Some less visited items but still very interesting:

Talking to your family about Chronic Pain

Describes how you and your family can communicate better about you pain

Management of Breakthrough pain

When the pain sometimes gets out of control or as a flare up.

Physical Pain

From Pain Explained with accurate descriptions

How fatigue may impact on your life.

Some of the symptoms of how fatigue can cause problems in everyday activities

The Doctor/Patient Relationship

Tips of how to get on with your Doctor - worth a try!

Effects of Pain on Quality of Life

Tells about the Physical, Psychological, Social and Spiritual aspects

Glossary of Terms

Alphabetical listings of all those Big Words I can hardly pronounce let alone understand. If you have any others to add, let me know

and just for a bit of fun

Chocolate: Panacea or Poison