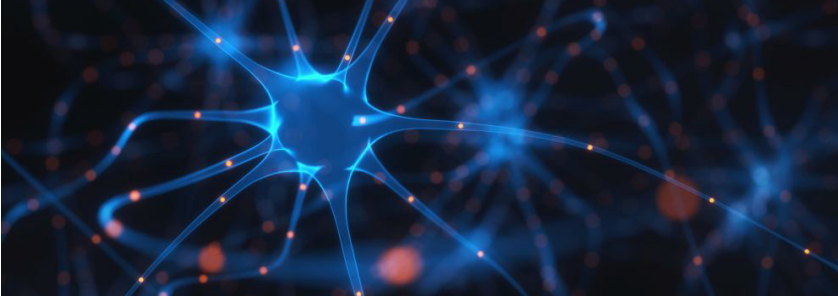




THE UNIVERSITY OF ARIZONA

Center for  
Integrative Medicine



## Integrative Pain Management



The University of Arizona Center for Integrative Medicine has an all-new 11-hour CME/CNE online course featuring integrative approaches to pain management.

Current statistics on pain in the United States are overwhelming; data from the 2012 National Health Survey reported that over 50% (126 million) adults experienced pain in the last 3 months and of these, 50 million reported bothersome or severe pain. Half of these reported the pain was chronic daily pain. Pain is a multifaceted issue involving nutritional, psychosocial, biochemical, neurological and physical components. The conventional medical model typically addresses pain in a unidimensional mode—with medications.

With the growing awareness of the opioid epidemic, clinicians and patients are seeking to decrease pharmaceutical use, turning to alternative therapies.

The Integrative Pain Management course offers an in-depth look at the current state of pain management; including challenges, latest evidence-based integrative therapies, and clinical applications.

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Enroll now at [www.azcim.org/pain](http://www.azcim.org/pain).

### COURSE OBJECTIVES

- » Assess the evidence for the safety and benefit of nutrition, dietary supplements, herbal therapies, Traditional Chinese Medicine, hypnosis, mindfulness, guided imagery, biofeedback, energy medicine and movement and therapies for the management of pain.
- » Apply the evidence for specific IM treatment strategies for common chronic pain states.
- » Discuss strategies for de-prescribing opiate medications.
- » Recognize the current state of affairs for the management for chronic pain in the United States.
- » Discuss the role of integrative medicine in the management of pain.
- » Review the pathophysiology of acute pain and chronic pain.
- » Identify the risk factors that contribute to acute pain converting into chronic pain and discuss strategies for modification of these risk factors.
- » Review the current risks and benefits of pharmaceuticals for the management of pain.