

alaska pain to wellness

Alaska Pain to Wellness: Your Journey to Relief Starts Here

Are you battling chronic pain in the breathtaking, yet sometimes challenging, landscape of Alaska? The rugged beauty of our state shouldn't come at the cost of your well-being. This comprehensive guide delves into the multifaceted world of pain management in Alaska, offering insights into available resources, treatment options, and the holistic path towards wellness. We'll explore everything from finding the right healthcare provider to embracing lifestyle changes that can significantly impact your pain levels. Let's embark on this journey together, transforming your "Alaska pain" into "Alaska wellness."

Understanding Pain Management in Alaska's Unique Context

Alaska presents unique challenges when it comes to pain management. The vast distances between communities, limited access to specialized care in some areas, and the harsh climate can all impact accessibility to effective treatment. However, the state also boasts a strong emphasis on holistic well-being and a growing network of providers dedicated to helping Alaskans overcome their pain. This section will help you navigate these unique aspects and find resources tailored to your specific needs.

Finding the Right Healthcare Provider: Your First Step Towards Wellness

Choosing the right healthcare provider is crucial. Consider these factors when searching for an Alaska pain management specialist:

Specialization: Look for physicians specializing in pain management, physiatrists, anesthesiologists, or neurologists with expertise in pain medicine.

Location: Consider proximity to your home or workplace, especially considering Alaska's vast distances. Telehealth options are increasingly available, bridging geographical gaps.

Insurance Coverage: Verify that your insurance plan covers the chosen provider and the specific treatments they offer. Many Alaskans rely on Medicaid or other state-sponsored healthcare programs, so understanding coverage is vital.

Patient Reviews and Testimonials: Online reviews and word-of-mouth referrals can provide valuable insights into a provider's approach to care, communication style, and overall patient experience.

Treatment Philosophy: Do they offer a holistic approach, considering both physical and emotional aspects of pain? Do they focus on conservative treatments first, before recommending more invasive procedures?

Exploring Treatment Options: From Medication to Alternative Therapies

Alaska offers a diverse range of pain management treatments, catering to individual needs and preferences. Options include:

Medication Management: Pharmacological interventions, including prescription pain relievers, anti-inflammatories, and nerve medications, can be highly effective when used appropriately and under medical supervision. Open communication with your doctor about potential side effects and the long-term plan is critical.

Physical Therapy: Physical therapists in Alaska employ various techniques to address pain, improve mobility, and strengthen muscles. This can involve exercises, manual therapy, and modalities such as ultrasound or electrical stimulation.

Occupational Therapy: Occupational therapists work to help individuals adapt their daily activities to manage pain and improve function. They can recommend ergonomic adjustments, assistive devices, and strategies to conserve energy.

Alternative Therapies: Alaska embraces alternative therapies like acupuncture, chiropractic care, massage therapy, and yoga. These can complement traditional medical approaches, providing additional pain relief and promoting overall well-being. Always discuss these therapies with your physician to ensure they're safe and appropriate for your condition.

Invasive Procedures: In some cases, more invasive procedures like injections (e.g., epidurals) or surgery may be necessary. These options should be carefully considered in consultation with your doctor and explored only after exhausting less invasive treatments.

Lifestyle Changes for Lasting Pain Relief

Effective pain management is not solely about medical interventions; it's also about adopting a healthy lifestyle. Incorporating these changes can significantly contribute to your overall well-being and reduce pain levels:

Regular Exercise: Gentle exercise, tailored to your ability, can improve flexibility, strength, and endurance, thereby reducing pain. Consult with a physical therapist for guidance.

Healthy Diet: A balanced diet rich in fruits, vegetables, and whole grains can reduce inflammation and support overall health.

Stress Management: Chronic stress can exacerbate pain. Practices like meditation, yoga, or deep breathing exercises can help manage stress levels.

Adequate Sleep: Prioritizing sleep is crucial for pain management. Aim for 7-9 hours of quality sleep per night.

