

## Chronic Pelvic Pain Interdisciplinary Program

### Did you know?

- ✓ Chronic pelvic pain is common; it affects about 20% of women aged 18-50
- ✓ About half of all women with chronic pelvic pain do not have Endometriosis
- ✓ Many women with Endometriosis do not have pelvic pain
- ✓ Chronic pelvic pain is a complex condition that can be changed
- ✓ Pain education is the most evidenced based treatment available for reducing chronic pain

The latest in research shows that what is happening in our bodies at a tissue level is not always directly matched to the amount of pain we feel. Women can have very little tissue damage or disease and have lots of pain... Women can also have a lot of disease or tissue damage and little or no pain.

Pain does not always tell us what the problem is, where the problem is, or how dangerous the problem is. **But we know that no matter how or why you experience pain, your pain is real. All pain is real.**

We also know that many things contribute to pain, not just what is happening in the tissues. Other contributors can include stress, thoughts, and emotions. In fact, pain is always produced by our brain and our nervous system. Chronic pain can lead to sensitization of the nervous system, which is like turning up the volume of a pain alarm. The alarm gets louder, stays on longer, and is triggered more easily.

The good news is that chronic pain is changeable, even if you have had it for a long time. In our chronic pelvic pain program, we will introduce you to a variety of treatment options and we will show you how to work on them, both in the clinic and at home.

### What is the Chronic Pelvic Pain Program?

- One Pain Education Workshop
- Two appointments with a physiotherapist and with a counsellor, both specially trained in the treatment of chronic pelvic pain
- A number of appointments with a gynaecologist who is specially trained in pelvic pain and endometriosis
- Most women complete the program within 6 months

### How Do I Register?

- Call us at 604-875-2534 to receive your schedule of appointments
- **You are expected to attend all of your appointments** and to give at least 24 hours' notice for any cancellations; If you do not show for your appointment without prior notice, it will not be rescheduled

**Check out our Resources page at: [www.womenspelvicpainendo.com](http://www.womenspelvicpainendo.com)**

## Education Workshop for Chronic Pelvic Pain

### What Will I Learn?

#### Pain Education:

- ✓ The latest research on how and why we feel pain and what to do about it
- ✓ How the nervous system is involved and what to do about it
- ✓ Mind-body techniques and cognitive techniques to reduce chronic pain and stress
- ✓ Posture and movement specifically tailored to help with pelvic pain
- ✓ Integrate pacing into your daily activities and learn to gradually increase activity levels

### What Can I Expect?

- ✓ Workshops are led by our physiotherapist, counsellor, and/or nurse (Note that as a teaching hospital, we may have other health care professionals present at different times.)
- ✓ Workshops are for patients only; we regret that partners/friends are not permitted
- ✓ There will be plenty of opportunity for breaks and for lunch
- ✓ You are welcome to bring drinks/food; there is also a cafeteria and coffee shop nearby
- ✓ Please wear comfortable clothes as we will be practicing some stretches on yoga mats

### Why Attend?

We want to offer you the **best possible chance** at reducing pain and improving your quality of life.

#### Research Shows That:

- ✓ Pain education is the most evidenced based treatment available for reducing chronic pain
- ✓ Pain education can help optimize you for surgery or other interventions
- ✓ Pain education may prevent the need for surgery or medications
- ✓ Having support from others is an important factor in managing chronic pain

### When Can I Attend?

- ✓ You are expected to attend one workshop
- ✓ Workshops are offered in January, April, July, and October
- ✓ Workshops run on Mondays from 10am to 3pm (unless notified otherwise)
- ✓ **Please arrive by 9:40am to check in, as we start at 10am sharp**
- ✓ We regret that we cannot accommodate late-comers; if you arrive more than **15 minutes late**, you will be asked to register for an alternate date

### How Do I Register?

- ✓ Call 604.875.2534 to register
- ✓ Space is limited... if you need to cancel, please provide at least **two business days' notice** so that others can have the opportunity to participate
- ✓ Please note that we do not provide reminder phone calls

**To register call: 604.875.2534**