

23 October 2015



### PAIN MANAGEMENT BOOK LAUNCHED AT BETHESDA HEALTH CARE

One of Bethesda Health Care's accredited specialists, Dr Stephanie Davies, a Pain Management Specialist launched her book entitled 'Rewire your Pain' at an evening event at the hospital on October 15 2015.

Co-written with fellow Perth doctor Dr Nicholas Cooke and Julia Sutton, this book aims to help people with chronic pain, and offers an evidence-based approach to reducing pain, including transforming tips on how to manage pain and get the most out of your life.

Dr Davies attributes the insights and skills in the book to the many discussions she has had with people in pain, and the enthusiastic healthcare professionals that she has worked with for the past 25 years.

"The book offers simple and effective ideas about managing pain that can have a dramatic and positive impact," said Dr Davies. She said thousands of patients have tried her approach and simple daily habits could make a profound difference. "People can learn techniques that give them a greater sense of control, which in turn reduces the threat value of pain, and calms down the nervous system," Dr Davies said.

The 144-page book's RRP is \$30 with enquiries via: [admin@wasps-pain.com.au](mailto:admin@wasps-pain.com.au) or [www.rewireyourpain.com](http://www.rewireyourpain.com).

Bethesda Health Care is an independent 88-bed award-winning hospital in Claremont who has been providing care and service to the Western Australian community for more than 70 years.

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