Mental Health Support: Pain can significantly impact mental health. Seeking support from a therapist or counselor can help manage emotional distress and improve coping mechanisms.

Accessing Resources in Alaska: Support Networks and Organizations

Navigating the healthcare system can be daunting. Fortunately, various resources are available in Alaska to assist individuals on their pain management journey:

Alaska Native Tribal Health Consortium (ANTHC): Provides comprehensive healthcare services to Alaska Native people.

State of Alaska Department of Health and Social Services: Offers information and resources on healthcare services across the state.

Local hospitals and clinics: Contact your local healthcare facility for information on pain management services.

Support groups: Connecting with others experiencing similar challenges can provide valuable emotional support and practical advice.

Conclusion: Your Path to an Alaska Free of Pain

Your journey towards wellness in Alaska is possible. By proactively seeking appropriate healthcare, exploring diverse treatment options, and making conscious lifestyle changes, you can significantly reduce pain and improve your overall quality of life. Remember, the path to wellness is often a collaborative effort between you and your healthcare team. Don't hesitate to reach out for support and guidance. Embrace the beauty of Alaska without letting pain hold you back.

Frequently Asked Questions (FAQs)

1. What if I live in a remote area of Alaska? Telehealth services are increasingly available, offering access to specialists regardless of location. Many providers now offer virtual consultations.
1. How can I find affordable pain management treatment in Alaska? Explore options like Medicaid, state-sponsored programs, and sliding-scale clinics. Many providers also offer payment plans.
1. Are there support groups for people with chronic pain in Alaska? While specific support groups may vary by location, many hospitals and healthcare organizations offer resources and can connect you with support networks. Online support groups are also available.

1. What are some effective at-home pain management strategies? Heat or ice therapy, gentle stretching, mindful meditation, and maintaining a healthy lifestyle are effective at-home options. However, always consult your doctor before starting any new treatment.

1. How do I know if I need to see a specialist versus my primary care physician? If your pain is severe, persistent, or significantly impacting your daily life, consulting a specialist in pain management is often recommended. Your primary care physician can help determine if a referral is necessary.

alaska pain to wellness: Understanding Disabilities in American Indian & Alaska Native Communities , 2003

alaska pain to wellness: Pain Management Steven D. Waldman, 2007 Joined by an international team of leading experts, noted pain authority Dr. Steven Waldman presents comprehensive, one-of-a-kind coverage examining pain syndromes from a multidisciplinary perspective. A user-friendly, how-to-do-it format enables you to access specific guidance quickly ... and apply the information easily ... to bring faster pain relief to your patients. (Midwest).

alaska pain to wellness: Pain Management in Primary Care Yvonne D'Arcy, MS, APN-C, CNS, FAANP, Deborah Kiley, DNP, ANP, NP-C, FNP-BC, FAANP, 2020-09-21 Covers the entire scope of pain management with evidence-based guidance Written specifically for APRNs and PAs, this evidence-based text delivers practical guidance on how to assess, treat, and manage patients with pain in the primary care and family practice setting. Written by pain management experts well versed in both pharmacologic and non-pharmacologic therapies, the text encompasses the entire scope of pain management. Following an overview of the sources and physiology of pain, Pain Management in Primary Care delineates a multidimensional assessment approach and guides readers in developing a patient care plan. With an emphasis on strategies for safe prescribing, an extensive portion of the book addresses regulatory considerations, special populations, and thorough coverage of how to safely prescribe opioids. This includes risk screening, proper management, and identification and treatment of withdrawal. Woven throughout is a focus on the importance of interprofessional communication and collaboration in effective pain management. The text also provides concise, easy-to-reference information about medications, supplements, and non-opioid therapeutics. Abundant case scenarios and clinical pearls help readers apply knowledge to their own practice. Key Features: Covers the entire scope of pain management with evidence-based guidance on assessment, treatment, and pain management Emphasizes strategies for safely prescribing medications Includes detailed information on non-opioid and over-the counter-medications, opioids, and interventional pain management options Provides risk-screening tools and tips for proper selection, titration, and tapering of medications Describes how to identify and treat opioid withdrawal Illustrates application of knowledge to practice with case scenarios and clinical pearls

