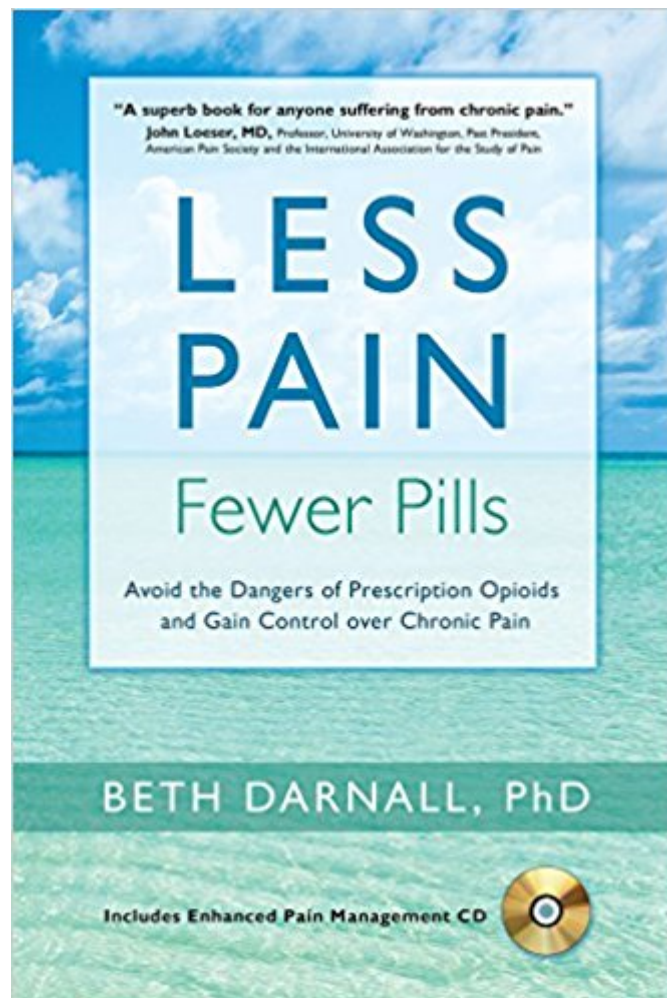




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Less Pain, Fewer Pills: Avoid The Dangers Of Prescription Opioids And Gain Control Over Chronic Pain



Synopsis

Chronic pain is a common medical problem shared by roughly 100 million Americans-close to one third of the U.S. population. In the past few decades there has been an alarming trend of using prescription opioids to treat chronic pain. But these opioids-the main prescribed analgesic-come with hidden costs, and this book reveals the ramifications of their use and provides a low or no-risk alternative. Armed with the right information, you can make informed decisions about your pain care. By appreciating the risks and limitations of prescription opioids, and by learning to reduce your own pain and suffering, you will gain control over your health and well-being. Each copy includes Beth Darnall's new binaural relaxation CD, Enhanced Pain Management.

Book Information

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Customer Reviews

“What we forget is that opioids don’t simply dampen pain, they dampen everything—joy, energy, memory, social interactions, personality, life itself. If you want to fully experience life, you can—even if you have chronic pain—but not if you let opioids rule. Read this book and learn how to take back what you may have lost.” —Jane C. Ballantyne, MD, Professor of Education and Research; Director of the Pain Fellowship, University of Washington “Every person with chronic pain can benefit from self-empowerment and the opportunity to reduce the need for drugs or medications. Dr. Darnall offers a critical review of chronic pain management and a thoughtful and pragmatic approach to self-empowerment and to living with chronic pain in a manner that promotes as much personal wellbeing as is possible, ideally with fewer drugs and less pain.”

• Philip Pizzo, MD, former dean and the David and Susan Heckerman Professor, Stanford University School of Medicine • Pain is a difficult symptom that is often over-treated by opioids, which in themselves lower the quality of life. This book gives great real-world examples and tips on how to avoid this vicious cycle. Beth Darnall is a leading expert in her field and has helped thousands of people with pain. • Kate Lorig, Dr. PH, Director and Professor Emeritus, Patient Education Research Center, Stanford University School of Medicine • This book is a wonderful guide to help those suffering from chronic pain to not only understand the pitfalls of long-term opioid use, but more importantly to return to good health and everyday life activities. Dr. Beth Darnall's *Less Pain, Fewer Pills* offers readable and understandable advice to manage pain successfully while avoiding ineffective and harmful treatments, especially with opioids. For those suffering from unrelenting chronic pain, here is the guide that will make a difference. • Steven D. Feinberg, MD, MPH, Board Certified, Physical Medicine & Rehabilitation, Board Certified, American Board of Pain Medicine, past-president, American Academy of Pain Medicine • Dr. Darnall writes clearly and with empathy, and her balanced approach will help anyone struggling with chronic pain. This book provides patients with the tools they need to take back control of their pain and their lives without having to rely on pain medications. • Roger Chou, MD, associate professor of Medicine, Oregon Health & Science University • Dr. Darnall has created a book that eloquently articulates the perils of relying exclusively on opioids for the management of chronic pain. Through case studies and a very readable review of the scientific evidence, she makes a compelling case for utilizing non-opioids and behavioral therapies to manage ongoing pain. While this book is wholly accessible to lay readers, I would strongly encourage our medical colleagues, particularly those with substantial populations of pain patients to read this volume and to recommend it to their own patients and colleagues. • Robert Paul Cowan, MD, FAAN, professor of neurology, Stanford University School of Medicine, director, Stanford Headache Program • Dr. Darnall's new book provides a refreshing approach to reduce reliance on prescription opioids for chronic pain. The book not only provides an accurate description of the problems related to long-term opioid use • it also presents an effective, step-by-step approach to eliminate the use of prescription opioids. • W. Michael Hooten, MD, division of pain medicine, Mayo Clinic, Rochester, Minnesota • Dr. Darnall offers a refreshing approach to sensible opioid-use reduction by considering the real issues facing patients today. [...] • She simplifies many of the issues without placing blame on patients with persistent pain or on clinicians. Overall, this book will help patients and providers understand the how and why of opioid prescription benefits versus risks. The importance of recognizing vulnerabilities and appropriately stratifying them is discussed; this will enable the patient-reader to take control of their

