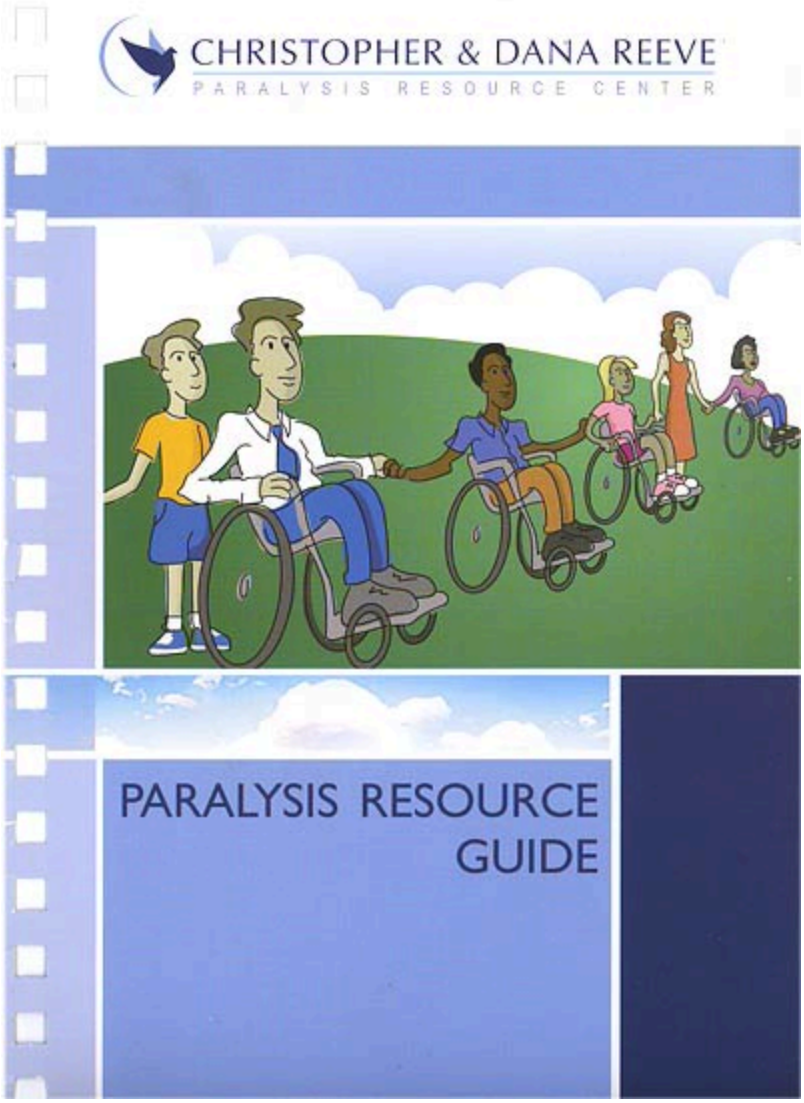
this page:

Christopher and Dana Reeve Paralysis Resource Guide

2004

cover of Resource guide:



HEALTH MANAGEMENT



ALLEGED

I WANTED TO PORTRAY THE PAIN A PERSON FEELS WHEN THEIR EXPERIENCE IS REFERRED TO AS 'ALLEGED.' IT IS A COMMON MYTH THAT PAIN IS IN ONE'S HEAD.

— MATT SESOW

Biofeedback trains people to become aware of and to gain control over certain bodily functions, including muscle tension, heart rate and skin temperature. One can also learn to effect a change in his or her responses to pain, for example, by using relaxation techniques. With feedback and reinforcement one can consciously self-modify out-of-balance brain rhythms, which can improve body processes and brain physiology. There are many claims made for treating chronic pain with biofeedback, especially using brain wave information (EEG).

Capsaicin is a chemical that puts the heat in chili peppers; it is also a primary ingredient in topical pain-relieving creams and may have other pain-relieving properties.

COX-2 inhibitors ("superaspirins") are nonsteroidal anti-inflammatory drugs (NSAIDs) that work by limiting the production of hormones called prostaglandins, which in turn cause inflammation, fever and pain. Newer drugs, such as rofecoxib (Vioxx) and celecoxib (Celebrex), are called COX-2 inhibitors. They primarily block cyclooxygenase-2 and are less likely to have the gastrointestinal side effects sometimes produced by other NSAIDs such as aspirin and ibuprofen.

Electrical stimulation requires specialized equipment and

KIDS' ZONE

KIDS' ZONE RESOURCES

Through the Looking Glass/National Parent-to-Parent Network connects parents with disabilities and others who may have shared similar experiences or faced common barriers related to child custody, adoption, pregnancy and birthing, specialized baby care equipment, etc. Through the Looking Glass, 2198 Sixth Street Suite 100, Berkeley, CA 94710-2204; toll-free 1–800–644–2666; or visit the Internet site *http://www.lookingglass.org/ppn.php*

United Cerebral Palsy (UCP), a partner with the Paralysis Resource Center, is a national organization with 110 affiliates in 39 states striving to include persons with disabilities into every facet of society. UCP is the leading source of information on cerebral palsy although 65 percent of the people served by UCP have disabilities other than CP. UCP National, 1660 L Street, N.W. Suite 700, Washington, D.C. 20036; toll-free 1–800–872–5827; or visit *http://www.ucpa.org*

University Of Montana Rural Institute: Center for Excellence in Disability Education, Research, and Service is part of the national network of programs funded by the Federal Administration on Developmental Disabilities (ADD). The program is committed to the



STAIRWAY TO HEAVEN

"THIS PAINTING RELATES TO THE COMMON THEME OF PEOPLE CLIMBING A STAIRWAY TO HEAVEN. I WONDERED WHAT PEOPLE WHO COULDN'T WALK WOULD DO? AND DOES THAT IMPLY THEY DON'T GO TO HEAVEN?"

- MATT SESOW

personnel trained in the procedure being used.

TENS uses tiny electrical pulses, delivered through the skin to nerve fibers, to cause changes in muscles, such as numbness or contractions. This in turn produces temporary pain relief.

In spinal cord stimulation, electrodes are surgically inserted within the epidural space of the spinal cord. The patient delivers a pulse of electricity to the spinal cord using a small box-like receiver and an antenna taped to the skin.

Deep brain stimulation is considered an extreme treatment and involves surgical stimulation of the brain, usually the thalamus. It is used for a limited number of conditions, including severe pain, central pain syndrome, cancer pain, phantom limb pain and other neuropathic pains.



© Matt Sesow, www.sesow.com

THE BODY GETS USED TO THE PAIN

I PAINTED THIS IN RESPONSE TO AN ARTICLE ABOUT OUR TROOPS RETURNING FROM IRAQ AND HAVING DISABILITIES. A DOCTOR WAS QUOTED AS SAYING 'THE BODY GETS USED TO THE PAIN' OR SOMETHING LIKE THAT ... I MAY RETITLE THE PIECE 'THE BODY GETS USED TO THE PAIN (BUT WHAT ABOUT THE MIND?)'

— MATT SESOW

Exercise is a known link between many types of chronic pain and stress. Even light to moderate walking or swimming can contribute to an overall sense of well-being by improving blood and oxygen flow to tense, weak muscles. Less stress equals less pain.

Hypnosis is commonly used, especially as an adjunct to pain medication. In general, hypnosis is used to control physical function or response — the amount of pain a person can stand. Hypnosis may cause a relief of pain by acting on chemicals in the

---

CLICK HERE FOR MORE PAINTINGS...