

VISION

THE INTERNATIONAL PELVIC PAIN SOCIETY

Professionals engaged in pain management for women.

Spring Symposium Approaching

Approaches to Treating Chronic Pelvic Pain

The Spring Symposium of the IPPS will be held at The Simsbury Inn, Simsbury, Connecticut on April 30-May 1, 1999. Set in an easily-accessible rural location, attendees will have the dual advantages of the peacefulness of the New England countryside along with the amenities of nearby Hartford.

The symposium will feature one-and-a-half days of lectures, discussions, and presentations designed for anyone with an interest in chronic pelvic pain: primary care providers, gynecologists, nurses, urologists, surgeons, anesthesiologists, neurologists, physical therapists, pharmacists, psychologists and psychiatrists. This symposium will provide the practitioner with state of the art, holistic approaches to the evaluation and management of chronic pelvic pain. New strategies include advances in diagnostic methods, pain management, the role of nutrition, surgical approaches, and psychoneuropharmacology.

If you have not received a brochure by the time you get this newsletter, call the IPPS at (205) 877-2950 or (800) 624-9676 and request one. Space is limited, so register early. You'll receive a discount for doing so!

Several important common philosophies guide the clinician's therapeutic approaches to treating chronic pelvic pain:

1) Pain and its perception is located in the nervous system, which includes body and mind; therefore pain is not exclusively "all in your body", nor is it exclusively "all in your head"!

Therapies must be directed to both areas for effective treatment and reduction of pain.

2) Multiple interactive problems rather than a single problem are likely in CPP. The question is not what treatment is recommended, but what treatments.

3) The precise "percent" contribution of each pain factor to the total amount of your pain is difficult to assess. The initial factor that caused your pain,

although important to locate and treat, may evolve into only a minor factor as pain becomes chronic, with secondary factors becoming more important.

Therefore, all factors must be treated rather than just the ones you or prior physicians thought to be most important.

4) Improvement of your CPP may take considerable time, even though your physician is trying to give you relief as soon as possible. It took time for your pain to develop into the way it presents today. It may, therefore, take weeks to months for this stepwise progressive improvement to occur. Relaxation and emotional support techniques can be helpful during these periods to

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The Simsbury Inn

The President's Perspective



Fred M. Howard, M.D., President

1999 promises to be a great year for the Society as we continue to grow and mature. Our meeting in San Diego was the biggest yet, with 98 attendees. We owe James Carter a grateful thanks for all his hard work and dedication in putting together such a great program.

Our next program promises to be a unique and pleasant experience. Not only has Deborah Metzger put together a superb educational program, but

she has also scheduled it at The Simsbury Inn, a traditional New England Inn. Our Society has the Inn for the weekend, so it has promise of being a true retreat for all of us. Please plan to come and encourage your colleagues to join us. Also, keep Spring of 2000 flexible. We are making plans to have our meeting that Spring in England. This should afford us not only a chance for educational enrichment, but also cultural enrichment in the historic homeland of our British colleagues.

Finally, the initial version of the Pelvic Pain Assessment Form is completed, and should be on our web site soon. Hopefully, we will all find it helpful and it will allow us to integrate our data better.

Yours truly,

Fred M. Howard, M.D., FACOG
President

Patients and Families

The IPPS needs the support of patients and families. If you would like to support further research into chronic pelvic pain, and receive our newsletters regarding recent advances and treatment, please consider joining! Dues are \$35.00 annually.

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help preserve your patience and positive state of mind.

5) Pain medications (analgesics) may be used during the early stages of treatment since many therapies may take time to give relief. These medications are, however, not the cure for your pain, but merely a temporary supportive measure until other therapies "kick in" with their relieving effects. Remember that all medications have potential side effects, especially the narcotic analgesics with their strong dependency potential. Most clinicians choose to use non-narcotic analgesics as a first choice, and some avoid narcotic analgesics completely.

6) A combination of medications may prove more effective than a single type of medication. Analgesics may be more effective if combined with different medications that have direct effects on mood and pain transmission, (e.g., certain antidepressants).

7) Pain medicines may not be given each time you complain of pain. This could reinforce your dependence on medication. A fixed time-schedule regimen of treatment called "time-contingent therapy" has proven far more effective in controlling pain than taking pain medicines whenever you feel the need.

At each visit to the physician, you will be given prescriptions for a fixed amount of pain medication, and instructed to take a certain amount at regularly appointed time intervals. Should tolerance (decreased effectiveness to your current dose of medication) occur, it will be discussed at the next visit where changes in dose or particular medication can be made. As a rule, adjustments of pain medication will not be made by telephone. You must be seen with your clinic record

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in the office.