prescribed medications and seek professional help if required, rather than falling victim to opioids controlling the outcome. • "Jeffrey Fudin, BS, PharmD, FCCA, diplomate, American Academy of Pain Management • Dr. Darnall has written a superb book for anyone suffering from chronic pain who needs alternatives to opiate medication. She has provided detailed cognitive-behavioral strategies that the patient can utilize to gain control over chronic pain. She also fully depicts the risks of chronic opiate therapy. The knowledge and skills she acquired in over 15 years of treating chronic pain patients are the cornerstones of this book. • "John Loeser, MD, professor, University of Washington, past president, American Pain Society and the International Association for the Study of Pain

Beth Darnall, PhD, is a clinical associate professor in the division of pain medicine at Stanford University. She has more than 10 years' experience treating adults with chronic pain and lived through her own chronic pain experience. She lives in Palo Alto, California.

My true rating would be 3.5. The first half of the book is a well detailed explanation of the dangers of opioids. I knew most of this, and was really interested in the more prominent part of the title "Less Pain." For that she has one main remedy -- developing an automatic relaxation response to pain flares and recognizing how one's mind can catastrophize pain. I think the way she presented it was persuasive, and I have begun adopting it in my own self-treatment of chronic pain. The downgrading of the book is because it is so one-sided against medication and has no discussion of the host of other pain management remedies out there. There is no discussion of the synthetic opioid Tramadol, which I have used with some success and which my pain clinic uses. It is lower in strength than the typical controlled substance pill and arguably not very addictive. (One does have to wean oneself off of it but when I used it for a few months I weaned off it in about a week.) She also does not discuss the use of medical marijuana. That is a developing topic, and there does not seem to be firm evidence one way or the other (outside of the stubborn "no effect on pain" conclusions of the anti-drug crowd. At the least she could have summarized what the current approaches are with the drug, but perhaps that would have cut against her agenda. I was also surprised that there was nothing about other natural therapies, such as the proper use of ice and heat, stretching, distraction, and therapeutic massage. I felt like she should have surveyed what is being used in a variety of pain management clinics. So at first I was upbeat about the book, but in the end it came across as more of a "Just Say No to Drugs" book. However, the idea of focusing on relaxation as an automatic response is well said.

As one of over 115 million Americans who lives with chronic pain and a chronic illness, Beth Darnall's book is the best I have read since Elizabeth Scarry's definitive work "The Body in Pain". As Scarry noted, "physical pain does not simply resist language, but actively destroys it." Beth Darnell has written a brave and engaging book. She investigated the questions that we must ask as patients living in chronic pain. I found the chapters about opioids to be informative and well researched. I do hope that every person living with pain will read this book. Ms. Darnell has created a masterfully written book on the difficult and confusing subject of pain.

The ONLY book you need if you don't understand why, taking opioids, your pain keeps getting worse. Guess what: it's the opioids! They cause the worsening pain! Did your doctor warn you? No? Did any practitioner warn you? No! Beth Darnall is a fantastic expert on what happens to your body and mind when you take opioids long-term for chronic conditions. Basically, the meds destroy your health. She tells you how to wean off them, how to manage your pain every day, and she has included a 20 minute guided meditation CD to listen to to help calm your body and mind, thereby reducing the stress response in your body and mind, thus reducing the pain. Do buy this book! It's the gold I've been looking for for 10 years!

As a pharmacist specializing in chronic pain management, I found this book to be full of useful, current evidence that can help the chronic pain sufferer gain more control over their condition. She hits everything on the money in this book! Easy to understand and it's easy to tell that she has extensive experience in our field. Pain psychology is sometimes forgotten about, and should be a first line treatment. This is a great option for those of you who cannot afford trips to a psychologist trained in this field or who have lack of resources in your area. I will be recommending this book to all of my colleagues and patients.

Very helpful book for pain sufferers who like myself, choose to use complementary methods to avoid narcotic use altogether. Also check out Belleruth Naparstek's guided imagery CDs on this site for PAIN. Excellent.

For someone interested in reducing the amt of prescribed opioids, this is a fabulous book. I've been using a Fentanyl Patch for years & I've been afraid of the withdrawal process. This book is loaded with info to support all those reasons why getting off opioids should be a priority over everything

else. It's easy to read & comprehend, & it gives you numerous tools to help you through the whole process of reducing opioids. I'm infinitely grateful that my Pain Doc recommended this book. I do feel like I really will be ok.

If you suffer in chronic pain like I do and have read just about every book out there, then this is definitely the book for you. It's got a great flow to it making it anything but boring. There are a lot of case studies that help put things into perspective. Each chapter helps you to understand why it's so important to work your way off of pain meds and Beth helps you through the process. She also included a CD which is Binaural Relaxation. It's extremely helpful and even if you feel you are not ready to give up all your meds right now, this is a great book to read to understand what to do and why when you do start.

Great book. I put a couple of copies in my exam rooms. Many patients have asked to wean off of opioids.

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