



The Truth about Chronic Pain: Patients and Professionals on How to Face It, Understand It, Overcome It

Arthur Rosenfeld

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It's all in your head. "Learn to bear it." "That drug will make you a junkie." For the more than 75 million Americans affected by chronic pain, these are fighting words. Despite extraordinary medical progress in recent years, millions of people, debilitated by the pain of incurable cancer, crippling arthritis, unremitting headaches, and a host of degenerative disorders, continue to suffer needlessly. Here, in their own words, are the stories of more than forty people whose lives are dictated by pain—patients, healthcare professionals, ethicists, social commentators, and scientists—shining a powerful searchlight on America's most misunderstood health problem. *The Truth About Chronic Pain* reveals why pain is so often ignored or under-treated. Among the reasons are the widespread belief that pain is a sign of weakness and the unfounded fears that properly administered painkillers will cause addiction. As bureaucrats, doctors, and pharmacists become adversaries in the War on Drugs, people in pain are often denied the relief they need. The voices on these pages are an eloquent testament to individual courage and a powerful plea to medical institutions, political leaders, and insurance companies to implement effective solutions to the problem of pain.

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