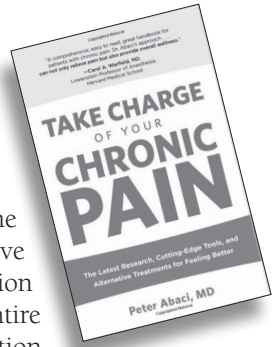


Book Review

Take Charge of your Chronic Pain
by Peter Abaci, M.D., GPP Life,
Guilford CT, 2010



Out of an overall population of 310 million in the United States, an estimated 50 million people live with some degree of chronic pain, and 33 million of them have suffered for more than five years. Entire industries have been built around this population, from surgical “cures” to pharmaceutical palliation. In our society, pain management has become quite lucrative, and the expectations of those who suffer have soared. In his book, *Take Charge of your Chronic Pain*, Peter Abaci, M.D., the medical director of the Bay Area Pain and Wellness Center, confronts many of these issues. Directed at a primarily lay audience, Dr. Abaci lays out a three-part strategy for patients trying to deal with this difficult problem. He provides a clear-cut explanation of the basics of the physiology and psychology of pain. He teaches strategies for evaluating and pursuing various aspects of pain management, and their pitfalls. Finally, he goes into some depth on topics rarely covered in traditional medical texts and discusses alternative management strategies. Overall, the text is clear and the topics important and engaging. This would be an important book to distribute to patients with chronic pain, much the way Dr. Margaret A. Caudill’s *Managing Pain before It Manages You* has been for previous generations.

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