

LISTEN TO AIRING PAIN

Radio show – online – on CD

In *Airing Pain*, Paul Evans brings together the pain community to talk about the issues and the resources that can help.

- Programme 1** Introduction to pain: What is chronic pain and how can we manage it? We talk to health professionals and patients to find out more.
- Programme 2** Nerve pain and how to manage it: How problems with the nervous system can give rise to chronic pain, a personal success story of pain management and a Q&A with pain specialist Dr Mark Turtle.
- Programme 3** Children in pain: The hidden problem of pain children and young people, plus tributes to Pain Concern patron Claire Rayner.
- Programme 4** Diet, CBT and mindfulness: How diet can help manage pain, the benefits of mindfulness, CBT and exercise, and a Q&A with pain specialist Mark Turtle.
- Programme 5** Learning to live with pain: Learning how to live with pain and living with people in pain, and what pain management programmes do.
- Programme 6** Pacing and arthritis: How pacing can help people with pain regain control, plus arthritis myth-busting, the future of pain management in the UK and a Q&A session on pain relief.
- Programme 7** Exercise and improving ability: Getting back into exercise and improving mobility. Plus, funding for pain services, and how can we best describe pain to a health professional?
- Programme 8** Pain, Work and Benefits: Is work good for us? We discuss working with chronic pain and the benefits system.
- Programme 9** Relieving pain: TENS and acupuncture: How acupuncture and TENS can help relieve pain, plus, a new web service aiming to educate health professionals about pain.
- Programme 10** Young people in pain: Patients and health professionals at a residential pain management programme in Bath talk about the pain management needs of younger people and the aims of the programme.
- Programme 11** Music and Knitting: Paul Evans learns to knit, and, how music can be used for pain relief.
- Programme 12** Trigeminal Neuralgia, Pelvic Pain and Cannabis: Using cannabis as a painkiller, pelvic pain in men and women and living with trigeminal neuralgia.

- Programme 13** Culture, Epidemiology and back pain: How culture can affect our experience of pain, a survey of pain in Scotland, pain management programmes and a Q&A session on back pain.
- Programme 14** Recent developments in nerve pain and how to get a good night's rest: What is a spinal cord stimulator and could it help you to manage your pain? Plus, complex regional pain syndrome, mirror therapy for phantom limbs, and how chronic pain affects and is affected by sleep.
- Programme 15** Effective Communication: Patients and Professionals: Better communication for doctors and patients and how to make the most of medical appointments.
- Programme 16** Power over mind and body: Getting mind and body working together on a pain management programme, and loosening up with hydrotherapy.
- Programme 17** Primary Care and Pain in the Brain: The healthcare professionals transforming pain management, and we take a closer look at how pain is received in the brain.
- Programme 18** Growing Old with Pain: Innovation, Creativity and Development: How to improve pain management for older people, and living with lower back pain.
- Programme 19** Family Therapy and Chronic Pain: How pain affects family members and how family therapy can help.
- Programme 20** The social costs of pain: The societal and economic impact of pain and driving pain up the agenda.
- Programme 21** Opioids and managing pain in remote areas: How people in remote areas manage pain, and when and how to take opioids.
- Programme 22** Pain Support Groups and Facial Expressions: What facial expressions in mice can tell us about pain, managing pain in dementia patients, and finding hope in a pain support group.
- Programme 23** Complex Regional Pain Syndrome: Understanding complex regional pain syndrome, and treating phantom limbs with mirrors.
- Programme 24** Exercise and Managing Pain: How swimming can help manage pain, and a Q&A session with physiotherapist Paul Cameron.
- Programme 25** A Heads Up on Migraines: How to manage migraines: patients and experts share their thoughts.
- Programme 26** Transforming pain services: joining up pain management and involving the patient: The health professionals working to improve pain management, and the importance of getting patients more involved.
- Programme 27** Arthritis – Challenging Perceptions: Setting the record straight on arthritis, and practical tips on living with the condition.

- Programme 28** Challenging Pain: Learning to manage pain with Arthritis Care's self-management programme.
- Programme 29** Fibromyalgia: Living with fibromyalgia, and the medical research offering hope for the future.
- Programme 30** SUCCESSFUL Research into Chronic Conditions: How a patient group is getting involved in setting health policy for chronic conditions.
- Programme 31** Brain Imaging – looking into your pain: How pain can be seen in the brain, and the research showing pain to be a condition in its own right.
- Programme 32** Pain Management Programmes: What is a pain management programme? We find out more with the patients and staff on the Glasgow programme.
- Programme 33** Gender and Communication: How gender can influence experiences of pain, and living with cluster headaches.
- Programme 34** Ankylosing Spondylitis & The Patient Perspective: Living with ankylosing spondylitis and psoriasis, plus, listening to the patient perspective and educating health professionals.
- Programme 35** Pain, policy and employment: The challenges of improving pain management in Northern Ireland, and raising awareness of chronic pain among businesses.
- Programme 36:** Societal Impact of Pain: Evaluating the cost of chronic pain to society and improving public health policy on pain.
- Programme 37** What is Pain?: The Role of the brain and the mind in chronic pain.
- Programme 38** Can your Pharmacy help? Finding out about the role of the pharmacist and how service users can get the most from them.
- Programme 39** The state of pain services in England and Wales: the National Pain Audit's findings revealed.
- Programme 40** The pain management needs of children and young people and the impact of their pain on family life.
- Programme 41** Inside a multidisciplinary pain team: a look at how experts work together in a multi-disciplinary team.
- Programme 42** Endometriosis and support groups: Learning how to manage endometriosis and how support groups can help.
- Programme 43** Patient involvement and pain management: Involving pain patients in health services and learning how to self-manage pain whilst working.
- Programme 44** Pain management at both extremes of life: Pain experienced by the very young and very old and the similar issues arising when dealing with these very different types of patient.

You can listen to the podcasts free of charge at www.painconcern.org.uk. Programmes are also available as CDs. Send your order for CDs to Pain Concern, Unit 1-3, 62-66 Newcraighall Road, Edinburgh EH15 3HS. CDs cost £6 for a set of 3 containing 6 programmes. Cheques and postal orders should be made out to 'Pain Concern'.

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