Particularly with narcotic analgesics, a written contract is frequently made to avoid their misuse. Lost or stolen prescriptions will not be replaced. It is your responsibility to be sure that your prescriptions are safe. Refills will not be given. If it is discovered that you have obtained additional narcotics from other physicians without our permission, you may be discharged from the doctor's care.

Although these guidelines may seem severe, the potential damage from drug misuse is so dangerous that firm measures are mandatory to protect your health.

This article is an excerpt from our document, "Chronic Pelvic Pain: A Patient Education Booklet," available from our web site at www.pelvic.pain.org

Membership Drive

• Have you ever noticed the membership application on the back of each Vision? Well, we'd like to give you a reason to notice. During 1999, we're having a membership drive based on members referring healthcare professionals and patients to the IPPS.

How does it work?

- 1) Print your name clearly in the space of the membership application marked "Referring Member"
- 2) Make as many copies as you need
- 3) Distribute to those who might be interested in joining our Society – professionals and patients alike
- 4) Once the dues from those you refer totals **four times** what you last paid in dues,

we'll extend your membership for 1 year past your next renewal date! For instance:

If the last dues you paid were:	New members must total:
\$50.00	\$200.00 or more
\$100.00	\$400.00 or more
\$200.00	\$800.00 or more

- 5) Offer good on new memberships received from March 1-December 31, 1999
- 6) Your membership must be current before referrals will be credited to you.

We'll even keep track of it for you. The member with the highest dollar amount of referrals totaling **more than \$2,000** will also receive free registration for our Spring Symposium in London! If you have any questions, call Terry Dillard at (800) 624-9676. Let's do all we can to help our Society grow!

IPPS Web Site Updated

Have you visited our web site recently? Almost 3,000 visitors did in January alone. We are updating our site with information designed to bring users back again and again. Since the two most popular areas of our site are "Resources for Women" and both our "General Membership" and "Physician Members" sections, we are focusing on these areas.

In the "Resources for Women" section, we have converted the documents to Adobe Acrobat 3.0 format, which will make them easy to print in any home or office in the world. A notice on the "Resources" page encourages healthcare professionals to download the documents, print them in their offices, and use them as patient handouts. Of course, patients can download the articles, too. Contact information for the IPPS is featured prominently on each article, and all documents have been de-

signed around a single format, to give the same "look and feel" to all of our publications.

Because we want to expand this page, we are seeking patient education articles that we can use. Specifically, we need handouts on the various conditions that contribute to chronic pelvic pain, i.e., endometriosis, vulvodynia, adhesions, fibromyalgia, etc., but we are open to anything that might be useful to professionals or patients. If you have authored an article you would allow us to use, please let us know. You will be given prominent credit as the author, and the article will be reformatted and placed on our web site.

Additionally, the "General Membership" and "Physician Members" sections are being updated at least every two weeks now to include our newest members. To help our membership and patients, your

listing can now include a clickable link to your home page! If you are a member and have a home page, or work for an organization you would like to reference, please send us the information so we can include it in your listing. E-mail the information to pelvicpain@aol.com, or call (205) 877-2950 or (800) 624-9676 and ask for Terry.

Check in every few weeks and see how we've grown!

IPPS Calendar

Fall Meeting

October 20, 1999
Fort Lauderdale, Florida
Details coming soon!

Chronic Pelvic Pain Symposium

Saturday, May 13, 2000
The Royal Society of Medicine
London England
In conjunction with the World Congress of Endometriosis

THE INTERNATIONAL PELVIC PAIN SOCIETY

Referring Member _____
 Name: _____ Suffix (M.D., P.T., etc.) _____
 Specialty _____
 Business or Organization _____
 Mailing Address _____
 City, State, Zip, Country _____
 Phone _____ Fax _____
 E-mail Address _____ Web Site _____

	Income	Dues	Payment enclosed:	Amount
Annual Dues for Health Care Providers (based on income) and Patients	<\$50,000	\$50.00	<input type="checkbox"/> Check	\$ _____
	\$50,000–\$100,000	\$100.00	<input type="checkbox"/> MasterCard	
	>\$100,000	\$200.00	<input type="checkbox"/> Visa	
	Patients	\$35.00	Card No. _____	
			Expiration Date _____	

Send to: IPPS, Suite 402, 2006 Brookwood Medical Center Drive, Birmingham, AL 35209
 Phone your request to (205) 877-2950, or Fax it to (205) 877-2973

Please share with a friend or colleague!

Register on our web site at <http://www.pelvicpain.org>

Join us:
 Please join us in educating ourselves on how best to treat chronic pelvic pain. With your help, we can provide relief and a more normal lifestyle for our patients.
 Call for membership information at 1-800-624-9676.

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Suite 402 Women's Medical Plaza
 2006 Brookwood Medical Center Drive
 Birmingham, Alabama 35209