

September is Pain Awareness Month

Dear Non-profits, Health Care Providers and Business Partners:

Please join Pain Connection in declaring September 2012 as Pain Awareness Month.

- Ask your Governor for a Proclamation, declaring September as Pain Awareness Month.
- Send an article into your newspaper, radio stations, and television channels.
- Collaborate with other organizations to make our voices stronger.
- Share this newsletter with your members, staff, and colleagues.

“Hope, Help and Healing: Changing the Culture of Treating Chronic Pain”

Pain Awareness Month Symposium Friday, September 28, 2012

Pain is a serious and costly public health issue affecting more than 100 million Americans and costing more than \$635 billion each year in medical treatment and lost productivity. It is a hidden epidemic that affects more Americans than diabetes, heart disease and cancer combined according to the National Center for Health statistics. It is a leading cause of disability in the United States. This was reported in the Institute of Medicines report, *Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research* (2011).

The mission of Pain Connection is to empower people with chronic pain to improve their quality of life, decrease

their sense of isolation and take a more active role in their treatment. We do this by providing information, psychosocial support, coping skills and training to people with chronic pain, their families and health care providers.

Pain Connection’s 2012 September Pain Awareness Month Symposium “*Hope, Help and Healing: Changing the Culture of Treating Chronic Pain*” brings health care providers, people with chronic pain, family members and interested community residents together to learn about the latest research and clinical practices in the field of pain management. Each year experts in the field share their knowledge and answer questions about changing treatments.

2012 speakers

Jay Shah, M.D. Director, Medical Rehabilitation Training Program and Senior Staff Physiatrist, Rehabilitation Medicine Department, Clinical Center National Institutes of Health; Guest Faculty and Instructor Harvard Medical School; Diplomate, American Board of Physical Medicine and Rehabilitation; and Diplomate, National Board of Medical Examiners, will present “*Scientific Advances in Myofascial Pain From Peripheral to Central Sensitization*”.

David Keyser, Ph.D. Department of Defense Traumatic Injury Research Program, Department of Military and Emergency Medicine, Uniformed Services University of the Health Sciences; and **Mary Lee Esty, LCSW-C, Ph.D.**, President of Brain Wellness & Biofeedback Center of Washington; clinical social worker with a doctorate in health psychology; Fellow in Biofeedback and a Senior Fellow in EEG Biofeedback, will

In This Issue:

September is Pain Awareness Month	1
Pain Awareness Month Symposium	1
Pain Warrior’s Group	3
Pain Connection Live	3
Membership	4
Sleep/Pain Connection Podcast	4
Insomnia and Acupuncture: A Guide for Patients	4
Filling the Gaps in Pain Care	5
Filling the Gaps in Pain Care Part II	5
Upcoming Meetings	5
Speakers Series	6
Mindfulness Session	6
Documentary	7
Collaborating with Serving Together	7
Letters of Appreciation	7
Nutrition and Metabolism	8
How You Can Support Pain Connection	11
Volunteers	12

present ***“Research Results from Neurotherapy Treatment of Iraq/Afghanistan Veterans with TBI/PTSD and Pain”***.

Tanya J. Lehky, M.D. Director, Clinical EMG Lab, National Institute of Neurological Disorders and Stroke, National Institutes of Health; neurologist with a subspecialty in neurophysiology, will present on ***“Painful Neuropathies: What We Know about Them and What We Need to Learn”*** and her latest research on pain from chemotherapy.

Throughout the day we will have 20 minute practicums on complementary alternative therapies, such as, Gentle Yoga/Movement, postural positions, acupressure and breathing techniques. A light breakfast and lunch will be provided.

Proclamations declaring September as Pain Awareness Month will be presented by a representative from Governor O’Malley’s office and a representative from Montgomery County Executive Leggett’s office.

Location

Pain Connection, 12320 Parklawn Drive, Rockville, MD 20852
Phone: 301-231-0008

Directions

From Rockville Pike, take Randolph Road going east. At the stoplight, turn left on Parklawn Drive. We are approximately a half mile up on the left.

From points east, take Randolph Road to Parklawn Drive. At the stoplight, turn right on Parklawn Drive. We are approximately a half mile up on the left.

From I-270, take the Montrose Road East Exit, Exit 4A. Stay on Montrose Road. You will cross Rockville Pike. You are now on Randolph Road. At the stoplight, turn left on Parklawn Drive. We are approximately a half mile up on the left.

Date and time

Friday, September 28, 2012
8:30 AM to 5:00 PM

Program cost

\$125 per person. Pain Connection

members and those registering for three or more participants (applications must be submitted together) receive a discounted cost of \$100 per participant, \$75 for students with valid ID. No fee for active military.

Special early registration fee is \$85 if you register on-line by 16 August!

Cancellation policy: Must contact the office by 10 September to receive a full tuition refund less a \$30 cancellation fee.

This program is approved by the National Association of Social Workers (Approval #886473645-1191) for 5.5 Social Work Continuing Education contact hours.

If you would like to become a sponsor for this event call 301-231-0008.

If you have special needs, contact us early at 301-231-0008.

Walk-in registration only if space is available.

