

## Pain BC is here to help

Pain BC is a collaborative non-profit organization whose aim is to improve the lives of people in pain through education, empowerment, and innovation. We offer the following programs and tools to help you develop a holistic, integrated approach to pain management.

### CONNECT FOR HEALTH

This program connects people in pain to resources that go beyond the doctor's office. Our trained volunteers will help you manage issues such as income, isolation, housing, employment, food security, and more. Leave a phone message, email us, or fill out our online form.

Toll-free: **1-844-430-0818**

Email: [cforhintake@painbc.ca](mailto:cforhintake@painbc.ca)

Online: [www.painbc.ca/connectforhealth](http://www.painbc.ca/connectforhealth)

### LIVE PLAN BE

Live Plan Be is a free online self-management tool that supports you on your pain management journey:

- Learn about the science behind chronic pain
- Keep track of your symptoms and their impacts
- Develop a plan for better pain management and quality of life
- Connect with a like-minded community of others

Visit [www.liveplanbe.ca](http://www.liveplanbe.ca) today to sign up and start managing your pain, your way.



### MYCAREPATH

MyCarePath is a free online resource for teens ages 12 - 17. When it comes to pain in kids and teens, early intervention is key. This site gives teens the right information so they can take action and be in charge of their own pain management plan. It was created in collaboration with BC Children's Hospital and the UBC Department of Pediatrics.

Visit [www.mycarepath.ca](http://www.mycarepath.ca) to get started.

### PAIN BC TOOLBOX

Many people living with chronic pain feel like giving up at some point. The Pain BC Toolbox offers pain management resources to help you cope. Download at [www.painbc.ca/toolbox](http://www.painbc.ca/toolbox).

### ONLINE COMMUNITY

Join us on Facebook and Twitter to connect with thousands of British Columbians who live with lasting pain and know what you're going through.

[www.facebook.com/PainBC](http://www.facebook.com/PainBC)

[www.twitter.com/PainBC](http://www.twitter.com/PainBC)

### PAIN WAVES

Pain Waves is a podcast where listeners can hear leading chronic pain experts and people in pain discuss the latest pain management research, tools, stories, and trends. Subscribe through iTunes or visit [www.spreaker.com/show/pain-waves](http://www.spreaker.com/show/pain-waves).

Visit [www.painbc.ca](http://www.painbc.ca) today  
to find more resources!

Are you  
in pain?  
We can help.



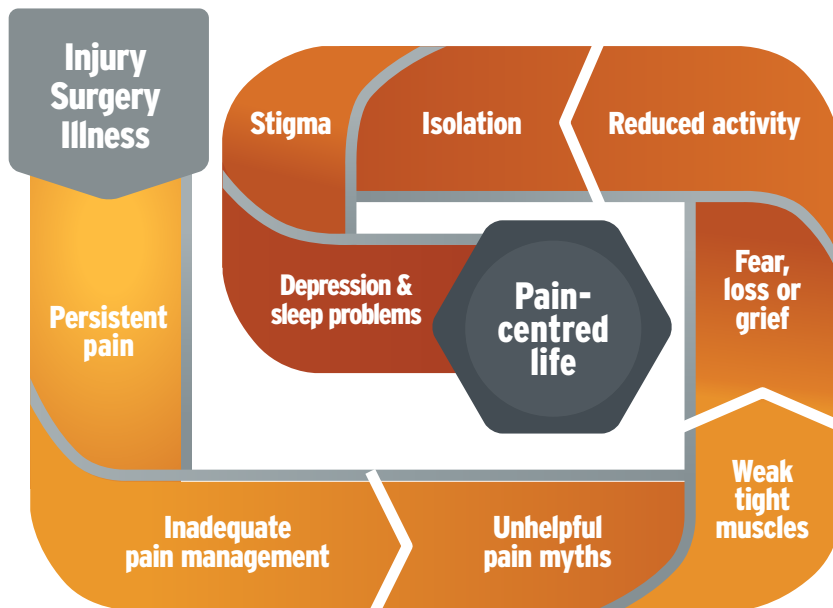
## Does your pain persist?

If your pain lasts three months or longer and affects your quality of life, you are not alone. One in five British Columbians lives with chronic pain.

## The pain spiral

The pain spiral below shows how ongoing pain from injury, surgery, or illness can have an impact on all areas of your life.

Understanding the pain spiral is the first step in breaking it.



THE PAIN SPIRAL

## Why does some pain last?

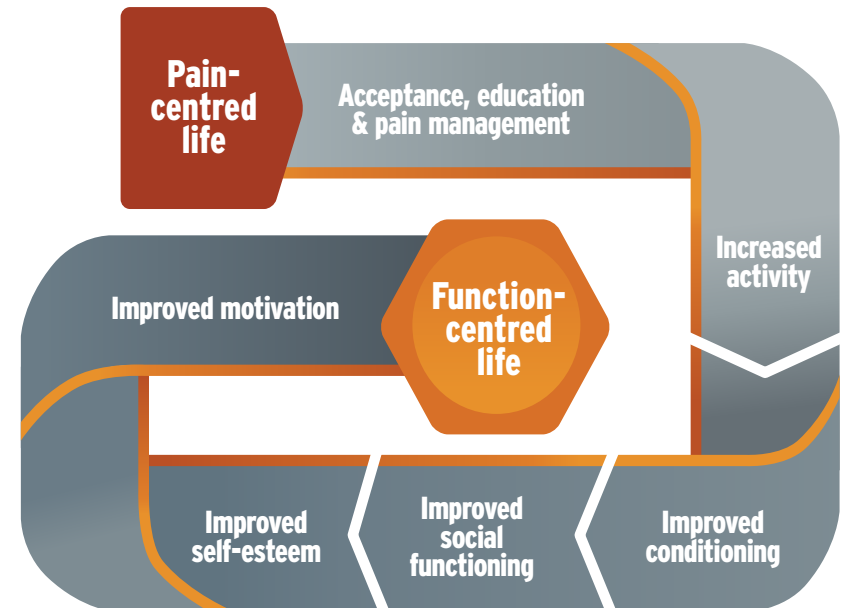
- **Pain is complex**  
Once the body heals from injury, surgery, or illness, nerves may still be engaged and excited; this can cause long-term chronic pain. There is no magic cure for this. Getting your pain under control might require several things including physical therapy, counselling, and possibly medications.
- **Pain is personal**  
What works for one person may not work for someone else. Finding the tools that work best for you can take time, but it's worth it. People who get involved in decisions about their health tend to feel and do better.

## Why am I not getting the help I need?

Until recently, there has not been enough pain research or funding for it in Canada. Many doctors, nurses, and others working in health care don't receive the training they need to assess and treat chronic pain well. This is starting to change.

## Breaking the pain spiral

Breaking the pain spiral is not easy but with support, you can do it. You can return to a life where you feel better and can function once again.



BREAKING THE PAIN SPIRAL

