

HOW CAN WORKING WITH THE PAIN PSYCHOLOGIST BE HELPFUL TO ME?

Pain changes every aspect of your life and we know that. At Sparrow Pain Management Center our pain psychologist, Dr. Cam Riessinger, can teach you many tools to decrease the impact that the pain is having on your life. You deserve good quality of life and it is possible with the help of the pain psychologist.

The following are the most common changes that people who have chronic pain may experience:

1. Weight loss or weight gain
2. Difficulty sleeping or sleeping too much
3. Decreased activities, including social, sexual, recreational and work activities
4. Fatigue and loss of energy
5. Difficulty concentrating and problems with memory
6. Feelings of worthlessness, uselessness, having no value or purpose
7. Suicidal ideas
8. Tightness in muscles
9. Depression
10. Anxiety and worry about your present and future abilities

Here in the Sparrow Pain Management Center, WE BELIEVE THAT YOU DO HAVE PAIN. Our job is to help decrease the pain as much as possible and to teach YOU tools to best control the pain, which then gives you improved quality of life. Working with the pain psychologist is a very important part of your treatment plan.

Tell the nurses and the doctors that you want to see the pain psychologist and get started learning ALL of the tools that are available to help YOU improve your quality of life.

