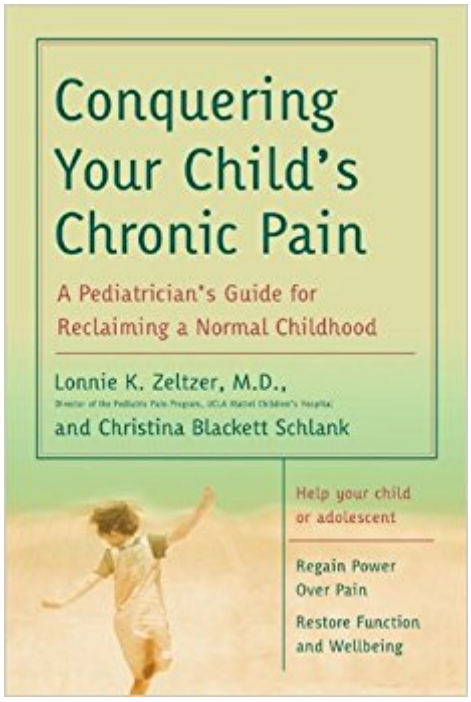
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Conquering Your Child's Chronic Pain: A Pediatrician's Guide For Reclaiming A Normal Childhood



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Synopsis

From a renowned expert in the field, a parent's guide to managing their child's chronic painÃ¢â ¬â •to give back normal life to the 1 in 5 children for whom pain is a serious problem. A child's chronic pain undermines school performance and social and emotional health, erodes finances, and devastates the family. This book reveals what parents can do to alleviate their child's pain on a daily basis. Dr. Zeltzer's clinic is renowned for treatment of pediatric pain stemming from headaches, arthritis, irritable bowel syndrome; fibromyalgia, and more, via a multidisciplinary approach including specialists in psychiatry, hypnotherapy, yoga, acupuncture, biofeedback, and others. Based on more than 30 years study, Dr. Zeltzer offers ways to take control of the pain and ultimately become pain-free. She explains how to tell if the pain has become chronic, soothe the nervous system, reactivate the body's natural pain control mechanisms, which medications are most effective, breathing, muscle relaxation and visualization techniques, how to reduce parents' guilt and much more.It is never too late to treat pain in children, no matter how long it has lasted, says Dr. Zeltzer. Her book offers help and hope to families desperately in need.

Book Information

Paperback: 320 pages

Publisher: William Morrow Paperbacks; 1 edition (January 18, 2005)

Language: English

ISBN-10: 0060570172

ISBN-13: 978-0060570170

Product Dimensions: 5.3 x 0.7 x 8 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 31 customer reviews

Best Sellers Rank: #283,947 in Books (See Top 100 in Books) #33 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #56 inÃ Â Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Pain Medicine #100 inÃ Â Books > Medical Books > Pharmacology > Pain Medicine

Customer Reviews

Ã¢â ¬Å“An important, compassionate book...Ã¢â ¬Â• (Deepak Chopra, author of Fire in the Heart)Ã¢â ¬Å“Parents! If you hava child in pain, read this book. There is hope.Ã¢â ¬Â• (James Campbell, M.D., Professor of Jeurological Surgery and Director, Blaustein Pain Treatment Program, Johns Hopkins University School of Medicine; Founder and President, American Pain Foundation;

Past President, American Pain Society)Ã¢â ¬Å“...an outstanding book for parents of children and adolescents with chronic pain. I recommend it highly.Ã¢â ¬Â• (Charles Berde, M.D., Ph.D., Chief, Division of Pain Medicine, Department of Anesthesiology, Perioperative and Pain Medicine, Children's Hospital, Boston; Professor of Anaesthesia and Pediatrics, Harvard Medical School)Ã¢â ¬Å“...a valuable and important book that will be appreciated by every family struggling with a child in pain.Ã¢â ¬Â• (Neil L. Schechter, M.D., Professor of Pediatrics, University of Connecticut School of Medicine; Director, Pain Relief Program, Connecticut Children's Medical Center)Ã¢â ¬Å“...reassuring and informative. Parents will gain hope when they discover the many available treatment options.Ã¢â ¬Â• (Kenneth R. Goldschneider, M.D., F.A.A.P., Director, Division of Pain Management; Associate Professor of Anesthesia and Pediatrics, Cincinnati Children's Hospital Medical Center and Susmita Kashikar-Zuck, Ph.D, Associate Professor of Pediatrics, Psychology)Ã¢â ¬Å“I hope Dr. Zeltzer continues to do subjective research on yoga so that the young generation regains freedom from pain...Ã¢â ¬Â• (B.K.S. Iyengar)Ã¢â ¬Å“A wonderful book! Dr. ZeltzerÃ¢â ¬â„¢s approach is loving, respectful, upbeat, and best of all - successful.Ã¢â ¬Â• (Laura Schanberg, M.D., Associate Professor, Pediatric Rheumatology, Duke University Medical Center)Ã¢â ¬Å“...a must-read for any patient with chronic pain.Ã¢â ¬Â• (Steven J. Weisman, M.D., Jane B. Pettit Chair in Pain Management, Children's Hospital of Wisconsin; Professor of Anesthesiology and Pediatrics, Medical College of Wisconsin)Ã¢â ¬Å“Now [Dr. ZeltzerÃ¢â ¬â„¢s] wisdom is available to all.Ã¢â ¬Â• (Patrick J. McGrath, O.C., Ph.D., F.R.S.C., Canadian Institutes of Health Research Distinguished Scientist; Canada Research Chair; Killam Professor of Psychology and Professor of Pediatrics and Psychiatry, Dalhousie University)Ã¢â ¬Å“This is an amazingly caring, competent, and useful book. It opens your mind but also your heart...Ã¢â ¬Â• (Vanna Axia, Ph.D., Professor of Developmental Psychology, Child Neuro-psychiatry Specialization School, School of Medicine; Director, Graduate Program in Developmental Psychology, University of Padova, Italy)Ã¢â ¬Å“All [Dr. ZeltzerÃ¢â ¬â„¢s] work has resulted in real solutions for children and their parents.Ã¢â ¬Â• (David Geffen)Ã¢â ¬Å“One of the few [books] for laypeople on chronic pain in children.Ã¢â ¬Â• (Washington Post)Ã¢â ¬Å“Informative, practical, and well written.Ã¢â ¬Â• (Pediatric Pain Letter)

