

Where can I go for help?

Luckily, there is hope. There's also a lot you can do to better deal with your pain. Pain BC is a non-profit made up of people working in health care, people living with pain, and others with a passion for reducing the burden of pain in British Columbia. We provide tools, support, and education.

On our website at www.painbc.ca you will find:

- Workshops to help you better understand and deal with your pain
- Lists of pain clinics and services across BC
- The latest research on pain
- Information on support groups and pain self-management classes near you (to help you manage your pain better)
- Pain tools, recommended reading, and more

Changing pain. Changing minds.

There are many names for pain.

Whatever **YOU** call it, there is **hope.**

Make a connection

If you are on **Facebook** or **Twitter**, please join us at www.facebook.com/PainBC and www.twitter.com/PainBC. You will find thousands of British Columbians who live with lasting pain and who know what you're going through.

If you are not able to visit us on the web, just dial 2-1-1 from your phone and ask for more information on Pain BC.

Living with chronic pain can be very lonely. It might also stress you out and make you feel sad. If you are feeling hopeless, please don't give up. Call the **Crisis Line** at 1.800.784.2433. There is someone there to take your call, listen, and help you get through this hard time.



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painbc.ca



Are you in pain?

We can help.

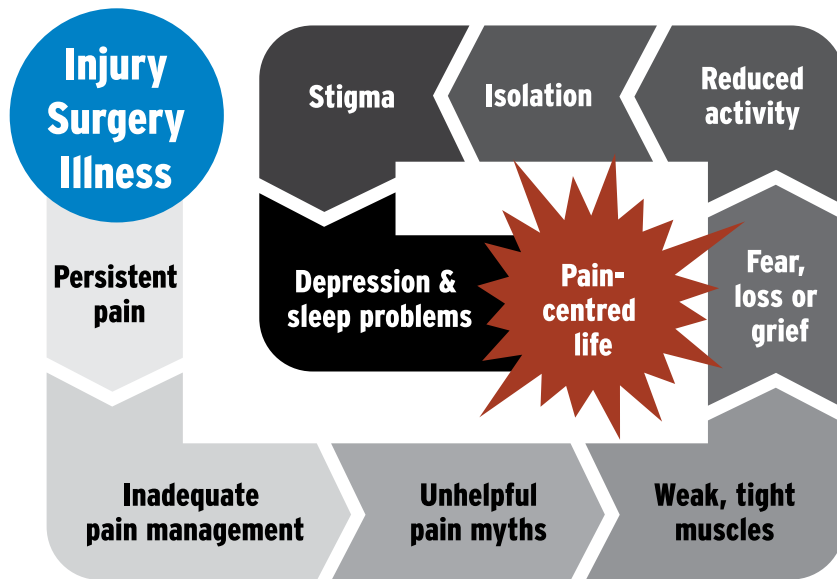


Does your pain not go away?

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 your injury, surgery, or illness can quickly lead to a life where pain is the focus. Understanding the pain spiral is the first step in breaking it.



Why some pain lasts

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

The problem with pain

Until recently, there has not been enough pain research and funding in Canada. Many doctors, nurses, and other people 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

The graphic below shows how to break the pain spiral. You *can* return to a life where you feel better and can function once again.

