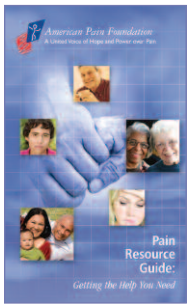




American Pain Foundation
A United Voice of Hope and Power over Pain

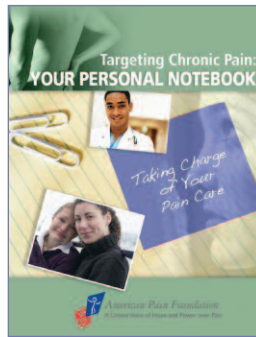
The American Pain Foundation (APF) is a leading source of timely, accurate information about pain and its management, as well as related concerns and complications. Below is just a sampling of booklets, newsletters and other publications designed to help people living with pain and their caregivers on their journey to better pain care.

BOOKLETS



Pain Resource Guide: Getting the Help You Need

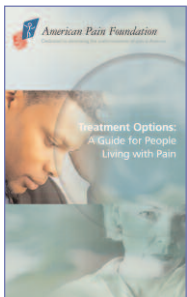
Whether you've just started experiencing pain or have lived with it for years, you're bound to have lots of questions. This 32-page booklet provides an overview of pain, its assessment and treatment. It also gives readers tips for taking an active role on the road to pain relief including how to find a pain specialist and online or local support services, questions to ask healthcare providers and strategies to cope with pain.



Targeting Chronic Pain: Your Personal Notebook

This Notebook is an easy-to-use tool to track your pain—when it occurs, for how long, the intensity and type of pain, and possible triggers. Additional worksheets have been created to help you stay on top of your pain care. These include: Your personal pain scale; Members of your healthcare team; Questions for your healthcare provider; Prescription medications, over-the-counter drugs, supplements and herbal remedies that you take; Ways to cope with and ease pain during a flare up; Your daily pain experience and level of functioning.

A companion *TARGET Chronic Pain Card* is also available for healthcare providers to help support communication about your pain and optimize your pain care.



Treatment Options: A Guide for People Living with Pain

Treatment Options gives readers an overview of different options for pain management. Written and reviewed by leading pain specialists, this guide provides credible, comprehensive information about medications, psychosocial interventions, complementary approaches, rehabilitation therapies, surgical interventions and more.



Access Matters: Making Sense of Health Coverage

If you have a hard time making sense of health insurance or if you are struggling because you don't have adequate coverage, you're not alone. APF's newest booklet, *Access Matters: Making Sense of Health Coverage*, provides general information about: various types of health insurance and programs; things to consider when comparing health plans; how to protect and get the most from your coverage; and, resources to advocate for your health coverage.

NEWSLETTERS



Pain Community News

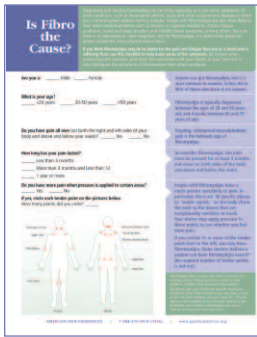
Pain Community News, APF's quarterly newsletter is among the highest circulating pain-related publications. *Pain Community News* includes feature articles, *Fast Facts* on different acute and chronic pain conditions, *Top 10 Tips* focusing on such topics as making the most of your medical visits, pain-free tips for travelers and restoring intimacy, as well as regular advocacy updates, expert commentaries and book reviews.



Pain Research & Practice Update

This new semi-annual newsletter launched in 2009 and translates some of the latest pain research and management practices presented at select scientific meetings, as well as those published in reputable medical journals. The *Update* features Q&A-style articles on emerging and promising areas of pain research and other hot topics (e.g., treatments in the pipeline, disparities, factors underlying pain impulses), and showcases the accomplishments of up-and-coming researchers and treatment clinics.

ASSESSMENT TOOLS



Is Fibromyalgia to Blame?

A self-assessment tool to help consumers recognize symptoms and talk with their providers about fibromyalgia, as well as a listing of resources, including those from the National Fibromyalgia Association.

PAIN CARE BILL OF RIGHTS



Poster or Pocket Card
Highlights what patients should reasonably expect as they seek treatment.

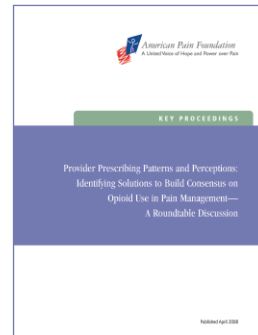
REPORTS



Topic Briefs

Special topic briefs cover issues like

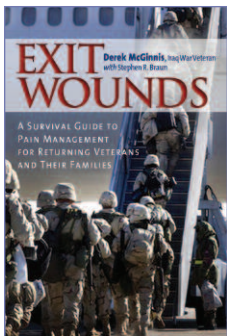
- *Chronic Pain and Opioid Therapy*
- *Integrative Medicine: Non-drug Treatment Options*
- *Pain in Specific Populations*
- *Pain Management and Disparities*



Key Proceedings Report

APF's report, *Provider Prescribing Patterns and Perceptions: Identifying Solutions to Build Consensus on Opioid Use in Pain Management*, summarizes strategies and activities to achieve balanced pain policy and balanced pain practice. This report emerged from a meeting of key opinion leaders in the pain field.

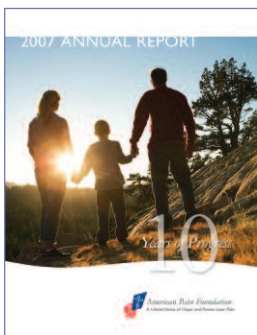
BOOKS



Exit Wounds: A Survival Guide to Pain Management for Returning Veterans and Their Families

Written by Iraq War Veteran and Pain Advocate Derek McGinnis, *Exit Wounds* is both a guide to pain management for veterans and their family members and also the inspiring story of how one man, with the support of his family and fellow veterans, fought to survive and even thrive despite his traumatic injuries.

ABOUT US



APF's organizational brochure, information sheets about PainAid, Power Over Pain Action Network, Military/Veterans Pain Initiative, annual reports and more.

INFORMATION IS JUST A CLICK AWAY

In addition to the above print publications, APF's web site features a growing number of online educational materials and tools including but not limited to:

- *Pain Monitor*, APF's monthly e-newsletter, which provides readers with links to the latest news and research on pain and palliative treatments, important legislative updates, highlights of APF events and updates and other helpful patient support and advocacy organizations.
- *Archived transcripts* of popular webinars and chats
- *Spotlight series* on cancer pain, fibromyalgia, shingles and others
- Online toolkits and assessment tools
- *Pain Resource Locator* is an online searchable database of local resources and disease-specific organizations that may be helpful in managing pain,
- *Clinical trials database* presents up-to-date information about the latest pain-related clinical trials, including a complete listing of NIH-funded studies, as well as recent FDA medication and device approvals

APF's publications are available to download and print at the American Pain Foundation's web site, www.painfoundation.org.