



A newsletter of the
'In Our hands Health Information & Resource Centre Inc.'

January
 2012

Who Are We

Health In Our Hands is a community based and operated organisation run entirely by volunteers. We work in partnership with our local hospital and the Spencer Gulf Rural Health School. Our activities are all based around Chronic disease self-management and in particular the Stanford Model for which we hold a licence. Our centre has a room at the Whyalla Hospital which is open to the public five days per week. The centre also runs some of its programs at other locations in the community.

Email: ioh1@iprimus.com.au

URL: <http://www.inourhands.com.au>



Who Are We?



"Health In Our Hands"
 3rd Floor Whyalla Hospital
 Phone 08 8648-8463

Email: ioh1@iprimus.com.au
 URL: www.inourhands.com.au



Call in anytime, we are open 10.00am to 3.00pm Monday to Friday, we have a range of health related information and run exercise and lifestyle programs to suit anyone.

What's On In 2012

In February we will be running the popular 'Pathways Through Pain' program. This program is a guide to a self-management with support of your healthcare team devised by the Stanford University.

Chronic Pain is fast becoming a condition that affects many people in all age groups and this greatly affects the way we live. There are many therapies and much help for people with chronic pain and these all provide much needed solutions to the major problems we have to face every day.

There are many other problems these people face every day for which there is no general remedies. Some of these are the emotional issues that trouble people, not fully understanding the complexity caused by pain, knowing just what to do.

There is so much else that can be done by ourselves to enable us to live as normal a life as possible and this is known as "self-management or self-care" and our knowledge of these concepts can be greatly improved by attending a course such as **Pathways Through Pain**. The course runs over six weeks (approx. 2.5hrs per session) and covers a multitude of topics.

This course is not intended to replace anything that you already do; rather it is designed to complement it by giving you simple to understand facts and concepts relating to pain. It is not a health lecture, it is very interactive, and participants help each other in many ways so by taking part you will not only learn yourself but will help others learn from you.

What is Chronic Pain?

According to the Wikipedia ...

http://en.wikipedia.org/wiki/Chronic_pain

http://www.healthinsite.gov.au/topics/Chronic_Pain

Chronic pain has several different meanings in medicine. Traditionally, the distinction between acute and chronic pain has relied upon an arbitrary interval of time from onset; the two most commonly used markers being 3 months and 6 months since the initiation of pain, though some theorists and researchers have placed the transition from acute to chronic pain at 12 months.

Others apply acute to pain that lasts less than 30 days, chronic to pain of more than six months duration, and subacute to pain that lasts from one to six months. A popular alternative definition of chronic pain, involving no arbitrarily fixed durations is "pain that extends beyond the expected period of healing."

The way we experience pain is very complex and there may be suffering beyond the hurt:

- many are unable to work
- there can be mental and physical deterioration
- relationships can be weakened
- families may experience disruption and financial difficulties; and
- persistent pain can lead to feelings of hopelessness and despair

Today much can be done to relieve pain, provide greater comfort, and help many pain sufferers to regain a normal lifestyle. The first step is to seek medical attention for on-going pain.



Often it is possible to resolve the problem. Sometimes the pain may need specialist medical treatment, perhaps surgery.

Even where the pain cannot be resolved and suffering and disability continue, there are techniques and tools which can help people to live and work with their pain.



Pathways' Though Pain.

This program will start on Wednesday 8th February at 1.30pm in our room on 3rd floor. The cost is \$30.00 and this covers the cost of the workbook and CD that goes with the program. Refreshments are available, call in and book now or phone 0402808599 anytime.



Pathways to Better Health

By Paul Holmes

Our health like our lives follows a pathway, we have times when we feel really well and then we experience times when we feel not so good. This is quite normal, but we do need to do all we can to make sure that the good times outnumber the not so good times as much as we can. Thinking of our lives and health as a pathway enables us to look at all the twists and turns that we encounter on the paths that we follow and make decisions on how we might make that pathway as smooth as we can.

All paths have exits along the way, some of these may just be a longer way to the end, and others may turn out to be shortcuts. Where our health is concerned we need to examine some of these deviations, perhaps some of them may take us into area that will enable us to make some improvements in our health outcomes. By taking up some of the challenges these pathways throw at us we can gradually shorten the pathway to better health.

Taking on a very proactive role in our health care enables us to really make a difference on the outcomes, taking small steps such as gradually increasing the amount of exercise we do, cutting down on snacks, removing as much fat as we can from our diets all make a difference. Joining health related programs that will give you information and practical assistance in all the above items is a great way of making sure that we follow through with these changes and they become our daily routine. There are many other problems that we have to face with our health, one we generally avoid talking about is our emotions, these play a major role in how we feel day by day, learning to understand what these emotions are and how we can overcome some of them can make a big difference to the path that we follow and in doing so make our overall health just that bit better.

This year Health In Our Hands has put together a series of programs collectively called Pathways to Better Health, it includes programs that cover Diabetes, Pain, Arthritis, Nutrition and many other health and lifestyle problem. They are all available to anyone please feel free to call in personally for more information, phone us on 8648 8463 or visit our website at:

www.inourhands.com.au