Symposium Schedule

8:30–9:00 AM	Registration/Breakfast
9:00–9:30 AM	Introduction to Pain Connection, Gwenn Herman, LCSW-C, DCSW, Executive Director Presentation of Proclamations from Governor and Montgomery County Executive Offices
9:30–9:45 AM	Practicum Gentle Movement, Kim Thompson, Yoga Practitioner
9:45–10:00 AM	Break
10:00 AM–12:00 PM	Dr. Jay Shah, NIH, “Scientific Advances in Myofascial Pain From Peripheral to Central Sensitization”
12:00–12:45 PM	Lunch
12:45–1:05 PM	Practicum Acupressure, Lisa Marie Price, Acupuncturist
1:05–2:25 PM	David Keyser, Ph.D., and Mary Lee Esty, LCSW-C, Ph.D. “Research Results from Neurotherapy Treatment of Iraq/Afghanistan Veterans with TBI/PTSD and Pain”
2:25–2:40 PM	Break
2:40–3:00 PM	Practicum Massage Therapy, Lee Blank, Massage Therapist
3:00–4:20 PM	Tanya J. Lehky, M.D. “Painful Neuropathies: What We Know about Them and What We Need to Learn”
4:20–4:30 PM	Practicum Breathing TBA
4:30–5:00 PM	Closing Remarks/Evaluations

Registration Form

Fill completed form on-line <http://www.pain-connection.org/updates/painawareness2012.html> or send to: Pain Connection

Name _____ Organization/Practice _____

Address _____ City, State, Zip _____

Email _____

Work phone _____ Cell _____

Applying for CEU's? _____

Payment Options: () Check payable to Pain Connection () Fax in signed form with credit card information
() Credit card—Call in or register on-line

Credit card number _____ Expiration Date _____ V-code 3-digit # on back of card _____

Please circle one: Visa Mastercard Discover American Express

Donation \$ _____ Transaction Amount \$ _____ Signature _____

WALK IN REGISTRATION ONLY IF SPACE IS AVAILABLE.

New Program: Pain Warrior's Group Started!

Pain Connection's new program Pain Warrior's began in Winter 2012. The purpose of the group is to teach new coping skills and educate people with pain how pain affects the nervous system. This group will support participants working on problem solving and socializing. Pain Connection's book "Making the Invisible Visible" will be used along with guided imagery, meditation and breathing techniques. Family members and significant others are welcome. Gwenn Herman, LCSW-C, DCSW, Founder and Executive Director and a person with chronic pain is facilitating this group. The next group will be announced shortly. The cost is \$160 for all eight sessions.

Pain Connection does not take insurance but provides participants a receipt to give to insurance companies some of which do reimburse for this group.

Practitioners: Please refer appropriate patients/clients to future groups. If you are interested in setting up a group in your area or clinic, the requirements will be an experienced group facilitator that is a licensed a mental health professional and appropriate space to run the group. Pain Connection would need to train the facilitator, so if you know of someone, please let us know.

"Pain Connection Live" Conference Calls Achieve International Success

The "Pain Connection Live" Conference Calls which are open to people with chronic pain, family members, significant others, health care professionals and concerned individuals completed its first year. Participants called from Puerto Rico and even Guatemala! They called from many states including California, Colorado, Texas, New Mexico, Arizona,

Washington, Maine, South Carolina, Georgia, Florida, Maryland, Virginia, West Virginia, New York, Massachusetts, Connecticut and Pennsylvania. Conference calls are usually led by Gwenn Herman, LCSW-C, DCSW, Founder and Executive Director of Pain Connection. Most of the conference calls were not taped. Each "call" has a topic dealing with different ways of coping with chronic pain and developing new skills. Participants have the option to discuss the topic or remain silent. Breathing techniques and guided imagery are taught in the last 15 minutes of each call. Participation in a conference call is free. Standard long distance charges apply to the phone call.

Afternoon calls are held on the first Thursday of the month from 1:30–2:30 p.m. EST.

Evening calls are held on the third Thursday of the month from 7:00–8:00 p.m. EST.

Membership

We Need You! Chronic pain is still a new and developing field in medicine and mental health.

We Need You! There still is not enough awareness by the public to try and solve this debilitating problem.

We Need You! Chronic pain is not pressing on the minds of government, foundations and private donors.

We Need You! In order to support and further develop out programs.

Take a Stand! Help solve this pressing problem, become a member and grow with us!

Join Pain Connection Today!!!

- Your payment of a \$40.00 annual membership fee may be made in the following ways:
- Credit card on-line through our secure server.
- Check mailed to Pain Connection with completed application form.
- Fax your completed application and credit card information to 301-231-6668.
- Through Network For Good and Razoo which are secure services. Please also send in an application form for our records.

Your membership benefits include:

- DISCOUNTS of up to 25% with local wellness providers
- DISCOUNTS on our trainings, groups, symposiums and DVDs
- Monthly notices of support group meetings and the Professional Speaker Series by mail, email and/or phone call
- Chronic Pain resources
- Pain Connection's newsletter
- Contact information for your local support leader (on request)
- Health care practitioner referral list for your geographic area (on request)

Participants need to register for each call in which they want to participate. For more information, email info@painconnection.org or call 301-231-0008.

DIAL IN NUMBER: 610-214-0000
PARTICIPANT ACCESS CODE:
171649#. After dialing in and entering the access code, we request a first name or you can remain silent.

Sleep/Pain Connection 07/07/12 Podcast

By American Academy of Sleep Medicine

Dr. Paul Christo, *Aches and Gains* talks with Pain Connection Executive Director Gwenn Herman and Dr. William Kohler about Sleep/Pain Connection.

Listen now!

www.paulchristomd.com/?p=841

More than 70 million Americans suffer from some sort of sleep disturbance. In fact, almost 70% of those suffering from pain complain of sleep problems. The relationship is reciprocal: pain often disrupts sleep, and poor sleep can worsen pain. We all need healthy sleep to revitalize us, and when pain is the thief robbing us of that treasured sleep, it's time to seek special medical help. Dr. William Kohler may have just the right medicine. He is the Medical Director of the Florida Sleep Institute in Spring Hill, Florida. With over 44 years of experience, he brings a great deal of insight into this quest for a good night's sleep.