alaska pain to wellness: Healing Power of You Dr Keith Poorbaugh, 2020-06-24 When you hurt, you want answers. What caused the pain, and what can you do to recover? For people struggling with persistent or recurrent pain, however, those answers are difficult or impossible to obtain. Even so, it is possible to live a life with less pain-to heal and be well. In Healing Power of You, Dr. Keith Poorbaugh shares insights from his personal and clinical experience to help explain the cause of musculoskeletal pain. He then offers a rationale based upon recent scientific evidence

demonstrating the danger of choosing a medical fix rather than the path toward wellness and healing. Every well human moves to heal, and you can rediscover the true nature of tissue healing to foster natural pain relief from musculoskeletal conditions. Take the opportunity to explore current knowledge on the mystery of healing from pain. Science is always changing, but one thing remains true and constant: the musculoskeletal system is designed to heal. Designed for those suffering from chronic pain, this guide presents a solution-based approach to pain relief that encourages healing and lifestyle changes for improved wellness.

alaska pain to wellness: *Men's Health and Wellness for the New Millennium* Valiere Alcena, 2007-11-22 Millions of men suffer from diseases such as diabetes, hypertension, heart disease, cancer, obesity, and other ailments. *Men's Health and Wellness for the New Millennium* explains why these diseases occur, how to evaluate them, and how to treat them. Geared toward the medical professional but written in such a way that a layperson can understand its language and concepts, Dr. Valiere Alcena explains the best way to take a person's blood pressure, how hypertension affects different areas of the brain, the proper ways to treat various diseases in men, and much more. Dr. Alcena also delves into the risk factors for different age groups and races, explains the variations between assorted types of strokes, and offers suggestions to men and their doctors on how to reduce susceptibility to various illnesses. If you are a doctor trying to diagnose or treat an illness or if you are simply looking for recommendations on how to cope with or avoid an illness, *Men's Health and Wellness for the New Millennium* has the answers you seek.

alaska pain to wellness: *Wellness* Brent Q. Hafen, Werner W. K. Hoeger, 1997-08 Whenever students pick up a newsletter on wellness, they read health articles in magazines, or watch current health documentaries on television, they often see the mind-body connection discussed. As we move into the 21st century there is a real trend toward healing and staying well through behaviors. Anger, hostility, stress, loneliness, and self-esteem are just a few of the things that affect health. This text is ideal for professors who discuss any of these concepts with their students. This text covers the mind-body connection and self-responsibility.

alaska pain to wellness: *Freedom from Chronic Pain* Norman J. Marcus, Jean S. Arbeiter, 1995-04-28 This step-by-step guide introduces the pain-conquering techniques that have a proven, unprecedented success rate of 70 to 80 percent over more conventional methods. Included in this book are techniques for managing lower-back pain, arthritis, headaches, TMJ, and other chronic conditions. Illustrations.

alaska pain to wellness: *How to Live Well with Chronic Pain and Illness* Toni Bernhard, 2015-10-06 Comfort, understanding, and advice for those who are suffering--and those who care for them. Chronic illness creates many challenges, from career crises and relationship issues to struggles with self-blame, personal identity, and isolation. Beloved author Toni Bernhard addresses these challenges and many more, using practical examples to illustrate how mindfulness, equanimity, and compassion can help readers make peace with a life turned upside down. In her characteristic conversational style, Bernhard shows how to cope and make the most of life despite the challenges of chronic illness. Benefit from: • Mindfulness exercises to mitigate physical and emotional pain • Concrete advice for negotiating the everyday hurdles of medical appointments, household chores, and social obligations • Tools for navigating the strains illness can place on relationships Several chapters are directed toward family and friends of the chronically ill, helping them to understand what their loved one is going through and how they can help. Humorous and empathetic, Bernhard shares her own struggles and setbacks with unflinching honesty, offering invaluable support in the search to find peace and well-being.

