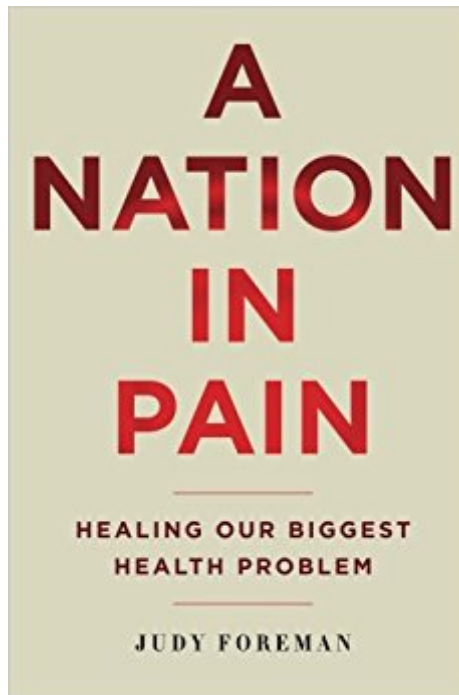


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# A Nation In Pain: Healing Our Biggest Health Problem



## Synopsis

Out of 238 million American adults, 100 million live with chronic pain. And yet the press has paid more attention to the abuses of pain medications than the astoundingly widespread condition they are intended to treat. Ethically, the failure to manage pain better is tantamount to torture. When chronic pain is inadequately treated, it undermines the body and mind. Indeed, the risk of suicide for people in chronic pain is twice that of other people. Far more than just a symptom, author Judy Foreman writes, chronic pain can be a disease in its own right--and it's the biggest health problem facing America today. Published in partnership with the International Association for the Study of Pain, *A Nation in Pain* offers a sweeping, deeply researched account of the chronic-pain crisis, from neurobiology to public policy, and presents practical solutions that are within our grasp today. Drawing on both her personal experience with chronic pain and her background as an award-winning health journalist, she guides us through recent scientific discoveries, including genetic susceptibility to pain; gender disparities in pain conditions and treatments, perhaps linked to estrogen; the problem of undertreated pain in children; the emerging role of the immune system in pain; advances in traditional treatments such as surgery and drugs; and fair-minded assessments of the effectiveness of alternative remedies, including marijuana, acupuncture, massage, and chiropractic care. For many people, the real magic bullet, Foreman writes, is exercise. Though many patients fear it will increase their discomfort, studies show it consistently produces improvement, often dramatic. She also explores the destructive "opioid wars," which have led to a misguided demonization of prescription painkillers. Foreman presents a far-reaching but sensible plan of action, ranging from enhancing pain education in medical schools to reforms of federal policies across the board. For doctors, scientists, policy makers, and especially patients, *A Nation in Pain* is essential reading.

## Book Information

Paperback: 464 pages

Publisher: Oxford University Press; 1 edition (May 1, 2015)

Language: English

ISBN-10: 0190231793

ISBN-13: 978-0190231798

Product Dimensions: 9.2 x 1.5 x 6.1 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 57 customer reviews

Best Sellers Rank: #454,494 in Books (See Top 100 in Books) #84 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Pain Medicine #157 in Books > Medical Books > Pharmacology > Pain Medicine #252 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Diseases

## Customer Reviews

**\*Starred Review\*** Health columnist Foreman didn't fully comprehend the meaning of hurting until her own bout of severe, protracted neck pain. Five years of research and 200 interviews (with doctors, scientists, and patients) later, she discovered that inadequate management of pain is a serious health problem and, while there may not be a cure, an integrative approach to treating pain is helpful. At least 100 million Americans suffer from chronic pain. It triggers about 40 percent of hospital ER visits. Foreman explains the biology of pain and its connection to emotion. All sorts of treatments are reviewed, including a multitude of medicines, biofeedback, epidural steroid injections, acupuncture, marijuana, physical therapy, Botox, chiropractic manipulation, surgery, and even transplantation of fetal nerve cells. But it is exercise that tops the list. Opioids (narcotic drugs) receive plenty of attention: the good (they work); the bad (a possibility of fatal overdose); and the ugly (the potential for abuse and addiction). Foreman focuses on dueling dilemmas: people who truly require powerful prescription pain medications may find it difficult to obtain them, yet those who abuse these drugs access them much too easily. Finally, a scientific and empathetic book that sensibly sorts out the problems and possibilities of adequately controlling pain. What a relief! --Tony Miksanek --This text refers to an out of print or unavailable edition of this title.