Gwenn Herman is the Executive Director of the Pain Connection, a chronic pain outreach center in Rockville, Maryland. She has a personal understanding of chronic pain. A serious automobile accident instigated a cascade of painful symptoms that have made sleep a nightly struggle. She's made great strides, however in finding a routine that's helped her feel rested.

Insomnia and Acupuncture: A Guide for Patients

Insomnia and acupuncture—some people think of acupuncture as primarily for pain. But in fact, in Asia, it is used as a primary or adjunctive therapy for nearly every kind of health issue.

Let's be clear—acupuncture insomnia treatment is extremely effective!

Insomnia is a complaint I hear frequently from my patients, often in conjunction with other symptoms such as pain, anxiety, depression or other chronic health condition. Along with pain, sleeplessness is one of the most debilitating and de-moralizing symptoms one can experience.

But there is hope. In my experience, acupuncture treatment almost always improves insomnia symptoms. In a study conducted at the Centre for Addiction and Mental Health in Toronto and published in the Winter 2004 edition of the *Journal of Neuropsychiatry and Clinical Neurosciences*, researchers found acupuncture to be an effective treatment for anxiety and insomnia. Other studies have confirmed that acupuncture treatment normalizes melatonin production for insomniacs. Researchers wrote that five weeks of acupuncture treatment was associated with a significant nocturnal increase in endogenous melatonin secretion and significant improvements in polysomnographic measures of sleep onset latency, arousal index, total sleep time and sleep efficiency. This may explain why there is such a positive association between insomnia and acupuncture therapy in research studies.

Kalavapalli and Singareddy, researchers at Penn State University College of Medicine, conducted a review of studies for acupuncture and insomnia. They concluded in a paper published in the August 2007 edition of the journal

Complementary Therapies in Clinical Practice: “Despite the limitations of reviewed studies, all of them consistently indicate significant improvement in insomnia with acupuncture.”

Lisa Marie Price
Healthpointe Acupuncture and Wellness
121 Congressional Lane, Suite 404
Rockville, MD 20852
www.acupuncture-answers.com

Filling the Gaps in Pain Care

Our new program “Filling the Gaps in Pain Care” introduced in the spring of 2011 is an 8-week program. Because of its success, it was offered in early 2012 and another session will start in October. It is designed for people with pain and their families to improve their ability to manage chronic pain more effectively in collaboration with their health care providers, resulting in an increased sense of well being, and improved quality of life.

Evidenced-based practice tailored to meet the needs of people with pain

- One-on-one individual assessment.
- Mind body skills.
- Vital self care skills.
- Learn about complementary and alternative approaches including mindfulness-based practice, biofeedback, guided imagery, nutrition/herbs, gentle movement, acupuncture and massage.
- Treatment planning.
- Family and social interactions.
- Self advocacy that works!

Class description

Even before classes begin participants meet with one of our clinicians for individual assessment. Each week the two hour class, paced for people with pain, includes both didactic and experiential skill building modules with an emphasis on participants utilizing their own inter-

nal healing abilities. Clients learn skills to manage pain each week.

Cutting edge features

- Treating chronic pain is complex and affects people physically, emotionally, cognitively, socially, spiritually and environmentally.
- Caring licensed clinicians, many who have personal experience with pain.
- Small groups to increase individual attention and support.
- Significant others are included.
- Weekly sessions and daily practice of learned skills.
- Outcome criteria is measured and impact is assessed for pain intensity, physical and emotional functioning.
- Cost-effective program that can complement and enhance other treatment.

Data is being compiled from this group and an abstract will be published.

Location and phone number: Pain Connection, 12320 Parklawn Drive, Rockville, MD 2085; 301-231-0008

Dates: Fridays, October 12, 19, 26, November 2, 9, 16, 30 and December 7.

Time: 1:00–3:30 p.m. (Paced for people with pain).

Cost: \$250 per person, which includes the cost of an initial interview, manual and eight sessions. Receive a \$25 rebate if you attend all sessions and return the six month follow-up forms. Current paying Members \$225. **Scholarships are available. Payment must be made in full before first class.**

Filling the Gaps in Pain Care Part II

Filling the Gaps in Pain Care Part II is an 8 week program designed for people with pain and their families that **completed Part I.**

Upcoming Meetings

Pain Connection has been changing the formats of its programs to provide the latest and best possible services to the pain community.

FILLING THE GAPS IN PAIN CARE

Fridays, 12 October–7 December (No meeting Friday, 23 November), 1:00 p.m.–3:30 p.m. (Paced for people with pain) Must register and be interviewed. Fee required. See <http://www.pain-connection.org/updates/fillingthegaps.html>

“PAIN CONNECTION LIVE” CONFERENCE CALLS

1st Thursdays, 1:30–2:30 p.m. EST
3rd Thursdays, 7:00–8:00 p.m. EST
Registration is required for each call. For more information, email info@painconnection.org or call 301-231-0008.

VIRGINIA SUPPORT GROUP Kaplan Center for Integrative Medicine

6829 Elm Street, Suite 300
McLean, VA 22101
2nd Wednesdays, 1:30–3:00 p.m.

SPEAKERS SERIES Holiday Park Senior Center

3950 Ferrara Drive
Wheaton, MD 20906
240-777-4999 (directions only)
Selected Mondays, 1:15–2:30 p.m.
See article on page 6 for upcoming dates and topics.

Class description

Each week the 1.5 hour class, paced for people with pain, includes both didactic and experiential skill building modules with an emphasis on participants utilizing their own internal healing abilities. Each week, clients learn skills to manage pain.