alaska pain to wellness: *Health and Wellness* Gordon Edlin, Eric Golanty, 2015-08-04 *Health & Wellness*, Twelfth Edition covers many facets of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives. Written in a personal and engaging style, the Twelfth Edition encourages students to make the right health choices and gives them the tools and information they need to improve their health habits.

alaska pain to wellness: *Wellness by the Numbers* Jacqueline Klosek, 2015-03-17 Ideal for

high school and lower undergraduate readers, this book provides a holistic and multifaceted look at the state of health in the United States today by examining a wide variety of health indicators against necessary background and contextual information. *Wellness by the Numbers: Understanding and Interpreting American Health Statistics* presents the factual data that underlies health summaries—information that is not often readily available to readers. The statistical data regarding a variety of health indicators, accompanied by contextual information and analyses, serves to inform high school and lower undergraduate readers about the state of health in America today. Just as importantly, this book will document how scholars and health professionals analyze data to draw conclusions and sharpen readers' critical thinking skills. The book begins with an introductory essay that provides a conceptual framework for readers and a general overview of the topic of analyzing health across the nation. The *Locating Accurate and Current Data on Health-Related Information* section clearly explains the process of analyzing and interpreting statistical information, describes how to find authoritative sources of data, and defines the steps to reading and interpreting data and how to draw conclusions from the information. Each of the more than 40 key health topics includes an introduction of the particular health indicator being discussed, presents the data in tables, charts, or figures with concise analysis and interpretation, and concludes with discussion questions that challenge the reader to find additional meaning or patterns in the data.

alaska pain to wellness: Multicultural Approaches to Health and Wellness in America

Regan A. R. Gurung, 2014-04-21 Led by a UCLA-trained health psychologist, a team of experts describes non-traditional treatments that are quickly becoming more common in Western society, documenting cultural variations in health and sickness practices to underscore the diversity among human society. This unique two-volume set describes the variety of cultural approaches to health practiced by people of varying cultural heritages and places them in stark context with traditional Western approaches to health care and medicine. Examining health practices such as Ayurveda, an ancient system of medicine that focuses on the body, the sense organs, the mind, and the soul; and traditional Chinese medicine (TCM), the author examines why these different approaches can explain some of the cultural variations in health behaviors, differences in why people get sick, and how they cope with illness. Traditional health care providers of all kinds—including clinicians, counselors, doctors, nurses, and social workers—will all greatly benefit by learning about vastly different approaches to health, while general readers and scholars alike will gain insight into the rich diversity of world culture and find the material fascinating.

alaska pain to wellness: The Science and Practice of Wellness: Interventions for Happiness, Enthusiasm, Resilience, and Optimism (HERO) Rakesh Jain, Saundra Jain, 2020-01-14 A dynamic approach to mental health and wellness, ready for any clinician to implement. Wellness is rapidly becoming an issue of great importance in clinical practice. Wellness-centric clinicians look to improve various traits known to be beneficial to patients— traits such as happiness, enthusiasm, resilience, and optimism (referred to as the HERO traits). All of these not only improve global mental wellness, but also offer resilience against stress, depression, and anxiety. Wellness-centric interventions augment both psychopharmacology and traditional psychotherapies, such as CBT. Rakesh and Saundra Jain start with an in- depth review of the scientific literature and a practical introduction on applying wellness interventions in various clinical settings. Additionally, they offer advice on such beneficial practices as exercise, mindfulness, optimized nutrition, optimized sleep, enhanced socialization, and positive psychology enhancement. A robust resource section offers access to wellness-centric scales and forms developed by the authors.

