
**TRIGEMINAL NEURALGIA ASSOCIATION
NORTHEAST FLORIDA SUPPORT GROUP**



TIC TALK

**OUR NEXT MEETING IS THIS COMING SATURDAY, MAY 6, 2006
FROM 2:00-4:00 p.m. at Memorial Hospital, 3625 University Blvd., Jacksonville, FL.**

Our guest speaker will be Dr. Haas, from the Haas Family Chiropractic Center, 11018-114 Old St. Augustine Rd, Jacksonville, Fl 32257. Dr Haas, in addition to practicing Chiropractic medicine also incorporates the Bio-Kinetics Health system that re-establishes normal function throughout the body. His practice promotes a healthy lifestyle of proper diet, exercise, rest, mental attitude and life energy. Rita Kelly is a patient of Dr. Haas and has received relief with her TN pain through his treatments. Please try to attend this important meeting.

Our April meeting was well-attended (27) and for a very good reason. Tory Wilcox was our speaker. We are so fortunate to have Tory as a member of our TN Support Group. She is currently a Psychotherapist Intern at Shands Community Health Center. Her presentation was focused on pain management.

Tory started her talk by reassuring us all that we can better manage our pain and offered herself as a resource to everyone in our group. She experienced her TN pain for 18 months and people kept asking her if she was sure that the pain wasn't in her head. Some referred her to mental health professionals. Know that our pain is real, it's not imagined. Her pain was in her eye, ear and cheek.

One key point is to have positive thinking in managing our pain.

- Pain is sensory, emotional and unpleasant
- Pain is influenced by many factors
- Pain is not in our head

“How many of us are asked if the pain is only stress?”

Pain and stress go together. Our pain is real and pain triggers stress. How we react to pain can make or break us. Learning how to manage the pain can influence the pain.

Stress is change.....it's not necessarily bad. There is good stress and bad stress. It's something we must react to. How we respond to the pain can influence its intensity.

The pain message is sent to the brain, then to the hypothalamus and that tells us to be alarmed. Our heart rate goes up, our blood pressure rises, the metabolism changes and our hands and feet get cold.

GOOD NEWS-The response can be shut down by relaxation. It can be shut off within three minutes. *It's impossible to be stressed and relaxed at the same time.*

When we are in pain we have anxiety, fear, isolation and despair The pattern for chronic pain follows the grief model stages of grief:

-Shock -Denial -Bargaining -Depression -Acceptance

Research on chronic pain shows that if you reach acceptance you are better in coping with the pain. When we are in denial it gets frustrating and aggravates the pain.

Tory stated, "From a psychotherapist's perspective excessive worry will keep us keyed up and on edge. And when it interferes with our life, we need to seek help and counseling.

When we are in depression it lasts all day, we lose any interest in any pleasure and it impairs the enjoyment of life.

COPING TOOLS

- Think Positive
- Stay busy
- Exercise
- seek support
- relaxation

Think positive. You will feel the way that you think. Bad feelings come from distorted thought. CHANGE THE WAY THAT YOU THINK.

Research on chronic pain shows:

- overgeneralization i.e., never, always makes us feel hopeless.
- Exercise helps
- Become aware of your thoughts-pain comes when the thought comes into your head (Ruth stated the when she gets her pain, she tenses up, her fists are clenched and doesn't know why)
- Relaxed state of mind helps

STEPS TO BETTER MANAGE OUR PAIN

Be Mindful:

When we are in a movie theater with a box of popcorn, we stuff it into our mouth without even thinking about it. Being mindful would be to take a (one) grape and think about it when you eat it

Keep a journal

- pain journal
- journal of emotion

Start Reframing Your Thoughts

- What is the evidence for your thought?
- Think of an alternative thought
- Ask yourself, "Would I say this to a friend? i.e. *Oh, I'll never feel better I will die with this.* Would you say this to a friend?"

Cognitive Therapy

-"Feeling Good Handbook", by Dr. Burns is an excellent resource for relaxation and stress reduction

Behavior Side

- Exercise reduces stress & pain, and lifts depression
- A 5-10 minute is very beneficial

Laughter

- Laughter is good medicine
- Quoting "Striking Back"-*A clown is like an aspirin. He lifts your mood, distracts you from your pain and lowers your blood pressure.*

Expressive writing

- There's a lot of emotion inside us. Write down how you feel.

Relaxation

- Remember you can't be both stressed and relaxed. So relax.
- There are many forms of relaxation..prayer, yoga, massage, etc.
- AND SHORT DEEP BREATHING

THIS IS TORY'S DEEP BREATHING EXERCISE THAT SHE HAD US PRACTICE AND HANDED OUT TO ALL. TRY IT..... IT REALLY WORKS WHEN YOU FEEL THE PAIN COMING ON.

DEEP BREATHING

- 1. Lie down on a cushioned floor or sit comfortably in a chair with your arms and legs uncrossed and your spine straight.**
- 2. Scan your body for tension.**
- 3. Place one hand on your abdomen (between your ribs) and the other hand on your chest.**
- 4. Inhale slowly and deeply through your nose into your abdomen, pushing up your hand as far as feels comfortable.**
- 5. Pause before you exhale through your mouth.**
- 6. Relax your tongue, jaw and mouth as you exhale and imagine that you are breathing out the tension. Pretend that you are trying to blow on a spoonful of liquid, and notice the soft, whoosing sound of your breath like a gentle wind.**
- 7. Focus on the rhythm and the sound of your breathing as you become more and more relaxed.**
- 8. Continue deep breathing for five or ten minutes each day, gradually working up to twenty.**
- 9. At the end of your deep breathing session, re-scan your body for tension, and notice how much more relaxed you have become.**
- 10. Repeat whenever you notice yourself becoming stressed.**

Tory ended her presentation with us all doing the breathing exercise. And how relaxed we were. She has offered to be a resource to all our members for managing their pain. We are so lucky to have her in our group. Tory's son and brother attended this meeting to her presentation. They must be very proud of her. She did an excellent job and will be so valuable for our support group.

Tory's e-mail address is tw@coachtory.com Phone: (904) 642-3464

THANK YOU TORY!

Bonnie Lawton brought in some pictures of a quilt that she had made and that her husband Rodney sold on his website. The profit from the sale \$600 went to the National Trigeminal Neuralgia Organization in Gainesville, FL. Their schedule doesn't permit them to come to all our meetings but you see they still continue to support our organization. Thank you Bonnie and Rodney.

I heard from Dr. Zeal from the Gamma Knife Center at Baptist Hospital. He will be able to speak at our June 3rd meeting. Please mark this date on your calendar also. This will be our last meeting until September. There are no meeting in July and August.

Also, I'm still looking for refreshment people. I bring the coffee pot, coffee and fixings. I need volunteers for the rest. If you are able to help, please call me on 9904) 285-5307

DON'T FORGET THE MEETING THIS COMING SATURDAY. DR. HAAS WILL BE VERY INTERESTING, AND I WOULD REALLY LIKE TO HAVE GOOD ATTENDANCE FOR HIM.

**TRIGEMINAL NEURALGIA ASSOCIATION
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THE NORTHEAST FLORIDA TNA SUPPORT GROUP MEETS THE FIRST SATURDAY OF EVERY MONTH FROM 2:00 P.M.TO 4:00 P.M. IN THE MEMORIAL HOSPITAL, 3625 UNIVERSITY BLVD, JACKSONVILLE, FLORIDA

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