Participants will work individually on sections from the book: *Making the Invisible Visible: A Chronic Pain Manual for Health Care Providers.*

Great Reading and You Support Pain Connection Too!

Pain Connection's *Making the Invisible Visible: A Chronic Pain Manual for Health Care Providers* is a comprehensive and unique publication that contains up-to-date information on chronic pain, exercises and handouts for developing coping skills and strategies, and insights and experiences of chronic pain sufferers and their families.

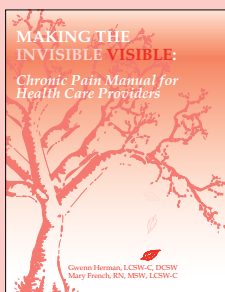
Written by Gwenn Herman and Mary French, who each have more than 25 years of experience as health providers and also live with chronic pain, the 262-page manual examines a wide range of topics including:

- Myths and misconceptions about chronic pain clients
- Psychosocial effects of chronic pain
- Pain Connection's Support Group Model
- Complementary and alternative treatments

"Ms. Herman's and Ms. French's firsthand exposure to the difficulties of getting healthcare providers to properly recognize, diagnose and treat chronic pain makes this an excellent resource for both professionals and patients."

Dr. Gary Kaplan, Founder and Medical Director of The Kaplan Center for Integrative Medicine

The book is \$25.00, plus \$5.00 shipping and handling fees plus tax. To order, go to www.painconnection.org or call 301-231-0008.



Each session will have one topic, homework will be assigned and discussed in group, and breathing/body scan/guided imagery will be taught at end of session.

Some insurance companies do reimburse for this group. Pain Connection does not take insurance but will provide you with a receipt to give to your insurance company.

Location and phone number: Pain Connection, 12320 Parklawn Drive, Rockville, MD 2085; 301-231-0008.

Dates and time: Thursdays, August 16, 23, 30, Friday September 7, Thursdays 13, 20, 27 and Friday, October 5; 12:15PM to 1:45 p.m. (Paced for people with pain).

Cost: Non-members \$180; current paying members \$170. **Payment must be made in full before first class. Scholarships are available.**

Montgomery County Speakers Series

The 2012 Pain Connection's Speaker's Series held at Montgomery County's Holiday Park Senior Center included the following presenters:

January 23—Michael Sitar, PhD, "Learn about Biofeedback and Lowering Stress and Pain Levels"

February 27—Sheri R. Abrams, Attorney at Law, Needham Mitnick & Pollack, "Social Security Disability & Special Needs Planning Updates"

March 26—Elsie Ferguson, PhD, "Better Breathing for a Better Life"

April 23—Gwenn Herman, LCSW-C, DCSW, "Learn Breathing Techniques, Guided and Meditation to Lower Pain and Stress Levels"

May 21—Nira Berry, Wellness & Moti-

vation Coach, "Developing your Wellness Program"

June 25—Kim Thompson, Yoga Specialist, Feldenkrais®, Bones for Life®, "Feeling Stressed? Learn How to Relax with Gentle Movement"

Upcoming presentations

September 24—Lisa Marie Price, Acupuncturist, "Learn to Use the Emotional Technique (EFT), a Self-acupressure Technique"

October 22—Richard C. Wilson, OTR, "Body Mechanics; A Key to Protecting YourBody and Managing Pain"

November 26—Neil Goldstein, "Painless Puzzles" author, "Regrow Gray Brain Matter through Acrostic Puzzles"

Time and location: All presentations are held from 1:15–2:30 p.m. at the Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton, MD.

The Next Mindfulness Session Starts in 2013!

"Learn to Rest and Reconnect through Mindfulness Practice"

"Together we will learn and practice ways to relieve anxiety, stress, and pain through awareness and relaxation", says Instructor Mary French RN, MSW, LCSW-C a Graduate of Internship Program Center for Mindfulness, University of Massachusetts under direction of Jon Kabat Zinn in 1994. Mary has 16 years of practice incorporating mindfulness based practices as a clinical social worker and nurse.

- Learn how meditation affects the body and the mind and can improve health and wellbeing.
- Practice reconnecting to the body and mind.
- Explore your own body and mind,

increasing awareness of your inner and outer landscape and personal challenges.

Mindfulness is based on ancient Buddhist practices of Vipassana ("Insight") Meditation and was first introduced into mainstream hospital based programs back in the late 1970's by Jon Kabat Zinn author of "Full Catastrophe Living: Using the Wisdom of your Body and Mind to Face Stress, Pain and illness."

Location and phone number: Pain Connection, 12320 Parklawn Drive, Rockville, MD 2085; 301-231-0008.

Dates and time: 8 week program, Fridays, 1:30-3:30 p.m.

Cost: Non-members \$325; current paying members \$295.

Please bring: Yoga mat, bag lunch, zafu cushion if you desire, chairs will be available.

Hope, Help, and Healing: Relief from Chronic Pain

New film documentary on Pain Connection by Docs In Progress is available on YouTube.

Watch now!
www.youtube.com/watch?v=bRlXQ4f7g&feature=youtu.be

Description on YouTube

A short documentary about Pain Connection, a Montgomery County, MD nonprofit organization which serves as an outreach center for people facing chronic pain. This documentary was produced as part of a Docs in Progress Documentary Production class. Produced by Shereen Cade-Jackson and Stacy Morin.

Letters of Appreciation to Pain Connection

A gold mine 2,000 miles away

I discovered Pain Connection one day when surfing the internet for help with my chronic pain. It felt like I'd hit a gold mine, but alas, a gold mine 2,000 miles away. So was delighted to learn I could participate via telephone in the conference calls.