alaska pain to wellness: Im/Tb Wellness Hoeger, 2001-12

alaska pain to wellness: Nursing for Wellness in Older Adults Carol A. Miller, 2021-11-24 Grounded in the author's Functional Consequences Theory for Promoting Wellness in Older Adults, *Nursing for Wellness in Older Adults*, 9th Edition, instills a functional understanding of both the physiologic and psychosocial aspects of aging, as well as common risk factors, to prepare students for effective, wellness-oriented gerontological practice in today's changing healthcare environment. This extensively updated edition reflects the latest issues in the care of older adults and ensures an

actionable understanding of culturally appropriate care, legal matters, ethical concerns, and more.

alaska pain to wellness: Maximum Pain Relief with Your TENS Unit Doctor Jo, 2019-08-20
Tips, Techniques, and Step-by-Step Color Photos to Get the Most Out of Your TENS Unit Pain can hinder every aspect of your life, making even the simplest of tasks unbearable. Instead of endlessly ingesting only partially effective over-the-counter painkillers or turning to dangerously addictive opioids from your doctor, there is now a powerful at-home alternative solution: TENS.

Transcutaneous electrical nerve stimulation (TENS) units can decrease acute and chronic pain while significantly reducing, or even eliminating, the need for medication. For beginners to more advanced users, this book has solutions for everyone. It offers not only an overview of how the units work, but also how to properly place the electrodes and how much power to use to get the best results for various injuries and ailments throughout the body, including: Upper and Lower Back Pain Neck and Shoulder Tightness Hamstring and Calf Strains Fibromyalgia Peripheral Neuropathy Tension Headaches

alaska pain to wellness: Crooked Cathryn Jakobson Ramin, 2017-05-09 The acclaimed author of *Carved in Sand*—a veteran investigative journalist who endured persistent back pain for decades—delivers the definitive book on the subject: an essential examination of all facets of the back pain industry, exploring what works, what doesn't, what may cause harm, and how to get on the road to recovery. In her effort to manage her chronic back pain, investigative reporter Cathryn Jakobson Ramin spent years and a small fortune on a panoply of treatments. But her discomfort only intensified, leaving her feeling frustrated and perplexed. As she searched for better solutions, she exposed a much bigger problem. Costing roughly \$100 billion a year, spine medicine—often ineffective and sometimes harmful—exemplified the worst aspects of the U.S. health care system. The result of six years of intensive investigation, *Crooked* offers a startling look at the poorly identified risks of spine medicine, and provides practical advice and solutions. Ramin interviewed scores of spine surgeons, pain management doctors, physical medicine and rehabilitation physicians, exercise physiologists, physical therapists, chiropractors, specialized bodywork practitioners. She met with many patients whose pain and desperation led them to make life-altering decisions, and with others who triumphed over their limitations. The result is a brilliant and comprehensive book that is not only important but essential to millions of back pain sufferers, and all types of health care professionals. Ramin shatters assumptions about surgery, chiropractic methods, physical therapy, spinal injections and painkillers, and addresses evidence-based rehabilitation options—showing, in detail, how to avoid therapeutic dead ends, while saving money, time, and considerable anguish. With *Crooked*, she reveals what it takes to outwit the back pain industry and get on the road to recovery.

alaska pain to wellness: The Pain Reprocessing Therapy Workbook Vanessa M. Blackstone, Olivia S. Sinaiko, 2024-11-01 Free yourself from chronic pain with this powerful, evidence-based workbook. Do you suffer from back, knee, or neck pain, migraines, arthritis, fibromyalgia, or any other condition that causes chronic discomfort? Have you searched far and wide for answers, hoping against hope to find lasting relief—only to find yourself disappointed and in pain again? This discouraging cycle can be as damaging to your quality of life as the pain itself, especially if your pain has been minimized or disregarded. If you're tired of running into roadblocks when it comes to finding real solutions, it might be time for a new approach. It's time to leverage the natural power and flexibility of your brain, so you can finally free yourself from chronic pain and take charge of your life. At the heart of this groundbreaking workbook is pain reprocessing therapy (PRT)—the most effective current treatment for chronic pain. PRT is a highly streamlined, evidence-based method that actually retrains the brain to accurately interpret sensory signals from the body, interrupting the perpetual pain cycle so you can find some relief. You'll begin by exploring the ins and outs of how pain works, with special emphasis on understanding the critical relationship between pain and fear. You'll also discover a wealth of in-the-moment tips to help you quickly recognize the aspects of life that trigger or aggravate your pain—so you can handle it quickly, healthily, and move on with less pain. If your quest for relief has led to nothing but frustration,

