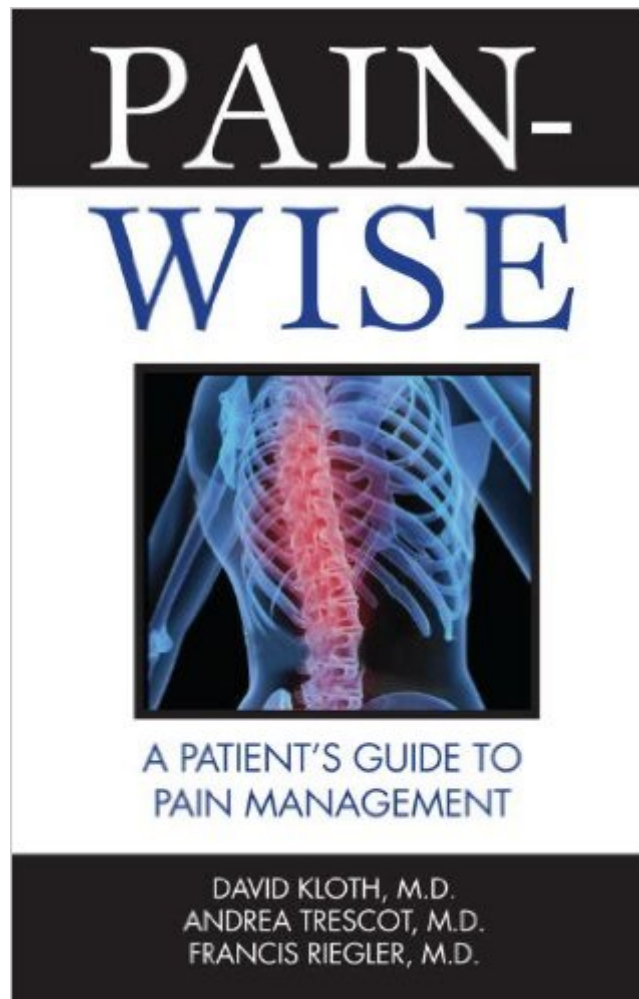


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# Pain-Wise: A Patient's Guide To Pain Management



## Synopsis

Chronic Pain Doesn't Have to be a Life Sentence! Suffering from chronic pain can be incredibly isolating and frustrating. Visiting doctor after doctor can leave you feeling as if there is no treatment for your pain. If you or a loved one is suffering from chronic pain, this book can be a first step to understanding treatments that can help manage pain. Though doctors have tried to treat patients in pain throughout history, more recently, focused training and certification in pain medicine has resulted in the emergence of a new specialty designed to help people suffering from chronic pain. Pain-Wise also includes expert advice on:

- Identifying what parts of your body are in pain, using a simple anatomy guide
- How to choose a pain specialist that is right for you
- Getting the most out of your doctor's visits
- Basic explanations of common interventional pain management techniques
- How to follow-up on treatment

Written by three doctors with years of experience in pain management, Pain-Wise is a patient's guide to simplifying the confusing and often overwhelming process of finding treatment for chronic pain. It will teach you the basics of how pain works, explain different interventional pain therapies in layman's terms, and help you find a doctor that can manage, and potentially relieve, your chronic suffering.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (14 customer reviews)

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## Customer Reviews

Pain-Wise describes options for treating chronic pain. Oriented for the patient who wants to be informed and an active participant in his/her treatment by an MD who specializes in pain management, it does an excellent job of presenting current medical options in terms I can understand. It does not preach, nor waste my time reciting patient testimonials. I have lived with

severe scoliosis and associated lower back pain. This book explains and illustrates the treatments that have been of most value to me. Having read the book, I can better explain and pin-point symptoms and the effects of both facet injections and radio frequency ablations (facet rhizotomies). I now understand, for example, why the pain in my toe is caused at a facet joint in my back, and what options I have for treatment. My doctor recommended it before I try regenerative therapy (also called prolotherapy) to strengthen select ligaments so as to either slow then degenerative curvature in my back or possibly partially straighten the back. While my interest is focused on scoliosis and its complications, I also recommend it for anyone considering the other treatments covered in the book: Trigger point injections, Epidurals, facet injections, Sacroiliac injections, radiofrequency ablation, adhesiolysis, regenerative therapy, discography, minimally invasive disc surgery, complex regional pain syndrome, post-herpetic neuralgia (shingles). The book also gives a brief explanation of the various diagnostic tests and the information each provides, plus the various medications and how they work.