On the first couple of conference calls I was disappointed because I couldn't relate to the touchy-feely concepts like honoring myself. However, as I continued to attend I received more help. Partly from listening to others and being reassured that I'm not the only sufferer, and partly from realizing that chronic pain is a real condition with a cadre of professionals dedicated to the issue.

The conference call on July 12, 2012 was about the six psychosocial stages of chronic pain. As I listened to the characteristics of the stages I wondered how they knew so much about me! Everything about the first four stages was like my own personal bio. Just the comfort of feeling understood was well worth tuning in. Now my task will be working through to arrive at stage 6.

It also helped to listen to various opinions on the use of opiates for pain relief, and know there isn't one right way for everyone.

All members of the "Chronic Pain Club" are involuntary members, but thankful for the support and what we can learn from each other. We are also thankful there are some medical professionals that take chronic pain seriously and are researching helpful treatments.

Thanks Gwenn....

Karen Davies,
Sacramento, CA

Hope for a better future

Thanks to PC, I do not first think of myself as a sick person anymore. I am much more hopeful about my future. I am no longer depressed or isolated. I have become more self-confident and involved with the world again. I believe that if others living with chronic pain and medical issues could find the PC, and get involved in the classes and groups, they too could find hope for a better future.

Thanks Gwenn, B.S.

Pain Connection Collaborates with Serving Together: Troops, Veterans and Family Care Project

Consumers of Pain Connection programs in Montgomery County, MD, please help us by taking a short survey about your military involvement. Please fill this out on-line: <http://www.painconnection.org/updates/survey.html>, or call in or email your answers to 301-231-0008 or info@painconnection.org.

Military service

1. Have you or an immediate family member ever served in the U.S. Armed Forces, National Guard or

Reserve? Yes No

2. If you answered 'Yes' please choose from the following options:
Veteran, Active, National Guard/Reserve, or Family Member

Serving Together: Troops, Veterans and Family Care Project

Pain Connection is one of eight Montgomery County's non-profits collaborating with the Mental Health Association in their newest program called "Serving Together". This program will provide accessible, useful and well-coordinated services to troops, veterans and their families. The overall objective of Serving Together is the creation of a new model of care that will coordinate and

strengthen community-based resources for troops, veterans and their families and improve access to a range of health, mental health and other support services.

Serving Together will benefit active-duty service members, those with the National Guard and Reserve, the estimated 500 wounded warriors receiving care at Walter Reed National Military Medical Center (WRNMMC) and their families. Additionally, the project will serve service members transitioning out of the military and reintegrating back into civilian life and veterans already separated from the military who are living in this community.

In Montgomery County, there are an estimated 50,000 veterans, 4,000 of whom serve or have served in Operation Iraqi Freedom/Operation Enduring Freedom and 50% of whom are drawn from the National Guard and Reserves.

Serving Together activities will first focus on assessment, coordination and alignment of services, but over a four-year period will grow to include all of the following project components:

- Building awareness among community providers of the unique needs of troops, veterans and their families.
- Assessment, coordination and alignment of services.
- Specialized training of mental health providers in appropriate interventions.
- Education of military family members about early signs of mental health challenges.
- Launch and maintain interactive web-based resources.
- Peer-to-peer support through peer navigators.

Frequently asked questions

1. Why do we need this project? Service members involved in the wars in Iraq and Afghanistan face longer and

more numerous deployments than they have in previous conflicts. Multiple deployments compound health, mental health, financial and other challenges, resulting in some of these startling national trends:

- As of June 2010, the jobless rate for veterans who served at any time since September 2001 was 11.5% higher than the national rate. This number is expected to grow as more service members return from Iraq and Afghanistan.
 - From 2005 to 2009, 1,100 service members committed suicide, an average of 1 suicide every 36 hours.
 - Service members who served in Iraq and Afghanistan, including female veterans with their children, are becoming homeless at a faster rate than was seen with Vietnam era veterans.
 - Of the nearly 23 million veterans in the U.S., just over 8 million are enrolled in the US Department of Veterans Affairs (VA) health care system.
 - Recent studies suggest that 50% of caregivers provide care to a wounded warrior 40 hours a week or more, jeopardizing their own employment and insurance coverage. Only certain categories of caregivers are covered under military or veteran benefits.
2. Doesn't the government provide assistance for troops, veterans and their families? Yes they do, but they cannot do it all. This project seeks to support service members and their families before, during and after the deployment cycle, as well as when they leave the military and reintegrate back into the community. Recent reports suggest that since September 11, 2001, over 9,000 nonprofits have been created to address military issues. Serving Together seeks to coordinate our local county efforts and align them with resources at the state, regional and national level to better serve mili-

tary families.

3. Who will Serving Together help? Serving Together focuses on active-duty service members, those serving with the National Guard and Reserve, the estimated 500 wounded warriors receiving care at Walter Reed National Military Medical Center (WRNMMC) in Bethesda, and their families. Additionally, service members transitioning out of the military and reintegrating back into civilian life and veterans already separated from the military who are living in this community with also be served by this initiative. The project will launch in Montgomery County where there are an estimated 50,000 veterans, 4,000 of whom serve or have served in conflicts in Iraq and Afghanistan, and more than 50% of whom are drawn from the National Guard and Reserves. Many of these men and women face significant and complex challenges relating to reintegration into the community, such as the need for housing, health care, counseling and employment services.
4. Is this project only for troops and veterans in Montgomery County Maryland? What if I live in other parts of Maryland, Washington DC or Virginia? Our main focus for the first years of this initiative will be on Montgomery County. The regional and national resources identified will be available online and to other communities. Programs, procedures and policies developed and implemented locally will also be shared with other communities in the region.

