

What Does Your Pain Have to Say?

Chronic pain is one of the most common medical complaints worldwide. Most maddening are aches that recur, but for which medicine can't find a reason or propose a permanent solution. Billions of dollars are doled out in search of the right pills or treatments to dull the pain.

Praeger's new **The Pain Detective, Every Ache Tells a Story: Understanding How Stress and Emotional Hurt Become Chronic Physical Pain**, by Hillel M. Finestone, M.D., is sure to be welcomed by those suffering persistent pain, as it explores how psychological and social issues can influence health and illness, pain, healing, and ultimately recovery.

Dr. Finestone was amazed at how little emphasis was placed in medicine on how psychological and social factors could prolong wound healing, cause stomachs to ache, lead to headaches and keep a painful condition buzzing along. He noticed that his patients were tired of hearing "it's your stress" as the explanation for all their ills and that the discussion then stopped without further explanation.

"Pain is everywhere and everyone is talking about it," says Dr. Finestone, a researcher and rehabilitation specialist whose work has been featured in publications as diverse as *The Lancet* and *USA Today*. The key to understanding causes and solutions for many apparently mysterious, recurring aches lies in understanding the mind-body relationship and the "real meaning" behind symptoms with no immediately obvious cause.

The Pain Detective, Every Ache Tells a Story takes the reader into several diagnostic sessions to illustrate what Finestone sees as a "detective" process to isolate the source of pain and understand, step by step, how this approach works to provide lasting relief.

About the Author

HILLEL M. FINESTONE, M.D. is a specialist in Physical Medicine and Rehabilitation (Physiatrist) at Bruyère Continuing Care, and Medical Director of the Stroke Rehabilitation Program at Élisabeth-Bruyère Hospital. He is also an Associate Professor on the faculty of medicine at the University of Ottawa. Dr. Finestone is a Fellow of the American Academy of Physical Medicine and Rehabilitation, a Fellow of the American Association of Neuromuscular and Electrodiagnostic Medicine, and a Fellow of the Royal College of Physicians and Surgeons of Canada. He has been interviewed by the BBC and Reuters News Service and featured in *USA Today*, the *New York Post*, and dozens of other newspapers and magazines in the United States, Canada, Europe, and the Middle East.

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