Lonnie K. Zeltzer, M.D., is director of the Pediatric Pain Program at Mattel Children's Hospital at UCLA; professor of pediatrics, anesthesiology, and psychiatry at David Geffen School of Medicine at UCLA; and medical director of the Trinity KidsCare Pediatric Hospice. She lives in Encino, California.Christina Blackett Schlank, author of Medicine and Money, lives in Los Angeles,

California.

My daughter has Crohn's Disease and has been coping with a flare for over a year now. My husband and I have watched her spiral down, gradually cutting out pieces of her life and becoming more and more homebound. We always would push her to function as much as possible and she would try but, in the end, this only served to increase her anxiety about her pain and her ability (or lack thereof) to cope with it. Finally, after deciding to keep my daughter at home so that she would qualify for a school tutor, I found this book. Now, I understand that anxiety and worry physiologically "turns up the volume" on pain. It's real pain, but it's something that she can learn to have some control over and reduce. This book has helped me to pull various professionals into my daughter's life (talk therapist, biofeedback therapist, Iyenger yoga instructor) that are helping her to build the coping skills that she so desperately needed. Additionally, we have changed the structure of her day at home to give her more responsibility/control for her well being and to gradually increase her confidence with being an active person again. It's working!! She still has pain but her ability to function with it has been improving noticeably!

Are you the parent of a child who has chronic pain? I am. My husband and I have searched for numerous doctors to help our son with chronic pain including stomach pain, neck pain, headache, muscle cramps, backache, joint pain, constant ill health, brain fog. We've been searching for 12 years. This book describes many cases of children and how they were helped to overcome their distress thus relieving parents' anguish. In our case, my son was recently disgnosed with Lyme and Bartonella Disease and we are starting on that path to remission and recovery. I saw my son's experiences in the lives of children described in this book. It helps parents realize they are not alone. It offers solutions for a number of ailments through pain management proscibed by doctors at UCLA. Julie

We came across this book after my adolescent daughter had been hospitalized twice and completely disabled from migraines that started when she hit puberty. We'd crossed the country to get her the best available treatment for migraines, without much improvement. By the time we read this book, we'd exhausted all the medical options available to us and were completely desperate. Its very reasonable methods for dealing with chronic pain changed her, and therefore our, lives. We gave up looking for the most high powered doctors and found local doctors with experience in dealing with chronic pain who were in synch with the methods discussed in the book. (E.g., children

with chronic pain need to function to get better, since pain is a product of the conscious mind; medications can help, but aren't a silver bullet; yoga and biofeedback can help children cope.) One year later my daughter, although not pain free, is much, much better, and enjoying life again. She's back in school on a regular basis, has a normal social life again, and is generally back to living her life.

Amazing amazing book for anyone with a child going thru chronic pain issues! This "hit the nail on the head" for us! Would love to get my daughter down to this clinic. Looks life changing.

My 10 yr old son is a patient of Dr. Zeltzer, the author of this book. We had been through a nightmare ordeal because of my son's chronic stomach pain. Seen numerous doctors, tried mind altering meds. Everthing changed after our appt. with her clinic. Another patient told me about the book and it soon became clear that this author is one of the doctors who is both brilliant and compassionate, a rare thing for most doctors. This is a thorough comprehensive book that changed the direction of my son's health issues. I would recommend this book to anyone who has a child who is suffering some kind of chronic illness.

Having a son who suffers a chronic pain condition brought on by a virus, this book was a Godsend. Finally someone could explain to me why painkillers don't work on children and why the brain won't shut off the pain. Great explanation of how kids are different than adults when it comes to pain and also, great actual examples of kids and pain and what worked and what didn't. Medications are also explained in depth, as well as more homeopathic and non-medical cures.

Dr. Zeltzer explains in detail and with clarity why different children suffer from chronic pain and what you and your child can do about it. She uses traditional medicine along with a host of cam therapies and some even more untraditional, but they make you think differently about how you are treating your child and she gives your child tools to improve his or her situation.Her practice includes children whose pain started from a variety of illnesses and filled us with hope that my daughter can get better. I highly recommend this book for anyone who has a child with chronic pain.

Hi, my name is Wendy. I am the mother of a 10 year old son who has lived with chronic pain since he was 18 months old. It has been quite a journey thus far, and most of it we have had to do without a support group. It is not any easy thing to find other families with children who have chronic pain or

the support groups for them, but we are slowly gathering a network of friends who can relate to the life of raising a child who hurts so much. If you have a child/grandchild or other family member who is a child with chronic pain and would like to join our email support group, please contact me at creative_companion@yahoo.comThank you, and peace be with you and your family today. Wendy

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