



Are you

a parent of...
a peer of...
a partner of...
yourself...

someone experiencing pain?

We are family:

The importance of parents, peers and partners in pain relief.

This event will be a great opportunity for the general public to increase their knowledge and resources through presentations from Nationally-funded health researchers from Dal profiling acute and chronic pain management across the lifespan: newborns, children, young adults, and couples. As well, an interesting patient perspective will be presented. **Come away with new tools to help better understand and manage pain experiences that touch your life.**

5 speakers + 1 moderator + audience participation = an informative event!



Dr. Mary Lynch

Discussing the clinical challenges experienced as young people go through the difficult transition from pediatric to adult pain services. Results come from a pilot study from the "Youth Pain Clinic" located at the Queen Elizabeth II Health Services Centre in Halifax. This presentation will review our successes and challenges.



Dr. Marsha Campbell-Yeo

Discussing the findings from multiple studies that have examined the importance of human contact and parental contribution in relieving pain associated with common needles, rebalanced specifically to newborns.



Dr. Natalie Rosen

Discussing the role of the partner in women's pain during sexual intercourse, including findings from a recent pilot study of a novel cognitive-behavioural couple therapy for sexual pain.



Dr. Christine Chambers

Discussing the link between pediatric pain and family in fluences, highlighting the role that parents play in helping children manage pain from procedures and recurrent pains such as headaches and stomachaches.



Monica Brown

Patient perspective is shared by a 21 year old student who has struggled with chronic pain all her life. She is now attending university, hoping to become a teacher. She will share her lifelong struggle with chronic pain, her challenges and triumphs, the impact on her relationships and family, and the challenges she faced in transitioning from being a teenager with chronic pain to being an adult with chronic pain.



Dr. Jason McDougall,
Moderator

Each speaker will be followed by open discussion where audience participation is encouraged.

Join us at **Just Us! Café**

5896 Spring Garden Road

Nov. 4, 6:30-8:30pm

more info: Justine.dol@iwk.nshealth.ca

facebook.com/CIHRCafeScientifiqueIRSC

CIHR web: cihr-irsc.gc.ca/e/35892.html

Coffee and refreshments
will be served!