Nutrition and Metabolism: How to Lose Weight and Feel Great!

By Lisa Marie Price

Many people want to make changes to their nutrition and metabolism, but are unsure how to go about it. Which is the

proper diet for you? What nutritional supplements should you use, if any?

Metabolism is the chemical reactions that take place in the body that allow the human body to maintain life. In a human being, metabolism governs the maturation and growth of children into adulthood; fertility and reproduction; and the maintenance of physical and cellular structures in the body. Metabolism regulates the constant interplay between the human body and its environment.

Metabolism can also be understood as the interplay between catabolism and anabolism. The human body is constantly breaking things down and building things up. Catabolism is the process of breaking things down and anabolism is the process of building them up.

For example, the red blood cell in the human body only lives for 90 days. In three months, all the red blood cells in your body will be destroyed by catabolism and new ones will be created by anabolism.

If you injure your knee, your body will produce healing inflammation to destroy the damaged physical structure, a catabolic process; it will also produce new tissue and scar tissue to repair the wound, an anabolic process. If your body is prone to a catabolic state, you will have too much inflammation and chronic pain will result.

Pregnancy and weight gain are both anabolic processes. If your body is prone to an anabolic state, you will have difficulty losing weight.

Nutrition can have a large impact on your metabolic activity. For example, are you prone to colds because your immune system is weak or because you have an excess of catabolic fats or a deficiency of anabolic fats in your diet?

Chinese Dietary Therapy

In some ways, the language of Chinese

Medicine correlates to the language of nutrition and metabolism. When the body is in an imbalanced catabolic state it may correspond to Deficiency of Yin, Yin being the substantive principle. When the body is in an imbalanced anabolic state, it may correspond to Deficiency of Yang, Yang being the active principle.

Chinese dietary therapy has a very sophisticated system for identifying the thermal and nutritive properties of different foods, which can guide you to create a diet that helps to improve your individual metabolic imbalances.

You can become a healthy centenarian with the common sense approach of the Asian diet, as used in Chinese Medicine dietary therapy.

In the West, we break down diet into calories and the building blocks of food: Protein, Fats, Carbohydrates. By this way of thinking an omelet is equivalent to a bowl of noodles with sauce--if the amount of protein and calories is the same. So, let's talk about the Asian diet pyramid.

In our time the brightest people go into computers or engineering, but the geniuses of ancient China were in medicine. And the best doctors were employed in the Emperor's court.

The Emperor's goal was to live a long time, to have many sons, and to stay in power. So he put the best minds of the time to work to develop a way of living healthily into advanced old age, to become a healthy centenarian.

This is quite very different from the focus of modern Western medicine on heroic lifesaving measures which has produced brilliant emergency medicine.

So, these doctors developed a unique approach to the Asian diet. The Chinese have a concept they call Jing, which we could define as our bodily constitution.

They broke Jing down into two parts: pre-natal Jing and post-natal Jing. Pre-natal Jing is passed down from your parents, so we can think of it as your genetic legacy from generations past. Post-natal Jing is created from the way you live after you are born, the air you breathe, the food you eat, the thoughts you think, the way you move.

If you live well you begin to store Jing and it actually supplements and augments your pre-natal Jing--you can actually improve and support your genetic legacy. It's amazing to think that in ancient China they already knew what our modern science is just learning--that we can profoundly impact our genes through food (see the great book *Genetic Nutritioneering*).

In Asian dietary therapy, just as with medicinal herbs, our constitution, the climate, the season and level of illness are all factors in determining an appropriate diet. People with congestion need decongesting food. People who are hot and dry, need moisturizing, cooling foods.

Another factor influencing diet choice is a person's level of illness. If someone is recovering from an acute illness like the flu, their diet should be based on their symptoms. If they have a high fever, with a dry mouth, and dry hot skin, they should be eating moisturizing and cooling foods. If they have a fever with chills, foods that are warming are indicated. Of course in this case, they would also be taking Chinese medicinal herbs.

The season and climate are also influences. Warm nourishing foods are recommended when the weather is damp and cold. Cooling juices are more appropriate in the summer heat.

This unique Asian diet approach is very sophisticated and ingrained in the Chinese culture. Studying these ideas can help us regain our common sense about food.

Metabolic blood test

I found the Health Equations Metabolic Blood Test after many years of searching for a solution for nutritional patients. I finally had the good fortune to discover my mentor Dr. Lynne August, who is the founder and director of the company. Dr. August received her Medical Degree from Washington University School of Medicine in 1973.

After years of research and clinical practice, Dr. August developed the Health Equations metabolic blood test which helps us to design a dietary program that is individualized for your metabolic needs. I use the test for myself and my family so that we can fine-tune our eating habits and optimize our nutrition using only the supplements required by the body. This saves us money in the long run as we're not wasting money on supplements that do us no good.

Every blood test includes a consultation on your behalf between me and Dr. August to ensure you are receiving the best recommendations to improve your health.

It is recommended to complete the metabolic blood test initially then repeat it 3-4 months later. After that, patients usually need a new test once per year. If you are dealing with a serious or chronic health condition you may need to test every 4-6 months.

What is included in the metabolic blood test?

There are four corner-posts to your foundation, your health. All four corner-posts are equally important AND they depend on each other. The metabolic blood test gives you a graphic score of each of these areas and offers dietary, lifestyle and nutritional supplement options to improve the areas that are either too low or too high on the graph. Recommendations are based on our database of over 25,000 blood test results.

