



Where to Start... Pain Control

Suggestions for resources when you **begin** to look for information about pain control and management.

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These resources are provided for information purposes only and are not intended as a substitute for medical care. If you have any questions about your healthcare, please consult your healthcare provider.

Inclusion of a resource does not imply endorsement by The Ottawa Hospital. If you would like more information about this topic, please contact the Patient and Family Library.

<p>Local Clinics</p> <p>Support Groups</p>	<p>Pain Clinic The Ottawa Hospital, General Campus, Main Floor, Critical Care Wing Enquiries: 613-737-8899 ext. 78949 Physician referral needed.</p> <p>Chronic Pain Management Group Treatment Program. Rehabilitation Hospital. Enquiries 613-737-7350 ext. 75673 www.ottawahospital.on.ca/patient/visit/clinics/pain-e.asp</p> <p>FibroMyalgia Support – Ottawa West http://fibromyalgia.ncf.ca Support group that meets online and has occasional meetings - Contact: fm@woman2woman.ca</p>
<p>Telephone Information</p>	<p>Arthritis Information Line 1 800 321 1433</p>
<p>Books and Other Resources – Consumer Health Library (D100A)</p>	<p>Beyond pain: making the mind body connection. Angela Mailis-Gagnon. 2003.</p> <p>Chronic pain and the family. J. Silver. 2004.</p> <p>Ease Pain. Health Journeys: a guided imagery CD. Belleruth Naparstek. 1995.</p> <p>Long-term pain: a guide to practical management. Oxford UP. 2007</p> <p>Understanding pain. What it is, why it happens, and how it's managed. American Academy of Neurology. 2007.</p> <p>The Pain survival guide. DC Turk & F Winter, 2006</p> <p>The mindfulness solution to pain. Dr J. Gardner-Nix. 2009</p> <p>Search our catalogue: http://www.ottawahospital.on.ca/library/catalogue-e.asp</p>
<p>Web Sites</p>	<p>The Arthritis Society www.arthritis.ca Canadian Pain Coalition www.canadianpaincoalition.ca/ Canadian Pain Society www.canadianpainsociety.ca/ Chronic Pain Association Canada http://www.chronicpaincanada.com/ HealthyOntario.com www.healthyontario.com/ MedlinePlus (USA) http://medlineplus.gov/</p>