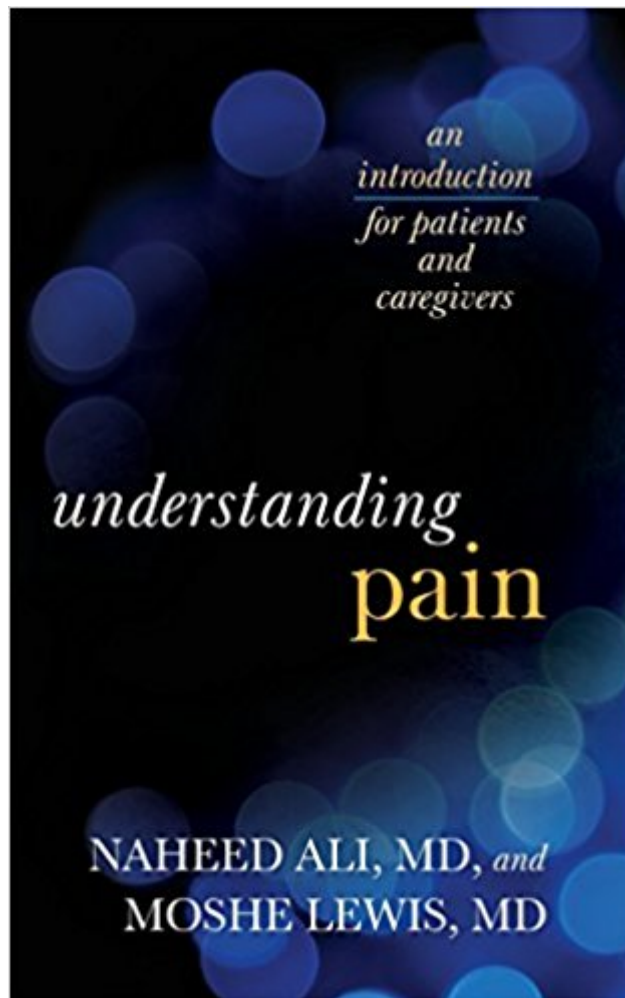




Ebook Directory
the best source of ebook

The book was found

Understanding Pain: An Introduction For Patients And Caregivers



Synopsis

Pain is informally defined as the body's way of uncovering a problem. Whether due to an injury, infection, or something else, pain alerts a person that something is not right. Sometimes pain goes along with inflammation and swelling, and when it does, the problem is more evident. Oftentimes, pain is more generalized to the entire body, signaling a viral infection such as a flu virus. Still other times, there is no apparent root cause for a person's pain. Yet, millions of people suffer from some form of pain on a daily basis. *Understanding Pain* walks readers through the various types of pain, the causes and symptoms, as well as the methods of treatment currently available. From prescription medication to acupuncture and massage therapy, various approaches may work for some but not for others. But handling pain is essential for living well and functioning on a daily basis. Here, the authors provide a comprehensive introduction to the subject, covering self-care as well as caring for others in pain, and addressing alternative as well as traditional methods of pain management.

Book Information

Hardcover: 414 pages

Publisher: Rowman & Littlefield Publishers; 1 edition (April 1, 2015)

Language: English

ISBN-10: 1442233605

ISBN-13: 978-1442233607

Product Dimensions: 6.4 x 1.3 x 9.3 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,636,929 in Books (See Top 100 in Books) #89 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Holistic Medicine](#) #111 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Acupuncture](#) #138 in [Books > Textbooks > Medicine & Health Sciences > Allied Health Services > Caregiving](#)

Customer Reviews

Medical doctors Lewis and Ali deliver a hefty overview of the history, causes, symptoms, and treatment of pain. . . . [T]he millions of Americans who suffer from acute pain (less than six months) or chronic pain (more than six months) and the doctors, friends, and family who look out for them will find much good information here. (Booklist)[It was an] impressive book that provides much of the information patients and carers might want . . . It seems factually balanced and was presented in an

organized manner. It is nearly all written to the lay reader. . . . [The book] provides patient information at two levels: Basic (Grade 5-6 reading level) and Beyond Basics (Grade 10-12). This book falls in the second group, if not higher. But if you are running a pain clinic, especially a chronic pain clinic, you could recommend this book to patients and carers[.] (International Association for Hospice & Palliative Care)

Naheed Ali, M.D., Ph.D., is the author of *The Obesity Reality* (Rowman & Littlefield, 2012), *Understanding Alzheimer's* (Rowman & Littlefield, 2012), and *Arthritis and You* (Rowman & Littlefield, 2013). His website is NaheedAli.com. Moshe Lewis, M.D., M.P.H., is an ivy league-trained pain physician and physiatrist. He currently serves as the Chief of Physical Medicine and Rehabilitation at the St. Luke's Campus of the California Pacific Medical Center. He lives in northern California, where he enjoys traveling and writing during his spare time. He can be visited online at MosheLewisMD.com.

[Download to continue reading...](#)

Understanding Pain: An Introduction for Patients and Caregivers Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1)

Understanding Lung Cancer: An Introduction for Patients and Caregivers Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology) Conversation Cards for Adults, Familiar Words - Reminiscence Activity for Alzheimer's / Dementia / Memory Loss Patients and Caregivers Conversation Cards for Adults, Nostalgic Items - Reminiscence Activity for Alzheimer's / Dementia / Memory Loss Patients and Caregivers 52 Cards Colors - Alzheimer's / Dementia / Memory Loss Activity Book for Patients and Caregivers Parkinson's Disease: The Complete Guide for Patients and Caregivers How You Can Prevent Pressure Ulcers: a guide for patients and family caregivers All About Kidney Transplant. A practical guide for patients, caregivers and providers.: Fidel Barrantes M.D. All About Kidney Transplant: A Practical Guide For Patients, Caregivers And Providers Life after the Diagnosis: Expert Advice on Living Well with Serious Illness for Patients and Caregivers Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) MARIJUANA: Guide

To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)