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For Immediate Release

February 27, 2024

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Grey House Publishing Announces the First Edition of the *Chronic Pain Handbook & Resource Guide*

Grey House Publishing is pleased to announce the *Chronic Pain Handbook & Resource Guide*—the ninth volume in a health series that supports our long-standing consumer health titles on such topics as mental health, older Americans, chronic illness, pediatric disorders, and people with disabilities.

This work covers chronic pain and related health conditions, divided into causal and comorbid conditions from arthritis to trigeminal neuralgia, and anxiety to suicide.

The *Chronic Pain Handbook & Resource Guide* combines valuable, easy-to-understand educational information for consumers, patients, and their families, with official reports and releases about how to begin a conversation about treating chronic pain, treatments that avoid potentially dangerous and addictive opioid options, best practices for managing pain, true stories from pain patients, and treatments and further resources for co-occurring conditions. This new volume is arranged in the following sections:

Introduction

This detailed introduction to the book and to chronic pain specifically, written by health specialist Patricia S. Edens, PhD, RN, LFACHE, provides an overview of chronic pain, and includes information on the challenges of treating certain types of pain, specifics about common conditions, and non-medication interventions.

Section One: Studies & Statistics

This robust, colorful section of 400 pages includes detailed reports, journal articles, fact sheets, infographics, and useable materials such as checklists, from a number of sources including the National Institutes of Health, the U.S. Food and Drug Administration, the Surgeon General's Office, the Substance Abuse and Mental Health Services Administration, the U.S. Department of Health and Human Services, the Centers for Disease Control and Prevention, and more. It begins with an annotated table of contents, followed by a series of "conversation starters" about

addressing chronic pain, details about nonopioid and alternative treatments, real-life patient stories, and forward-looking scientific breakthroughs.

Following this are helpful backgrounders, facts, and treatment plans about the specific causal conditions related to chronic pain that are covered in Section Three, including arthritis, back injuries & conditions, cancer, chronic fatigue syndrome, diabetes mellitus, endometriosis, fibromyalgia syndrome, head injuries, inflammatory bowel disease, Long COVID, migraine headaches, neuropathy (nerve damage), osteoporosis, tick-borne disease, and trigeminal neuralgia. The comorbid conditions covered in Section Four are also represented here, including anxiety disorders, depressive disorders, feeding & eating disorders, heart disease, hypertension, impotence, infertility, obesity, substance-related & addictive disorders, and suicide.

Section Two: Chronic Pain Resources

This section details a variety of resources for individuals experiencing chronic pain, their families, and caregivers, including agencies and associations, foundations, libraries and resource centers, research centers, support groups and hotlines, print resources, digital resources, and web sites.

Section Three: Causal Conditions

This section includes 15 conditions that are considered to be major causes of chronic pain. Overviews written by Patricia S. Edens detail the conditions themselves, how they cause chronic pain, and common and cutting-edge treatment options. Patient, family and caregiver resources follow.

Section Four: Comorbid Conditions

This section includes 10 conditions that are considered to commonly co-occur with chronic pain. As in Section Three, Patricia S. Edens provides overviews detailing the conditions themselves, how they relate to chronic pain, and the various treatments available. Patient, family and caregiver resources follow.

Following that, users will find the following pieces of backmatter:

- **Glossary of Terms** lists major terms and concepts related to chronic pain.
- **Entry Index** lists all directory entries alphabetically.
- **Geographic Index** organizes listings alphabetically by state.

Free Online Access

In addition to the print directory *Chronic Pain Handbook & Resource Guide* includes free online access on the Salem Press/Grey House Online Platform. This gives your patrons immediate access to the most valuable in-depth information on the many causes of these conditions, early warning signs, diagnosis, treatment options, advice for caretakers, preventative therapy, and support. Call 800-562-2139 for a free trial or visit <https://online.salempress.com/> for more information.

The *Chronic Pain Handbook & Resource Guide* is a necessary reference for public and academic libraries, as well as education and health care collections, providing information crucial to individuals suffering from depression, their broader support network, caseworkers, social workers, and other education and health care providers.

Chronic Pain Handbook & Resource Guide, First Edition

Hardcover ISBN: 978-1-63700-815-7

643 pages

\$165.00

Includes Free Online Access

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Publisher: Leslie Mackenzie