

*of human kindness has no price, yet I left a very wealthy Newfoundlander.*

*Everyone has a story. It is time for the people in Canada to wake up to the fact that one of the best chronic pain clinics in the world is at the corner of Scenic and Sanatorium.*

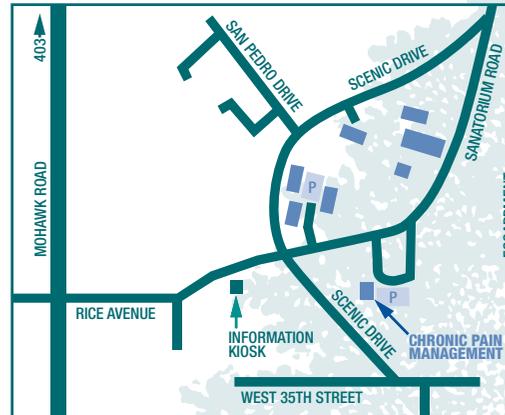
*Twenty of the most-skilled professionals have helped thousands of Canadians get on with the rest of their lives, and I will always be grateful that I am one of them.*

*Medicine is not just MRI's, physio and rehab. It is the healing of the soul.*

*I pray that I will continue to stay upbeat despite my pain, but I will always remember that I went to the best clinic in the world.*

*Thank you Ontario.*

Paul G. Cardoulis, Newfoundland  
Hamilton Spectator, April 1998



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*Please note: To be eligible for our service treatment costs must be authorized by an insurance company, WSIB, or other funding agency.*

