

When pain is treated properly, many people can reclaim their lives with the dignity and respect they deserve. "Toughing it out" can lead to years of needless suffering, and can destroy lives and families.



Coming Soon from the American Pain Foundation...

Exit Wounds: The Returning Veteran's Survival Guide to Pain Management

In fulfillment of the organizational mission of the American Pain Foundation (APF), this book and corresponding Web site will educate veterans and their families about the:

- Variety of pain syndromes veterans are at high risk for
- Co-morbidity of physical and psychic pain, particularly among returning veterans
- Importance of treating acute pain during the first year back, before it become chronic
- Treatment options, including medications, procedures, and other interventions
- Strategies and techniques for self-advocating for optimal pain care and management
- Medical resources available to veterans in pain, both inside and outside the VA system
- Support networks for veterans in pain, and their role in assisting recovery

Exit Wounds is written in an accessible and informative style with contributions from veterans who have experience with pain issues, healthcare professionals and caregivers.

Hundreds of thousands of troops will be returning from the wars in Iraq and Afghanistan over the next few years, and many of them will have acute pain and face the possibility of a lifetime of chronic pain. Chronic pain has been called the silent epidemic in this country. For wounded service members, chronic pain coupled with the other psychological challenges many of them face, can be devastating. "Toughing it out" by leaving pain untreated can lead to "hard-wiring" of chronic pain syndromes, and years of needless suffering, which can destroy lives and families.



American Pain Foundation

A United Voice of Hope and Power over Pain

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