"The shadow pain casts and the toll it takes on individuals and society are revealed in this remarkable book by nationally syndicated health columnist Foreman, who chronicles the genetics of pain, types of pain receptors, and the effect of hormones and gender on pain and pain relief... this work is thoughtful and thought-provoking reading for the medical community, policymakers, and patients, especially in light of the F.D.A's recent call for tightening regulations in the administering of pain medications." --Publishers Weekly starred review "Encyclopedic in scope... Foreman's text underscores the fact that pain really is an extraordinarily complex phenomenon that requires more research. If we continue head-in-the-sand policies, we will remain a nation in pain." --Kirkus Reviews "Finally, a scientific and empathetic book that sensibly sorts out the problems and possibilities of adequately controlling pain. What a relief!" --Booklist "This is a book that has been waiting to be written. Tens of millions of Americans suffer from chronic, unrelenting pain, yet until

now they've had nowhere to turn to understand how pain arises or what to do about it. Whatever the source of pain -- and there can be many -- it can come to dominate the sufferer's life and be soul-destroying. Foreman has written a superb analysis of this most distressing of medical conditions. Many people will thank her for it." --Marcia Angell, M.D., Senior Lecturer in Social Medicine at Harvard Medical School and former Editor-in-Chief of The New England Journal of Medicine

"The great majority of books written on pain in the past decade provide simplistic recipes based on untested remedies. Judy Foreman's new book, *A Nation in Pain*, attacks the complexity of chronic pain, and thoughtfully provides a realistic approach to optimal pain management. Her research on this topic, including interviews with pain patients and pain scientists, provides a wealth of personal and professional expertise and experience. This book will be a valuable asset to patients, physicians and professional organizations wanting an encyclopedic and unbiased treatise on the very difficult topic of chronic pain." --Don L Goldenberg, M.D., Chief of Rheumatology, Newton-Wellesley Hospital; Professor of Medicine, Tufts University

"The experience of chronic pain forges new alliances and *A Nation in Pain* provides insights, knowledge, critiques, questions and comfort for readers -- be they individuals impacted by pain, those who care for them and those who might benefit from this thoughtful and comprehensive treatise. I am one of those individuals." --Philip Pizzo, MD, Former Dean, Stanford University School of Medicine, David and Susan Heckerman Professor of Pediatrics and of Microbiology and Immunology

"Judy Foreman has provided a masterful chronicle of the commonest of human miseries -- chronic pain. The author delves into neurobiological mechanisms and notes the failure of our educational system to prepare physicians to deliver adequate care, including the perils of ignoring benefits of non-traditional (non-Western) therapies. This is a book for everyone; scientists and sufferers, physicians and their educators." --Joseph B Martin, Lefler Distinguished Professor of Neurobiology and Dean Emeritus, Harvard Medical School

"*A Nation in Pain: Healing Our Biggest Health Problem* is an extensive and eye opening look into the world of pain from the heart and soul of someone who understands what it is like to live with pain. Judy Foreman explores the anatomy of pain guiding us through treatments both conventional and unconventional and the debate that many of them ignite. I found it refreshing and honest while making a strong point that we need to do a better job at managing chronic pain." --Penney Cowan, Founder, American Chronic Pain Association

"Encyclopedic in scope... Foreman's text underscores the fact that pain really is an extraordinarily complex phenomenon that requires more research. If we continue head-in-the-sand policies, we will remain a nation in pain." --Kirkus Reviews

"Finally, a scientific and empathetic book that sensibly sorts out the problems and possibilities of adequately controlling pain. What a relief!" --Booklist

"In this book, Judy Foreman, an

award-winning health columnist has beautifully narrated the saga of chronic pain--how it happens, how far it can go; why it happens, why it happens to you, and why it happens to you more than the others; and why the suffering is often endless... I would recommend this book for everyone: those in pain, those healing pain, those learning pain, and those policing pain relievers (the drugs and the people who prescribe them)." --R. Goyal, British Journal of Anaesthesia