1. **Cell hydration** is absolutely essential for your health. If you do not have adequate cell hydration it means there is not enough water moving in and out of your cell. The movement of water delivers nutrient and removes wastes. This movement also generates a charge on cell membranes. Each cell now becomes a mini-battery that generates electricity, also known as ENERGY!
2. **Calcium activity** reflects the level of calcium dissolved in your body fluids. Altered calcium activity will mean that the charge on your cell batteries is lower than normal; your muscles will not contract and relax properly; you will seemingly have hormone deficiencies or imbalances; your heart rate and rhythm may be off; your level of pain increases; your mood and nerves are up, down, or up and down; and regaining health is nearly impossible.
3. **Tissue cholesterol** is the amount of cholesterol in your tissues and cells, NOT in your blood. YOU NEED CHOLESTEROL! You need the right amount of cholesterol in your tissues because the right amount is your very best defense against stress, inflammation, infections, hormone imbalances, osteoporosis, cancer, insomnia, anxiety, depression and toxicity.
4. **Digestion** is one of the corner-posts of your health. Poor digestion occurs even in the absence of digestive symptoms. You will not have the required nutrients and energy for digestion if your digestion is poor.

The Health Equations Blood Test also evaluates several other indices that determine your health:

1. Body Protein Index reveals whether the patient is deficient in dietary protein; unable to digest dietary protein; and/or unable to convert digested protein to body tissue protein.

2. Liver & Gall Bladder Stress Index
3. Adrenal Stress Index
4. Toxin Load Index
5. Free Radical Activity
6. Cardiovascular Risk
7. Health Index

Each index is scored graphically with an explanation and recommendations for improvement.

Benefits of the metabolic blood test

- Find underlying causes for your health problems.
- Correct imbalances before symptoms appear and screening tests are positive.
- Enhance the effectiveness of medical and non-medical treatments.
- Understand dietary requirements for carbohydrate, protein and cholesterol.
- Obtain your nutrition from satisfying whole foods.
- Take only those supplements which are necessary and sufficient for you.

Whole food supplements

We use only standard process (SP) supplements and some select supplements from Health Equations that Dr. August has formulated simply because she could not find them anywhere else commercially.

Standard process supplements are made from whole foods! Unlike other supplements, which act more like pharmaceutical drugs in the body, SP supplements are not formulated from chemicals in a laboratory, but actually made from food. Therefore, your body recognizes them and assimilates them much more effectively.

As a nation, we eat poor-quality foods that have been stripped of nutrients. We do not consume enough fresh fruits and vegetables. Many of us get our whole grains from instant rice, refined wheat breads, pastas, and cereal. We eat a tremendous amount of prepackaged,

pre-made meals. One-quarter of Americans eat at fast food restaurants each day. Americans are overfed and undernourished.

We eat plenty but we are still starving

The foods we eat are not providing our bodies with the nutrition it needs to survive and be healthy. We are starving our bodies and we are sick. We suffer from diabetes, heart attacks, obesity, and the list goes on and on.

There is good news

Given proper nutrition, the human body has an amazing ability to heal itself. If properly fed and given the right nutrients, the human body is designed to repair itself. To do so, we need to eat a healthier diet, exercise, and take high-quality supplements made from whole foods. Whole food supplements supply our bodies with nutrients we are not getting from our diet, all the vitamins, minerals, trace minerals, and phytonutrients that foods possess in a way that nature intended, in a whole food form.

Only whole food supplements complete the nutritional gap

Whole food supplements are made by concentrating foods for use in supplements. When processed correctly, they supply a multitude of the plant's components. Foods provide nutrients that work synergistically. They work together to provide you with optimal nutrition for good health.

Acupuncture and weight loss

Diet is not the only approach to improve your metabolism. Acupuncture can help you meet your weight loss and health goals.

We get many phone calls asking if acupuncture for weight loss works. We respond by saying it is an important part of any weight loss plan. The truth is there is no magic bullet for weight loss. It requires a comprehensive approach that includes dietary and lifestyle

changes that are sustainable over time; stress reduction and addressing and emotional issues; uncovering food intolerances and allergies; creating hormonal balance; and, of course, exercise.

Luckily, acupuncture is effective at addressing many of these. Your acupuncturist can help you come up with a nutritional plan based on the wisdom of Chinese dietary therapy. Acupuncture reduces stress and emotional conditions such as anxiety and depression. Acupuncture also effectively helps your body come back to a state of hormonal balance. It can also help overcome allergies and give you more energy to exercise. With all these benefits, no wonder acupuncture is the treatment of choice for many when it comes to weight loss.

Scientific evidence growing in favor of acupuncture weight loss therapy

There is a considerable body of evidence accumulating in the clinical research in favor of acupuncture weight loss therapy. For research on acupuncture and weight loss, we turn to Professor Cabiolu of Selçuk University in Kona Turkey who has a large body of work on this subject. In one study, 165 volunteer women participated in one of three groups: (i) placebo electro-acupuncture (EA), (ii) electro-acupuncture, and (iii) diet restriction group. There was a 4.8% reduction in weight of patients with EA application, whereas patients with a diet restriction and placebo EA had a 2.5% and 2.7% weight reduction, respectively. There were significant decreases in phobia, anger, anxiety, obsession, paranoid symptoms, and depression in the EA groups compared to those of the placebo EA and diet groups.

