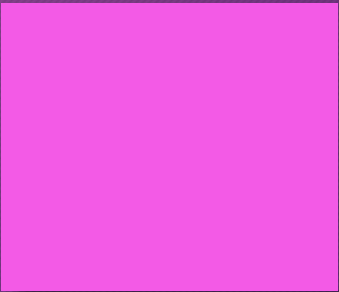
INTRODUCTION



RADENE MARIE COOK — MY HISTORY

- Airborne Reporter—Injured In Plane Accident
- Injury Worsened By:
 - Broken Workers' Comp System
 - Fail First
- Severity of Injury Meant Becoming My Own Advocate & An Expert In Self-Care
- REMEMBER: Your Goal Is To Manage Pain & Improve Health... There Are No Miracle Cures/Quick Fixes!

IMPROVED PHYSICAL HEALTH



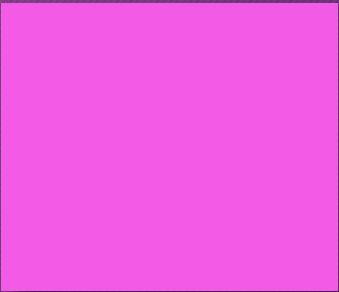
BETTER PHYSICAL HEALTH: CREATIVITY/PERSEVERANCE

- Follow Physician's Treatment Plan & Self-Care Tips
- Over-The-Counter Favorites:
 - Neuragen
 - Absorbine Jr.
 - Active-On
- Supportive Sleep: Neck, Low Back &/or Body Pillow
- Cooling Off with: Chilly Pads / Enduro Chilling Towels

BETTER PHYSICAL HEALTH, Continued

- Special Care for Damaged Nerves:
 - Soft Linens and “Woobies” (Gate Theory)
 - Breathable Clothing i.e. Cotton/Rayon
- Vitamins & Supplements
 - Amino Acids: GABA & Taurine
 - Liver Health: Alpha Lipoic Acid or Milk Thistle
 - Inflammation Fighters: Tumeric, Boswellia, Arnica, Vitamin C
 - Constipation: Miralax/Colace, Licorice Root, Flax Oil, Probiotics
 - Topical Relief: Biofreeze/Tiger Balm and Specially-Made Creams

IMPROVED MENTAL HEALTH



MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL

- Build/Rebuild Support System

- Surround Yourself With People Who'll Be There To Help You Cope
- Distance Yourself From Unkind/Abusive People—Pain Is Hard Enough!
- Pick Co-Advocate To Assist You With Doctors... He/She Must Be Able To Help With Important Decisions & Ensure Accountability
- When Life With Pain Seems Too Hard, Force Yourself To ***ASK FOR HELP!***

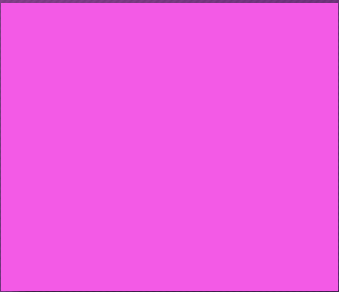
- Chronic Pain Is **Tough**... You Must Be, Too

- *Navy Seal* Mental Toughness Program—overcome natural stress response

BETTER MENTAL HEALTH, Continued

- 4 Techniques To Improve Reaction to Stressors:
 1. Goal Setting: Break Large Tasks Into Manageable Pieces—Helps You Continue Doing Things That Seem Difficult
 2. Mental Rehearsal/Visualization: Practice, Picture Succeeding
 3. Self Talk: Imperative It Is Primarily Positive!
 4. Arousal Control (To Help w/Pain Flares): Deep Breathing Gets More Oxygen To Brain—Helps Treatments Work Better
 - BONUS TECHNIQUE: Do What Makes You HAPPY *Daily*! For Me It's: Self Defense, Cinema Therapy & Art Therapy
- A Spiritual Life Can Bring Clarity & Comfort, Challenging You To Move *Beyond* The Pain

THE BUSINESS OF BEING A PAIN PATIENT



YOU MUST BE YOUR OWN ADVOCATE

- Maintain Your Complete Medical History:
 - Illnesses/Symptoms/When Diagnosed & ICD Billing Codes
 - Complete List Current Prescription & OTC Medication Info
 - Previously Tried Treatments—Both Successful & Unsuccessful
 - Chronological Surgery/Procedure Information
 - Provide Handout—Overview of All Data Above to Healthcare Professionals
- Build Open, Trusting Relationship with Pharmacist/Physician
- Continually Broaden Knowledge of Your Condition(s), Treatments, Studies & Patient Discussions Via Reliable Sources

Pain Self-Care That Works

Create Your Own Pain Management Toolbox

The power to improve your overall health
& manage pain symptoms is in *YOUR* hands.

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