This book provides an easy to understand explanation to most pain issues and explains why your body reacts to them the way it does. If you're looking for a very helpful book this is defiantly the one I'd recommend! I think more people in the medical field should read this.

This book was referred to me by my orthopedic doctor when I asked for a book that would help navigate thru my 'new normal' since injuring my low back at work. It begins with what you need to know before seeing a physician immediately after injury. In the Introduction it addresses understanding Chronic Pain and Pain Management - as the injured party or the loved one/a friend. It covers the different kinds of doctors available to treat the variety a aspects of your conditon. In language that is 'patient friendly' the book explains human anatomy, treatments and pain relief medications/alternatives. Last but not least the policies/procedures of Insurance and Workers' Compensation are detailed. There is a Glossary, a list of Online Resources, and a simple guide of anatomy with photos/illustrations identifying the body parts that can cause pain. I wish I had this book two years ago when I was injured. I have it now and still refer to it as I navigate this journey of life after a back injury.

Provides an easy-to-understanding and explanations of pain and how your body reacts to it. It is a in depth explanation of common Medications people who have been on the "Pain Management" Run Away Train. I myself have been on since 2009 Please get this book if you are suffering in Pain. You

will not just read it once, I assure you it, As it will be your personal guide to understanding what you are going through and what to expect. Never has a book helped me so much. Dr. Kloth is an amazing Doctor who truly cares for his patients. I am so truly lucky to have him as a Doctor as well. Many times I have worked with this book through my Neurologist; in fact I am so trusting in this book I want to give this book out as a gift to other people in the Medical field who simply do not understand PAIN the way Dr. Kloth explains it here.

**Pain-Wise: A Patient's Guide to Pain Management** I first came across this book in the waiting room in Dr. Trescot's office. I have the good fortune of having her for my doctor. I have read this book several times now, and some sections more than once. I have referred to it on a few occasions. Not only is it helpful in understanding what is going on but I have a lot more trust, hope and belief that I will have a better quality of life than I did years before. Dr. Trescot did not give up on helping me, she knows so much more than most of the physicians or medical professionals that I have encountered and if it wasn't for her, I would probably still be a crying lump in the corner. Most importantly I found that she truly cares, and that comes across in this book and in how she practices medicine. She is someone whose information I trust and literally can't state enough, if you need somewhere to turn for information on chronic pain--this book is one of the best places to go.

**Pain-Wise: A Patient's Guide to Pain Management** Dr. David Kloth treated me several years ago for some time because of an injury I sustained to my back while working. He is and has been voted a Top Doc many times and with good reason. He is just that! Dr. Kloth doesn't treat with a cookie cutter approach like so many in his field do. Within each case is an individual and while he may expect certain results utilizing certain tried and true procedures...he is so very well aware that the best laid plans of mice and men and Top Docs do go awry solely because everyone's chemistry is so different.. There is so much wisdom packed into this book it's truly amazing this trio was able to get it all into a concise text. If you are in pain and have seen and done it all...it's time for Dr. Kloth and his merry band of practitioners. Somewhere in that haystack is the needle which fits your case so don't give up. Follow the suggestions and use the guidelines. He won't give up on you so just don't give up on yourself. The answers are out there and he'll help you find them. He's tenacious and extremely intelligent in his approach plus he never stops learning...never stops adding to the sum of his knowledge. He's an extraordinary man and an even better doctor. Buy two copies...keep one and give one to a friend in need of a miracle.

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