shame, stigmatization, and endless agony, the answers found in this friendly guide will illuminate a path away from pain and toward lasting comfort and peace of mind. Go ahead, take the first step.

alaska pain to wellness: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

alaska pain to wellness: Muscle Medicine Rob DeStefano, Joseph Hooper, 2009-09-15 A leading orthopedic surgeon and a top sports chiropractor team up to offer a groundbreaking new approach to remaining injury-free and recovering from injury faster. Muscle injuries are not just for sports superstars anymore. Back, shoulder, hip, and knee problems bedevil more and more people than ever before. Muscle Medicine provides a way to prevent such injuries from happening and to treat them when they do without drugs or surgery. The product of a collaborative effort between two widely recognized authorities on sports injuries, Muscle Medicine relies on cutting-edge medical and therapeutic expertise to deliver what many doctors cannot: explanations of how to maintain good muscle health, how to treat common muscle injuries, such as "Tennis Elbow" and "Cell Phone Neck," and how to determine when joint surgery is and is not necessary for some common orthopedic problems. By focusing on the health of our muscles, we can prevent many sports injuries from occurring and recover faster from the ones that do, say the coauthors, whose A-list clients have included John McEnroe and Elisabeth Hasselbeck. Featuring more than 100 illustrations that show the basics of muscle mechanics, along with various stretching, strengthening, and self-treatment exercises, Muscle Medicine will help readers enjoy pain-free, active lives no matter what their age or activity level.

alaska pain to wellness: Wellness Werner W. K. Hoeger, Lori Waite Turner, Brent Q. Hafen, 2002 This book places a strong emphasis on the individual being responsible for their own health and wellness. It covers assessing your own personal attitudes and behavior and, where necessary, making appropriate changes stressing the benefits of exercise to increase wellness and longevity.

alaska pain to wellness: National Prevention Strategy: America's Plan for Better Health and Wellness Regina M. Benjamin, 2011 The Affordable Care Act, landmark health legislation passed in 2010, called for the development of the National Prevention Strategy to realize the benefits of prevention for all Americans' health. This Strategy builds on the law's efforts to lower health care costs, improve the quality of care, and provide coverage options for the uninsured. Contents: Nat. Leadership; Partners in Prevention; Healthy and Safe Community Environ.; Clinical and Community Preventive Services; Elimination of Health Disparities; Priorities: Tobacco Free Living; Preventing Drug Abuse and Excessive Alcohol Use; Healthy Eating; Active Living; Injury and Violence Free Living; Reproductive and Sexual Health; Mental and Emotional Well-being. Illus. A print on demand report.

alaska pain to wellness: Motivational Perspectives on Chronic Pain Paul Karoly, Geert Crombez, 2018-08-07 Motivational Perspectives on Chronic Pain is one of the first volumes to

present a cohesive account of the adaptation to chronic pain from a motivational perspective. Contributing authors from diverse areas of pain research offer comprehensive summaries of the concepts, findings, and applied methodologies that converge on the role of goals and goal-related cognitive processes, self-regulatory support mechanisms, contextual forces, and emotionality as they influence (and are influenced by) the experience of chronic pain. This volume provides readers with an up-to-date compendium of cutting-edge research and interventions that collectively illustrate the utility of viewing chronic pain neither as a disease nor an imposed lifestyle, but as the emergent and potentially flexible product of a complex transactional system that is bounded by both sociocultural factors and by biogenetic and neural moderating forces. Within its pages, chapters capture the vibrancy of current theory, research, and practice while pointing toward unexplored new directions. Among the important topics addressed by this distinguished group of authors include: the nature and relevance of control systems, the role of neural mechanisms on pain processing, the influence positive and negative emotion regulation play on pain management, the impact of learning and conditioning, and the often neglected influence of interpersonal processes on adjustment to chronic pain.

