

# Know Pain? Know Gain!

## A Pain Consortium Offering Choices for Pain Management

### Agenda

September 20, 2008 – 8:30 AM to 4:00 PM  
Kauffman Foundation, 4801 Rockhill Road, Kansas City, MO

8:30 am – 9:00 am	Check-in & Exhibits open
9:00 am – 9:45 am	“Maximizing Communicaton at your Physician’s Office When Dealing with Pain and Fatigue” – Presenter: Cindy Greenwell, RN, CCRC, Center for Rheumatic Diseases
9:45 am – 10:30 am	“Pain Management Choices” – Presenter: Dr. Sonali Agarwal, Pain Management, Saint Luke’s Hospital
10:30 am – 10:40 am	“Minimizing Fatigue and Maximizing Energy” – “Taster” from a Self-Management Class – Presenters: Cindy Greenwell and Orvie Prewitt
10:40 am – 10:55 am	Break and Exhibits open
10:55 am – 11:05 am	“Exercise at Your Level – Wheelchair/Sitting Position” – “Taster” from Self-Management Courses – Presenter: Debbie Cooper, Arthritis Foundation
11:05 am – 11:50 pm	“Coping with Chronic Pain and Explaining Limitations to your Family and Friends” – Presenter: Dr. Jim Lemons, The Lemons Center for Chronic Pain Management”
11:50 pm – 12:50 pm	Lunch and Exhibits open
12:50 pm – 1:00 pm	“Exercise at Your Level – Stretching to Cardio” – “Taster” from Self-Management Courses – Presenter: Debbie Cooper, Arthritis Foundation
1:00 pm – 1:45 pm	“Confusion and Fear About Getting Addicted to Medications” Dr. Robert Twillman, Clinical Associate Professor of Psychiatry, and Behavioral Sciences, University of Kansas School of Medicine
1:45 pm – 2:05 pm	“Part of Pain Management – Informing Patients about Access Issues – Step Therapies and Therapeutic Switching” – Presenter: Suzanne Cleveland, JD, Arthritis Foundation
2:05 pm – 2:20 pm	Break and Exhibits open
2:20 pm – 3:05 pm	“How and Why to Get the Ear of a Legislator – Advocacy and your Health – and What Does that have to do with Pain?” – Presenter: Missouri State Representative Shalonn “Kiki” Curls
3:05 pm – 3:15 pm	Exercise Demo – Tai Chi – Presenter: Debbie Cooper, Arthritis Foundation
3:15 pm – 3:45 pm	Speaker Panel – Q & A
3:45 pm – 4:00 pm	Wrap-up and Adjourn

Sponsored by: National Chronic Fatigue Syndrome and Fibromyalgia Association

Co-Sponsored by: American Pain Foundation Power Over Pain Network – Heartland Arthritis Foundation – Western Missouri/Greater Kansas City Chapter  
Kansas City Chronic Disease Coalition  
KC Scleroderma Support Group  
Lupus Foundation of America, Kansas City Chapter, Inc.  
Missouri Pain Initiative  
Regional Arthritis Center at Saint Luke’s Hospital  
Sjogren’s Syndrome Educational/Support Group of Greater Kansas City  
Vasculitis Foundation