The Pain Detective

Hillel M. Finestone, M.D.

"This book is written for people who are currently experiencing some type of pain, those who have been in pain in the past, and all those who are curious about mind-body interactions and their role in the experience of pain."

- Hillel M. Finestone, M.D.

Pain. It does not discriminate and no one is immune from it. Acute or chronic, it can range from mildly distracting to severely debilitating. Twisting or pulsating, stabbing or throbbing, it can last for years, tinting all experiences with a sheen of suffering and sapping all enjoyment out of life.

Yet pain is not simply a manifestation of a physical problem. The human body is a complex machine… and pain is an intricate human reaction.

In **"The Pain Detective: Every Ache Tells a Story – Understanding How Stress and Emotional Hurt Become Chronic Physical Pain," Dr. Hillel Finestone** provides deep insight into the complex relationship between pain and the interplay of physical, psychological and social factors that are the underlying cause or exacerbation of the problem

By using real case studies and patient examples, "**The Pain Detective"** addresses pain risk factors – issues relating to family, neglect, health behaviors and our physical, social, and psychological status that may contribute to a state of persisting pain, as well as:

- The relationship between chronic pain and exercise
- Posttraumatic stress and fear
- The phenomenon of sleep deprivation and the production of pain
- The role of the workplace in making you chronically sick
- Insights into the doctor-patient relationship
- The diagnostic process from a doctor's point of view
- Pain explanation and treatment diagrams

Dr. Finestone is a specialist in Physical Medicine and Rehabilitation at Bruyere Continuing Care and Medical Director of the Stroke Rehabilitation Program at Elisabeth-Bruyere Hospital. He is also an Associate Professor at the faculty of medicine for 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 in the United States, Canada, Europe, and the Middle East.

Dr. Hillel is available for interview October 5th-7th. For a copy of the book or to schedule an interview, please contact Maria Lioutaia at maria@mdgassociates.com or at (416)368-3763.