

How to Advocate for Yourself or a Loved One

ABCDs of Pain Advocacy ©

- **A**sk Questions - “What’s causing my pain?” “What can we do about my pain?”
- **B**e open/optimistic - be open to treatments and recommendations
- **C**larify the plan - make sure you understand the next steps, any safety measures you need to take, and when to follow up with your healthcare provider.
- **D**o your part - follow the recommended plan. Do the activities discussed with your doctor.



Targeted Pain Treatment ®



“Targeted pain treatment is the process of accurately diagnosing the cause of pain and then targeting the treatment to the cause.”

Dr. Stephanie G. Vanterpool, MD, MBA is the creator of the Targeted Pain Treatment® process and Medical Director of the University Center for Pain Management in Knoxville, TN. She is committed to transforming how pain is assessed and treated, ensuring compassionate, effective care for all living with chronic pain.

Resources:



University Center for Pain Management
of Knoxville
www.ucpmk.com
865-999-8684

Scan QR codes to learn more!



Targeted Pain Treatment with
Dr. Stephanie Vanterpool



Documentary:

*Targeted Pain Treatment: Hope
for Patients with Pain*



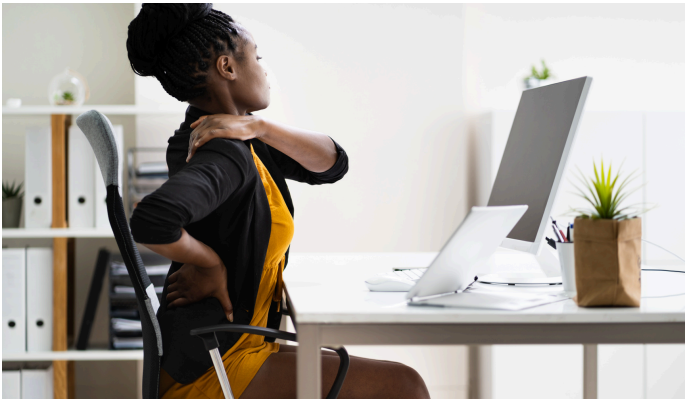
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Living With Chronic Pain? You Are Not Alone.

What You Should Know About Chronic Pain

www.TPT-Toolkit.com



What You Can Do About It



Tell Someone You Trust

Let someone know that you are experiencing pain



Get Help Immediately

if you can't walk, use the bathroom, or breathe properly.



Talk to Your Doctor

if pain keeps you from walking, standing, sitting, sleeping, or doing things you love

About Chronic Pain

Pain is your body's signal that something is wrong.

Chronic pain is pain that lasts more than 3 months.

It affects 1 in 4 adults!

Chronic pain can stop you from doing the things you love.

If you live with chronic pain, you are not alone

Talking to Your Doctor About Your Pain

- ✓ Tell them **WHERE** you hurt. It helps if you can point to the location
- ✓ Tell them **WHEN** it started. Was it after a fall? An accident?
- ✓ Tell them **WHAT** it feels like. Does it feel sharp? Dull? Crampy? Achy? Other?
- ✓ Tell them **WHAT** makes it better or worse. Ice? Heat? Medications? (Tylenol? Ibuprofen?) Certain movements or activities?

Treatment Options

(Good news: You don't have to take opioids (pain pills)!!)

There are safe treatments that target the source of your pain. These include:



Medications: muscle relaxers, nerve pain meds, anti-inflammatories.



Injections: These target the nerves, joints and muscles that cause your pain



Physical therapy: targets the physical function challenges that are slowing you down



Psychosocial Support for Mind & Emotions: counseling and support for stress, worry, or sadness.