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**From:** painACTION [mailto:info@painaction.ccsend.com] **On Behalf Of** painactionnewsletter  
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**To:** Lauren Walker  
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January 22, 2013 | ISSUE 180



- NEWSLETTER -

## Welcome to the painACTION Newsletter

### How much is enough? A tool for decision-making in healthcare

When it comes to your healthcare, how involved do you like to be? Are you the type who wants to know all the options? Or would you rather leave the decision-making up to your healthcare provider? [With this tool](#), you can explore the benefits and drawbacks of being involved in your healthcare, and find the approach that's right for you.

### How to keep working when you have chronic pain

For many people with chronic pain, one of the hardest decisions is whether to keep working. [This lesson](#) walks you through the choices, from quitting to changing jobs to making changes in the job you have.

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#### UPCOMING

#### Next issue:

*Voices of Experience:*  
Neither snow, nor sleet,  
nor gloom of pain:  
*Getting around in winter*

## Share what you've learned—*Voices of Experience* and *Personal Stories*

painACTION.com recently introduced *Voices of Experience*, a series of articles based on conversations with people who have chronic pain. We talk about the ways they keep active and engaged in life. The first conversation, about [enjoying the holidays](#), appeared in December.

Next week, 1/29/2013, we'll be sharing our next *Voices of Experience* interview, with Michael, who has had chronic pain for 25 years. He lives in the mid-Atlantic area, where winter weather brings bone-chilling cold and slippery sidewalks. Michael will share a few practical strategies for coping with the special challenges of winter weather.

painACTION also continues to publish *Personal Stories* written by people with chronic pain. In these essays, you can write about any aspect of your life with chronic pain – good or bad. You can read the [Personal Stories others have written here](#).

We're looking for people who can share their experiences on the following topics:

- Parenting with chronic pain
- Relationships and sex with chronic pain
- Traveling
- Communicating with your healthcare providers
- Asking for help
- Your work or vocation
- Parties/socializing
- Overcoming the blues

Do you have experience to share, either as a *Personal Stories* piece, or in a *Voices of Experience* interview? [Email us](#) to learn more about contributing to painACTION.

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## ACTIONStep—How to deal with opioid emergencies

Opioids are strong pain relievers that need to be taken as directed. It's important to know what to do if you, or anyone else who has taken opioids, has a serious, unexpected reaction. This ACTIONStep reviews best practices for getting help quickly.

[How to deal with opioid emergencies](#) is #8 in painACTION's series of education handouts on medication safety.

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Getting around in winter

### LINKS

- [painACTION](#)
- [Inflexxion](#)





## Registration

[Register](#) at the painACTION website to get information tailored to your interests and needs.

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## Learn more about painACTION

[Take a Tour](#) of the painACTION website.

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## Do you have suggestions for future painACTION topics?

[Let us know what's on your mind.](#)

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## Upcoming

*Voices of Experience*: Neither snow, nor sleet, nor gloom of pain:  
Getting around in winter

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Did you know that you can share the articles and lessons on painACTION with your family and friends? There's a "Share" button on the left side of every page that lets you share using email, Facebook, Twitter, Google, and other social media tools.

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*You should consult your physician or other qualified health provider if you have questions about a medical condition. If you think you have a medical emergency, call your doctor or 911 immediately.*

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