

September 2009

Dear Producer:

Chronic pain is one of the most common medical complaints worldwide and billions are spent in search of the right treatments to alleviate it.

Dr. Hillel M. Finestone, a physiatrist – or specialist in physical medicine and rehabilitation – has, as he sees it, the unique privilege of seeing people who are experiencing painful conditions. He listens to their stories, probes, and asks questions that sometimes wander away from the description of the pain or how it happened in an effort to peer, bit by bit, into the soul of the problem.

“Psychology and sociology are always important in medicine, but retrieving or revealing their key components—those that are important to ‘figuring out’ the person’s pain—is my holy grail,” says Finestone.

Amazed at how little emphasis is placed in medicine on how psychological and social factors prolong healing and keep painful conditions buzzing along, he exposes the deficits in current thinking about “chronic pain” in his new book, *THE PAIN DETECTIVE* (Praeger/September 2009).

He explains how much detail is required to truly comprehend a persistent painful condition and how the process is akin to being a “pain detective,” sifting through clues to come up with solutions that stick. The book provides an inside look at common painful conditions while exploring the doctor’s investigative process at the same time.

Finestone makes the case that every “ache” tells a story and that today’s medicine is often missing the mark by over prescribing and not addressing the soul of the patient. He invites readers to partake in his and his patients’ health journeys through real stories, which show that people can heal even longstanding musculoskeletal problems if they are given the chance. Best of all, readers will be able to use Finestone’s “Pain Explanation and Treatment Diagram” to gain the tools to construct their own healing pathways.

Some of the topics he can address in an interview include:

- **Why was this book written?**
- **How is this book different?**
- **Can chronic pain be healed?**
- **What should we be aware of, when evaluating the cause of pain?**
- **How is stress associated with pain?**
- **What can patients do to improve the doctor-patient relationship?**
- **Why is it important for patients to understand the diagnostic process from doctor’s point of view?**
- **Is physical pain ALL in the mind?**
- **Can a workplace make you sick and cause you pain?**
- **What should we be aware of, when evaluating the cause of pain?**
- **What are some things that can aggravate and affect pain besides the physical manifestations of it?**
- **Is pain always associated with a mental source? How does one know/find out whether their pain may have a mental source?**

A researcher and rehabilitation specialist, Dr. Finestone (full bio attached) and his work have been featured in publications as diverse as *The Lancet* and *USA Today*. He is available for interview nationwide by arrangement.

Sincerely,
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ABOUT THE AUTHOR

Hillel M. Finestone, M.D. 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.