alaska pain to wellness: Wellness by Design Jamie Gold, 2020-09-01 Design your home to optimize your healthy lifestyle with this room-by-room guide from certified kitchen designer and wellness design consultant Jamie Gold. Residential designer Jamie Gold has spent years exploring how simple changes to things like lighting, fixtures, storage, and outdoor space can impact our health and wellness. In *Wellness by Design*, Gold offers a room-by-room guide to refreshing your space so that it supports your wellness journey. Good news, it doesn't require a yoga room and can be done in small apartments as well as large houses. This book explains how simple changes can make a huge difference in how you feel every day. You'll learn: - How to maximize accessibility and organization in your kitchen for faster, healthier, and more delicious meals. - How to make easy fixes to your ventilation system to help ease symptoms of asthma and allergies - How to optimize your home office to eliminate back, neck, and foot pain. - How to enhance your bathroom tub and shower spaces to support fitness goals and simplify family life. - And much more! It's time for your home to work as hard as you do to support your health. With the right organization and interior design, your home can help you maintain and improve your health in a variety of ways, from improving health and preventing disease to encouraging clean eating, sustainable living, safety, fitness, serenity, and joy. Whether you're building your dream home or decorating your new rental, this book will help you keep your fitness goals and stay on track for a long and healthy life.

alaska pain to wellness: Treatment of Chronic Pain Conditions Jason E. Pope, Timothy R Deer, 2017-09-01 There is an unmet need in both acute and chronic care settings for a comprehensive, clinically focused, fast reference on pain management. Written by high-profile, internationally recognized experts in field, *Pain Treatment for Acute and Chronic Conditions: A Comprehensive Handbook* is one of the first manuals of its kind to provide balanced and comprehensive coverage of pain medicine modalities. The book is structured into sixteen sections with each chapter providing key points for quick reference, followed by a more detailed overview of the topic at hand with extensive tables and figures to illustrate. Beautifully laid out and extensively furnished with both research and experience, this book is a necessary resource in the field of pain medicine.

alaska pain to wellness: Indian Youth Suicide United States. Congress. Senate. Committee on Indian Affairs (1993-), 2006

alaska pain to wellness: Cannabis for Chronic Pain Rav Ivker, 2017-09-12 The first authoritative and comprehensive guide for treating chronic pain with medical marijuana from a holistic family physician who has treated more than six thousand chronic pain patients with cannabis. While the number of patients using medical marijuana increases every year, misconceptions about cannabis and whether it's harmful or dangerous still exist. In *Cannabis for Chronic Pain*, Dr. Rav explains the potential of marijuana's capacity for healing anyone afflicted with chronic pain. Medical marijuana is a safe, non-addictive alternative to dangerous opiate pain pills. Along with sharing his own story of using medical marijuana to heal from a severe case of shingles,

Dr. Rav guides you through the cannabis and holistic treatment for your specific chronic pain condition. If you are suffering from arthritis, back pain, migraines, fibromyalgia, menstrual cramps, IBS, Crohn's Disease, anxiety, depression, or pain from cancer or its treatment, this may be the book for you. Dr. Rav offers step by step instruction on the benefits and appropriate use of medical marijuana. And he dispels many of the misconceptions. Did you know that you don't have to smoke or eat cannabis for it to be effective? There are now patches and drops. We are entering a new age of acceptance and perhaps most importantly, as Dr. Rav highlights, it is now possible to create a distinct cannabis prescription for different types of chronic pain. Find what works for you and finally get the relief you need. Cannabis for Chronic Pain is the new, definitive guide for anyone who suffers from chronic pain.

