Pain Concern resources

# Leaflets

Pain Concern publish a range of evidence-based leaflets written by experts to help people live as full a life as possible despite pain. *Please see overleaf for details of how to order leaflets for your patients.*

## A Guide to Managing Pain

Our essential booklet clearly explains the basics of pain management, including tips on becoming more active and keeping pain flare-ups at bay.

## Managing Medications

Medications can form an important part of managing chronic pain. This leaflet explains how to make informed decisions along with a healthcare practitioner to find.

## Managing Medical Appointments

This leaflet aims to help people in pain to make the most out of consultations with healthcare professionals. Every patient should receive this leaflet along with their appointment

## Managing Emotions

Chronic pain can give rise to difficult feelings and thoughts. This leaflet looks at how this can affect your life and how to address these emotional effects of pain.

## Stress, Pain and Relaxation

This leaflet is designed to help you understand what stress is, why is it important to be able to relax when you have chronic pain and provides some relaxation exercises for you to try.

## Getting a Good Night’s Sleep

Sleep problems are a problem for many people living with pain. This leaflet explains how to make simple changes to make it easier to get a good night’s sleep even with pain.

## Neuropathic Pain

What is neuropathic pain? What causes it and how can it be managed? This leaflet explains the condition and provides information on the treatment options available.

# CDs

## Airing Pain

Pain Concern’s innovative radio programme features the experiences of those managing their everyday pain and interviews with top, internationally-recognised experts. The latest series is now available on CD. The Series 7 set includes seven programmes on three CDs covering work and unemployment, music, foot pain and much more.

All episodes are also available to listen to online at painconcern.org.uk

## Pain: The Unwelcome Guest

Pain, ‘the unwelcome guest’, affects everyone in the family, but we realise it can be particularly tough for young adults with siblings or parents living in pain. Our information pack includes a booklet and CD designed to help families improve communication and team up against pain.

# We welcome your order

To order please fill out your details below and email your request to [order@painconcern.org.uk](mailto:order@painconcern.org.uk)

Or post this form to:

Pain Concern

Units 1-3

62-66 Newcraighall Road

Edinburgh

EH15 3HS

For any other enquiries please call 0131 669 5951

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| **Resource** | **Quantity** |
| A Guide to Managing Pain |  |
| Managing Medications |  |
| Managing Healthcare Appointments |  |
| Managing Emotions |  |
| Stress, Pain and Relaxation |  |
| Getting a Good Night’s Sleep |  |
| Neuropathic pain |  |
| Airing Pain CD (£12) |  |
| Pain: The Unwelcome Guest CD (£5) |  |

# Help us to help others

As a charity we rely on donations big and small. Although we send out information leaflets to individuals and clinics free of charge, any contribution you could make to our costs would help us to continue and expand this service.

Doing a sponsored event or a fundraising activity is a great way to support us in our work to inform and support people in pain. To find out more, visit painconcern.org.uk.