In other studies on acupuncture and weight loss, he also found the therapy can affect appetite, intestinal motility, and metabolism, as well as emotional factors such as stress. Increases in neural activity in the ventromedial nuclei of the hypothalamus, in tone in the smooth

muscle of the stomach and in levels of enkephalin, beta endorphin, and serotonin in plasma and brain tissue have also been observed with the application of acupuncture. It has been observed that acupuncture application to obese people increases excitability of the satiety center in the ventromedial nuclei of the hypothalamus. Acupuncture stimulates the auricular branch of the vagal nerve and raises serotonin levels. Both of these activities have been shown to increase tone in the smooth muscle of the stomach, thus suppressing appetite. Among other things, serotonin enhances intestinal motility. It also controls stress and depression via endorphin and dopamine production. In addition to these effects, it is thought that the increase in plasma levels of beta endorphin after acupuncture application can contribute to the body weight loss in obese people by mobilizing the body energy depots through lipolytic effect.

More research needs to be conducted on acupuncture for weight loss to understand its effect on the body. Right now we know enough to recommend it as an adjunctive therapy to help those who wish to lose weight.

Lisa Marie Price
Healthpointe Acupuncture and Wellness
121 Congressional Lane, Suite 404
Rockville, MD 20852
www.acupuncture-answers.com

Various Ways to Support Pain Connection

Direct donation

A donation to Pain Connection makes a wonderful gift for you to send to your friends and family. It's tax deductible for you, and your friends and members of your family will know that the gift comes straight from the heart. Send your gift donation and donations for your friends and family to Pain Connection at

12320 Parklawn Drive, Rockville, MD 20852.

United Way Campaign

Our United Way National Capitol Area Campaign designation is #8695. Our United Way Combined Federal Campaign designation is #62705. Please designate us on your donor card at work or when making a donation! Also, tell your co-workers, family, friends and neighbors.



Donate your car to Pain Connection

Pain Connection has made arrangements with a company called CARS (Charitable Auto Resources) to enable us to accept donations of vehicles in an efficient and cost effective manner. If you have a vehicle (car, truck, RV, boat, motorcycle, or other vehicle) you no longer want or need, please consider donating it to Pain Connection. To learn more, call CARS at 877-537-5277.



Give a gift!

DVD of Pain Connection's Pain Awareness Month Symposium 2011

Pain Connection's Pain Awareness Month Symposium, "From Research to Clinical Practice" DVDs are available. If you missed the symposium you can see presentations by Dr. Gary Kaplan, Osteopath, Pain Specialist, Kaplan Clinic, "Treating Depression and Chronic Pain" and Dr. Alan Pocinki, Internist, Chronic Fatigue Syndrome (CFIDS) Specialist, "Developing an Individualized Treatment Plan for Chronic Fatigue Syndrome".

Cost for both DVDs: \$30 non-member; \$25 member plus \$2.00 shipping and 6% MD sales tax (if applicable). **For one DVD:** \$20 non-member; \$15 member plus \$1 shipping and 6% MD sales tax (if applicable).

Priority shipping is available for \$5.00.

Acrostic puzzle book

For a \$25 tax deductible donation to Pain Connection, receive "Painless Puzzles of The Acrostic Kind".

Save and help Pain Connection at the same time!

Ready to save? Spend \$25 to support Pain Connection and get savings at over 75 local businesses!



Purchase a Rockville Rewards Card for \$25 from Pain Connection, and show it at participating Rockville businesses to receive a discount. The card is valid from September 1, 2012 through June 30, 2013.

As a cardholder, you will receive both Everyday Rewards, as well as a Weekly Hot Deal, providing a way for savvy shoppers to give a little, but get a lot!

Fifteen area non-profits are involved in the program and can potentially raise up to \$25,000 each through card sales. Give a little, get a lot. The only cost to you is the cost of the deal.

Raise money while searching and shopping online

Raise money for Pain Connection just by searching the web and shopping online via GoodSearch.com! Also, register to earn donations while going to your choice of thousands of participating restaurants, bars, and clubs—including many of your favorites. You can earn up to 6% for Pain Connection when you dine out.



Thank you volunteers!

Thank you to all the volunteers that make Pain Connection possible: Non-profit Village summer interns: Christine Muscolo, Katie Smith, Eddie Tsao and Michelle Belton; Montgomery County Pro Bono Consultant Program-Kelli Yates and Frances Stanford; and Sherry Hutchinson, Cordelia Goldstein, Mary French, Gael Cheek, Paula Mintzies, Neil Goldstein, Kim Thompson, Katie French, Malcolm Herman, Julie Litten and Debbie Senior.

There are 110 million Americans suffering from chronic pain who are not receiving the treatment they need. Many fall between the cracks in their own private health insurance, workman's compensation, and disability benefits. Others are helpless because of a lack of insurance.

Pain Connection's mission is to help people with chronic pain improve their quality of life, decrease their sense of isolation and take a more active role in their treatment. We do this by providing information, psychosocial support, skills-building and training to people with chronic pain, their families and health care providers.

Pain Connection is a 501(c)(3) human health service agency and was incorporated in 1999.

© 2012 Pain Connection—Chronic Pain Outreach Center, Inc.
All Rights Reserved

PAIN CONNECTION®
CHRONIC PAIN OUTREACH CENTER, INC.
12320 Parklawn Drive
Suite 210
Rockville, MD 20852
Tel. 301-231-0008/Fax. 301-231-6668
www.painconnection.org

Executive Director and Founder
Gwenn Herman, LCSW-C, DCSW

Board of Directors
Neil Goldstein, President
Sharon Barrett, Vice President
Frances Stanford, Treasurer
Malcolm Herman, Secretary
Elsie Ferguson, Director
Frances Stanford, Director
Kim Thompson, Director
Michael Sitar, Director

Honorary Board Members
Senator Jamie R. Raskin
Mary French
Gary Kaplan