

“Know Pain? Know Gain! A Pain Consortium Offering Choices for Pain Management”

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

Topics include:

- “Maximizing Communication at your Physician’s Office When Dealing with Pain and Fatigue” – Presenter: Cindy Greenwell, RN, CCRC, Center for Rheumatic Diseases
- “Pain Management Choices” – Presenter: Dr. Sonali Agarwal, Pain Management, Saint Luke’s Hospital
- “Minimizing Fatigue and Maximizing Energy” – “Taster” from a Self-Management Class – Presenters: Cindy Greenwell and Orvie Prewitt
- “Exercise at Your Level – Wheelchair/Sitting Position” – “Taster” from Self-Management Courses – Presenter: Debbie Cooper, Arthritis Foundation
- “Coping with Chronic Pain and Explaining Limitations to your Family and Friends” – Presenter: Dr. Jim Lemons, The Lemons Center for Chronic Pain Management”
- “Exercise at Your Level – Stretching to Cardio” – “Taster” from Self Management Courses – Presenter: Debbie Cooper, Arthritis Foundation
- “Confusion and Fear About Getting Addicted to Medications” – Presenter: Dr. Robert Twillman, Clinical Associate Professor of Psychiatry, and Behavioral Sciences, University of Kansas School of Medicine
- “Part of Pain Management – Informing Patients about Access Issues – Step Therapies and Therapeutic Switching that Over-Rides your Physician’s Treatment of You” – Presenter: Suzanne Cleveland, JD, Arthritis Foundation
- “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
- Exercise Demo – Tai Chi – Presenter: Debbie Cooper, Arthritis Foundation
- Speaker Panel – Q & A

This Program is **FREE** (lunch is included if registration is received by September 17, 2008), but you **must register** in one of the following ways:

- Email: oprewitt@ncfsfa.org
- U.S. Mail: NCFSFA, P.O. Box 18426, Kansas City, MO 64133
- Phone: 816-932-2351, option 2

When registering, include number of persons you are registering, your name or names, address, phone, and email address (if you have internet access). Confirmation of your registration will be by email or phone.

Please Note: Any registrations received after September 17, 2008, may not include lunch as we submit the final count for lunch to the caterers that day.

If needed, **detailed directions** to the Kauffman Foundation Conference Center are available online at www.kauffman.org. On the left, click “Conference Center”, then on the next screen on the upper right, click on “Directions”.

This event during “Pain Awareness Month” is

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