## CHRONIC PAIN MANAGEMENT

## WHAT IS CHRONIC PAIN?

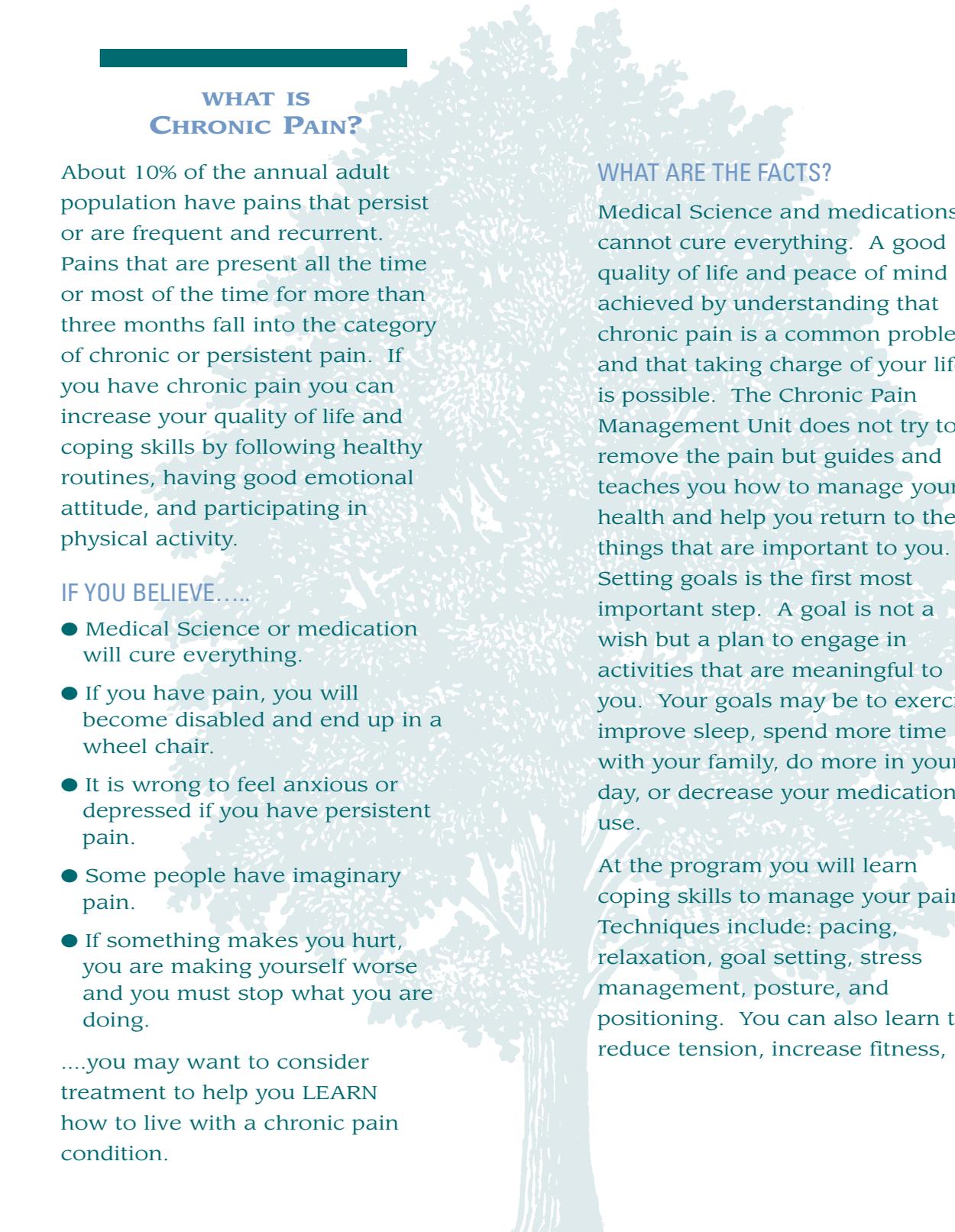


### Chronic Pain Management Unit

A program of Hamilton Health Sciences Corporation



### Chronic Pain Management Unit



## WHAT IS CHRONIC PAIN?

About 10% of the annual adult population have pains that persist or are frequent and recurrent. Pains that are present all the time or most of the time for more than three months fall into the category of chronic or persistent pain. If you have chronic pain you can increase your quality of life and coping skills by following healthy routines, having good emotional attitude, and participating in physical activity.

### IF YOU BELIEVE.....

- Medical Science or medication will cure everything.
- If you have pain, you will become disabled and end up in a wheel chair.
- It is wrong to feel anxious or depressed if you have persistent pain.
- Some people have imaginary pain.
- If something makes you hurt, you are making yourself worse and you must stop what you are doing.

....you may want to consider treatment to help you LEARN how to live with a chronic pain condition.

### WHAT ARE THE FACTS?

Medical Science and medications cannot cure everything. A good quality of life and peace of mind is achieved by understanding that chronic pain is a common problem and that taking charge of your life is possible. The Chronic Pain Management Unit does not try to remove the pain but guides and teaches you how to manage your health and help you return to the things that are important to you. Setting goals is the first most important step. A goal is not a wish but a plan to engage in activities that are meaningful to you. Your goals may be to exercise, improve sleep, spend more time with your family, do more in your day, or decrease your medication use.

At the program you will learn coping skills to manage your pain. Techniques include: pacing, relaxation, goal setting, stress management, posture, and positioning. You can also learn to reduce tension, increase fitness,

enjoy your family and laugh again. These skills help you take control of your life again.

### HERE IS ONE MAN'S STORY...

*On Saturday, March 28, I returned to Newfoundland without ever having been in a courtroom in Ontario looking for compensation because of pain*

*Yet I returned a very wealthy Canadian.*

*In January 1996 I was in a motor vehicle accident in St. John's.*

*Ever since, I had been in constant, unrelenting pain. I wanted the best help to enjoy life again, rather than just live my life. I needed to seek out the best clinic in Canada.*

*It took a while but on February 27, 1998, I found myself at the Chedoke Pain Management Centre in Hamilton.*

*Five other Canadians and I traveled to Hamilton seeking help to accept our pain and rekindle the human spirit. Speaking for myself, the gift*