

## **PAIN OUT LOUD Story Submission Guidelines**

### **Your PAIN OUT LOUD story must promote the POL Mission:**

1. To enable a platform for pain challengers to tell their story of PAIN OUT LOUD with other pain challengers/sufferers regarding healthy ways in which they have overcome or minimized suffering from their pain.
2. To form a collaborative community of positive and constructive engagement to minimize the negative consequences of overly fixating on the pain.
3. To be a resource of practical, holistic, and varied approaches to the multiple pain challenges that members and the general public may have.
4. Be a source of supporters/attendees for future pain-related events.

**Pain sufferer definition:** Someone who suffers with pain and feels hopeless.

**Pain challenger definition:** Someone who challenges pain and minimizes their own suffering with self-care and a rational use of the medical system.

**Story Guidelines:** The following is required prior to approving your Pain Challenger story for publishing to PAINOUTLOUD.com.

- You must have a free or PRO membership level in the POL community.
- Submit your story for review in one of 3 ways:
  - Send a Skype video message of your pain story (3 minutes free at this time) to Dr. Cady (Skype username: doctorcady).
  - Need more than 3 minutes? Email Dr. Cady at [dr@challengedoctor.com](mailto:dr@challengedoctor.com) for an appointment for Dr. Cady to record a guided discussion of your story.
  - Write story by email to Dr. Cady at [dr@challengedoctor.com](mailto:dr@challengedoctor.com).
- Sign a waiver acknowledging that all stories are public information and do not establish a patient-physician relationship. (This will be emailed by Dr. Cady to your email after your entry is accepted.)
  - Your Name is optional.
  - Your Email is required.
  - Your City, State, and Zip code are required.
- After you sign the release, your story will be made available to the general public and may be indexed in search engines.
- Every submitted and approved story will be published within the POL member community, which requires a secure login to access.
- By releasing your story to the antiPAIN Lifestyle, LLC's website PAIN OUT LOUD, there is no violation of HIPAA (the acronym for the Health Insurance Portability and Accountability Act that was passed by Congress in 1996). Your choice to share or make your information public did not establish a patient-physician relationship with Dr. Cady.

- Your story after posting as a blog will have a second review by our customer service staff. There may be a requirement to clarify or edit parts of your story. PAIN OUT LOUD reserves editorial rights to your story.
- Your story becomes the property of this website and will remain online until your notification in writing to remove the story. Send removal request to dr@challengedoctor.com. You can also send a hand-written request to Melissa Cady, P.O. Box 92844, Austin, Texas, 78709.
- Leader of the POL community reserves the right to archive or delete your story at anytime for any reason without prior notification.
- You are offering your story and any accompanying photographs or images, if any, without expecting or receiving any monetary compensation upon submission or during any length of time that your story is part of the PAIN OUT LOUD community website.
- Your story with your permission may become a part of a video, webinar, documentary, or other teaching product that may be offered to the general public and members of the PAIN OUT LOUD community for a fee. You will not receive any type of monetary compensation or royalties for use of your story.

**PAIN OUT LOUD’S Gift to Pain Challengers:**

Each Pain Challenger who tells their story in a positive and constructive manner and is accepted for posting to POL.com will be mailed a “PAIN OUT LOUD – Hear My Story” bracelet unless opting not to receive one.

We very much appreciate each story submitted. By sharing your story, you are inspiring and encouraging Pain Sufferers on a path to become a Pain Challenger.

Thank you.

Dr. Melissa Cady, D.O.  
Leader, PAIN OUT LOUD Community  
“The Challenge Doctor”

Author, PAINDEMIC® Book

Updated 05/04/2017. antiPAIN Lifestyle, LLC.