alaska pain to wellness: Living with Chronic Pain DR DAWN. MACINTYRE, 2020-09-11 A personal journey interwoven with practical advice and insights for changes and support to help the millions of sufferers of chronic pain enjoy life again. Dr Dawn Macintyre shares her perspectives as both a chronic pain sufferer and health professional to help people navigate pain and find a meaningful and joyful life again.

alaska pain to wellness: AACN Essentials of Critical Care Nursing, Fourth Edition Suzanne M. Burns, Sarah A. Delgado, 2018-12-24 Succinct, complete guidance on how to safely and competently care for adult, critically ill patients and their families - written by top clinical experts A Doody's Core Title for 2022! Endorsed by the American Association of Critical-Care Nurses (AACN), this acclaimed textbook sets the standard for critical care nursing education. Recognizing the learner's need to assimilate foundational knowledge before attempting to master more complex critical care nursing concepts, the book features a practical building-block organization that starts with the basics and logically progresses to advanced topics. Bolstered by helpful tables and essential content cases, AACN Essentials of Critical Care Nursing is an essential tool for clinicians at the point of care, and those preparing for CCRN® certification in critical care nursing. AACN Essentials of Critical Care Nursing, Fourth Edition is presented in four sections: The Essentials presents core information that new clinicians must understand to provide safe, competent nursing care to all critically ill patients, regardless of their underlying medical diagnoses. Pathologic Conditions covers pathologic conditions and management strategies commonly encountered among adult critical care patients. Advanced Concepts in Caring for the Critically Ill Patient moves beyond the essentials and includes information about specific pathologic conditions that require specialized critical care management. Key Reference Information features normal laboratory and diagnostic values, troubleshooting guides for hemodynamic monitoring, summary tables of critical care drugs, and cardiac rhythms and treatment guides. Learning aids include Knowledge Competencies that can be used to gauge progress, Principles of Management to summarize key concepts and "Essential Content" case studies with questions and answers to further reinforce the learners' knowledge.

alaska pain to wellness: The Little Pocket Book of Stretching with Ease for a Pain-free Back Linda Minarik, 2017-10-10 Avoid and treat back injury, improve your health, and maintain your posture with this illustrated guide to stretches for your back. Avoid and treat back injury, improve your health, and maintain your posture with this illustrated guide to stretches for your back. Fitness and stretching expert Linda Minarik provides a comprehensive guide to working with your body to assist it to become fluid and flexible, so that back pain becomes a thing of the past. She explains why you should stretch and how muscles respond to stretching, then gives clear instructions for a range of stretches you can use to help your back, not only targeting the back muscles but also the abdominals, hips, and thighs. All of the stretches can be done easily at home without any special equipment, and photographs are overlaid with illustrations to show which particular muscles are being stretched in each case. Linda also provides stretch sequences for warming up, to relieve pain, and to incorporate stretching into your daily life.

alaska pain to wellness: COVID-19 Impacts to Health and Wellness among Native American, Native Hawaiian, Alaska Native Peoples, and Indigenous Groups throughout the World Rene Begay, Timian Mitsue Godfrey, Jerreed Dean Ivanich, 2023-09-28

alaska pain to wellness: *Pain Management and the Opioid Epidemic* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Pain Management and Regulatory Strategies to Address Prescription Opioid Abuse, 2017-09-28 Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

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almost everything in between. Every section provides a comprehensive look at each symptom's Causes: both common and less-common, Evaluation: warning signs, when to see a doctor, what the doctor does, and testing, Treatment: a wide-array of options, and Key points: the most important information about the symptom. It also includes helpful tables and illustrations. Organized in a (2-color, 500 page) paperback format makes it easy for busy families to quickly find the information they need. Symptoms covered include: Back Pain, Cough, Fatigue, Fever, Headache, Heartburn, Itching, Joint Pain, Nausea, Swelling and many more....

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