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FOR IMMEDIATE RELEASE

THE BEST WAYS TO SUPPORT A LOVED ONE WHO HAS CHRONIC PAIN:

WHAT STUDIES SHOW ABOUT SUPPORTING A SPOUSE, AN ELDERLY PARENT OR A CHILD

Presentation Series Begins Tuesday June 3rd

Vancouver, Canada Chronic pain affects one in five Canadians, yet little is discussed about how a loved one can support a person with chronic pain. This topic is studied and there is evidence about what works best, yet in media the topic is overlooked.

A trio of live online presentations begins **Tuesday June 3**, with the latest research about what works when supporting an elderly parent, a child, or a spouse in chronic pain.

Our experts include:

- **Supporting an elderly parent with chronic pain: Tuesday June 3**
Dr. Romyne Gallagher, Palliative Physician
- **Supporting a child with chronic pain: Wednesday July 9**
Dr.'s Erin Moon and Susan Bennett, BC Children's Hospital
- **Supporting a spouse with chronic pain: Tuesday August 14**
Dr. Susan Holtzman, Health Psychology Lab at UBC

The Canadian Institute for the Relief of Pain and Disability is national in scope, and is based in Vancouver.

The **Canadian Institute for the Relief of Pain and Disability (CIRPD)** has, since 1986, played a major role in bringing together researchers, health professionals and patients to prevent and reduce pain, pain-related suffering and disability. CIRPD is an affiliate member of the Canadian Cochrane Collaboration which is dedicated to the production and dissemination of findings from a synthesis of high quality research.

Co-sponsored by Pain BC.

For more information or **to schedule interviews with experts**, please contact: Lisa Mighton at 778-684-4148 or education@cirpd.org.

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