



Less Pain, Fewer Pills: Avoid the Dangers of Prescription Opioids and Gain Control over Chronic Pain

By Beth Darnall PhD



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Chronic pain is a common medical problem shared by roughly 100 million Americans-close to one third of the U.S. population. In the past few decades there has been an alarming trend of using prescription opioids to treat chronic pain. But these opioids-the main prescribed analgesic-come with hidden costs, and this book reveals the ramifications of their use and provides a low or no-risk alternative. Armed with the right information, you can make informed decisions about your pain care. By appreciating the risks and limitations of prescription opioids, and by learning to reduce your own pain and suffering, you will gain control over your health and well-being. Each copy includes Beth Darnall's new binaural relaxation CD, Enhanced Pain Management.



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Editorial Review

Review

“What we forget is that opioids don’t simply dampen pain, they dampen everything—joy, energy, memory, social interactions, personality, life itself. If you want to fully experience life, you can—even if you have chronic pain — but not if you let opioids rule. Read this book and learn how to take back what you may have lost.” —Jane C. Ballantyne, MD, Professor of Education and Research; Director of the Pain Fellowship, University of Washington

“Every person with chronic pain can benefit from self-empowerment and the opportunity to reduce the need for drugs or medications. Dr. Darnall offers a critical review of chronic pain management and a thoughtful and pragmatic approach to self-empowerment — and to living with chronic pain in a manner that promotes as much personal wellbeing as is possible, ideally with fewer drugs and less pain.” —Philip Pizzo, MD, former dean and the David and Susan Heckerman Professor, Stanford University School of Medicine

“Pain is a difficult symptom that is often over-treated by opioids, which in themselves lower the quality of life. This book gives great real-world examples and tips on how to avoid this vicious cycle. Beth Darnall is a leading expert in her field and has helped thousands of people with pain.” —Kate Lorig, Dr. PH, Director and Professor Emeritus, Patient Education Research Center, Stanford University School of Medicine

“This book is a wonderful guide to help those suffering from chronic pain to not only understand the pitfalls of long-term opioid use, but more importantly to return to good health and everyday life activities. Dr. Beth Darnall’s Less Pain, Fewer Pills offers readable and understandable advice to manage pain successfully while avoiding ineffective and harmful treatments, especially with opioids. For those suffering from unrelenting chronic pain, here is the guide that will make a difference.” —Steven D. Feinberg, MD, MPH, Board Certified, Physical Medicine & Rehabilitation, Board Certified, American Board of Pain Medicine, past-president, American Academy of Pain Medicine

“Dr. Darnall writes clearly and with empathy, and her balanced approach will help anyone struggling with chronic pain. This book provides patients with the tools they need to take back control of their pain and their lives without having to rely on pain medications.” —Roger Chou, MD, associate professor of Medicine, Oregon Health & Science University

“Dr. Darnall has created a book that eloquently articulates the perils of relying exclusively on opioids for the management of chronic pain. Through case studies and a very readable review of the scientific evidence, she makes a compelling case for utilizing non-opioids and behavioral therapies to manage ongoing pain. While this book is wholly accessible to lay readers, I would strongly encourage our medical colleagues, particularly those with substantial populations of pain patients to read this volume and to recommend it to their own patients and colleagues.” —Robert Paul Cowan, MD, FAAN, professor of neurology, Stanford University School of Medicine, director, Stanford Headache Program

“Dr. Darnall’s new book provides a refreshing approach to reduce reliance on prescription opioids for chronic pain. The book not only provides an accurate description of the problems related to long-term opioid use—it also presents an effective, step-by-step approach to eliminate the use of prescription opioids.” —W. Michael Hooten, MD, division of pain medicine, Mayo Clinic, Rochester, Minnesota

“Dr. Darnall offers a refreshing approach to sensible opioid-use reduction by considering the real issues facing patients today. [...] She simplifies many of the issues without placing blame on patients with persistent pain or on clinicians. Overall, this book will help patients and providers understand the how and why of opioid prescription benefits versus risks. The importance of recognizing vulnerabilities and appropriately stratifying them is discussed; this will enable the patient-reader to take control of their prescribed medications and seek professional help if required, rather than falling victim to opioids controlling the outcome.” —Jeffrey Fudin, BS, PharmD, FCCA, diplomate, American Academy of Pain Management

“Dr. Darnall has written a superb book for anyone suffering from chronic pain who needs alternatives to opiate medication. She has provided detailed cognitive-behavioral strategies that the patient can utilize to gain control over chronic pain. She also fully depicts the risks of chronic opiate therapy. The knowledge and skills she acquired in over 15 years of treating chronic pain patients are the cornerstones of this book.” —John Loeser, MD, professor, University of Washington, past president, American Pain Society and the International Association for the Study of Pain

About the Author

Beth Darnall, PhD, is a clinical associate professor in the division of pain medicine at Stanford University. She has more than 10 years’ experience treating adults with chronic pain and lived through her own chronic pain experience. She lives in Palo Alto, California.

Users Review

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Leo Rizer:

The book Less Pain, Fewer Pills: Avoid the Dangers of Prescription Opioids and Gain Control over Chronic Pain has a lot associated with on it. So when you make sure to read this book you can get a lot of advantage. The book was written by the very famous author. The writer makes some research ahead of write this book. This specific book very easy to read you can obtain the point easily after scanning this book.

Kristen Hancock:

Less Pain, Fewer Pills: Avoid the Dangers of Prescription Opioids and Gain Control over Chronic Pain can be one of your beginner books that are good idea. All of us recommend that straight away because this guide has good vocabulary that will increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to put every word into satisfaction arrangement in writing Less Pain, Fewer Pills: Avoid the Dangers of Prescription Opioids and Gain Control over Chronic Pain however doesn't forget the main place, giving the reader the hottest in addition to based confirm resource data that maybe you can be one among it. This great information could drawn you into new stage of crucial pondering.

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