Judy Foreman's new book, *A Nation in Pain*, doesn't waste any time diving in to the shocking statistics and research related to chronic pain and the severity of the problems surrounding it. It is a mandatory reading for Chronic Pain patients, Medical professionals, and society at large - who is so often misinformed by the media and general lack of education surrounding these issues. This book covers everything from the basic definition of chronic pain --- to opioid wars --- to ideas on how to make real improvements in our nation's response to chronic pain. Some early facts in this book that I found to be highly interesting: 1). "[the government] spends only about 1% of its vast budget on pain research, despite the fact that chronic pain....is a bigger problem than heart disease, cancer, and diabetes COMBINED. ...Federal spending on chronic pain is actually going down." 2). Judy Foreman discussed the problem of doctors not being educated to treat or work with patients with chronic pain. She cites, "Across all the years of medical training, students got an average of 13 to 41 hours of pain education. Veterinary students got more than twice that - 87 hours on average." 3). "Out of 238 million American adults, 100 million live in chronic pain. And yet the press has paid more attention to the abusers of pain medications than the astoundingly widespread condition they are intended to treat. Ethnically, the failure to manage pain better IS TANTAMOUNT TO TORTURE." I fully believe that we will be better as a country due to this book, the more people that read it the better. It is rare that any book fills me with this level of inspiration for positive change. I know I will read this book many times, and buy it for those who are important to me. Ms. Foreman's research appears to be ignited by her own personal experience, fueling her passion for this subject. I am further impressed as I emailed her with some of my questions and comments and she responded within 24 hours! If you are interested in improving our country and preventing the unnecessary torture of our citizens, I highly recommend you read this book!

Ms Foreman, a pain sufferer, does an excellent job of detailing the problems of how pain is treated in America. She provides a biopsychosocial explanation of what pain is including the genetic, neurological, hormonal, immunological and psychological aspects of pain. She explains the experimental evidence for several treatments for pain including opioids, marijuana,

anti-depressants, injection therapies, diets, supplements, exercise, electrotherapies, hypnosis, massage, acupuncture, reiki, Alexander technique, Rubenfeld synergy, biofeedback, exercise and PEMF. This is where this book excels -and few books do as thorough and unbiased a review of pain treatments as this one. She discusses the politics of pain care and the lack of education and research on pain. She explains in detail the undertreatment and mistreatment of women and children in pain and the complexities of treating them. She includes some of the most current research and some new biomedical targets for pain. This would make an excellent text for graduate course in medical, psychology, physical therapy, chiropractic school. This book falls very short, in my opinion, on offering a vision to improve pain care for she just calls for more of the same research that has failed pain sufferers in the past. As Helen Keller wrote: To see without a vision, is a terrible thing. In addition, she calls for the same people who have failed people in pain to somehow, take it seriously (Government and doctors) and she is slanted toward finding more biomedical treatments and education for pain-despite her showing evidence of inadequate effectiveness of biomedical treatments and biomedical research-and despite knowing doctors aren't interested in obtaining education in pain care. She could have called for adaptive interventions or new types of research-making use of big data or data mining biomedical or patient authored texts or improving public involvement in research on pain- or better public representation at NIH or on medical boards-but she failed to do that. Ms. Foreman, lets you see the problems with treating pain in America but fails to offer a vision to improve parlous pain care in America. I hope Ms. Foreman will consider working on a book that will explore visions to improve pain care.

I am only at Chapter 7..but I HAD to come review this book NOW. If you are living with pain-or someone you care about is...this is a MUST read. I've learned SO much valuable information that is going to immensely help me control my pain (I just know it) and I appreciate so much this author wrote it. I've learn some very interesting things so far about how our body experiences pain, how we can control it, and has made me understand SO much I never even thought about. I may return when I'm completely done reading...I just wanted to urge the next person to GET THIS BOOK before I was even done :)FYI: I had 2 level cervical disc surgery 7-8 years ago and am still having to manage pain that ranges from a little -to a lot daily. This book has helped me think so positively and I am so very sure it is going to assist me with my attitude towards my ability to make a difference in my suffering. THANK YOU JUDY FOREMAN! I could hug & kiss you! :)))

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