

## Mission Statement

To provide the highest quality, ethical, affordable, integrated healthcare possible, through effective treatment of disease and disability using evidence-based practices, and by promoting ongoing wellness and prevention. The primary focus of care is on improving a patients functional outcome.



Dr. Andrew Paul Steinmark has spent over twenty-five years working in the field of healthcare, with the first fifteen as a

respiratory therapist, concentrating in the areas of critical care medicine. He is the founder of Behavioral Medicine Associates, LLC and Director of Behavioral Medicine Services. Dr. Steinmark holds a Doctorate Degree in clinical psychology from the University of Hartford. He completed an internship at the Yale University-affiliated VA Connecticut Healthcare System in health psychology, with a focus in primary care medicine, and his postdoctoral fellowship at Dartmouth Medical School in behavioral medicine, specializing in chronic pain management. Dr. Steinmark is a member of the American Psychological Association.

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# ***GOT PAIN?***



*Evidence-Based Treatment to  
Take Back Control of Your Life!*

**CHRONIC PAIN  
MANAGEMENT**

**&**

**BEHAVIORAL  
MEDICINE SERVICES**

**Dr. Andrew P. Steinmark**  
Behavioral Medicine Associates,<sup>SM</sup> LLC

## CHRONIC PAIN MANAGEMENT

### Four important questions

1. Is pain impacting your relationship with loved ones and friends?
2. Has pain affected your ability to earn a living?
3. Does pain influence how much you enjoy life?
4. Are you in control of your life?

### The facts

An estimated 105 million Americans suffer from chronic pain<sup>1</sup>. You don't need to read the latest research to know that living with pain impacts every area of your life: the ability to enjoy interpersonal relationships, engage in physical intimacy, earn a living, enjoy life—even to do simple tasks like washing dishes, vacuuming the house, or cutting the grass. Whether you're experiencing arthritis, nerve or back pain, fibromyalgia, or migraine headaches, an extraordinary amount of research has *clearly* demonstrated the importance of learning cognitive-behavioral strategies to manage your chronic pain experience. These strategies are the *key* to you regaining control of your life<sup>2,3</sup>.

### Why see a health psychologist

The first question that usually comes to mind if you're referred to a health psychologist for chronic pain is, "does my healthcare provider think my pain is in my head?" In all likelihood, the simple,



emphatic answer is a resounding ***NO!***

A formally trained health psychologist is specifically trained to manage and treat medical conditions. What a health psychologist *specially trained in chronic pain* can do, is help you learn how to take back control of your life, using evidence-based practices.

### Evidence-based practice

Evidence-based practice is where your healthcare provider reviews and evaluates the latest scientific findings, to develop treatment recommendations in partnership with you. Current research suggests that the most effective treatment for chronic pain is to integrate cognitive-behavioral interventions into your life as part of a comprehensive pain management program; these interventions play a critical role in decreasing your pain, distress, and disability. A health psychologist with specialized training in pain management can *significantly* help you enhance the quality of your life.

### Working with a health psychologist

In addition to pain management, a health psychologist can also provide evidence-based behavioral medicine treatment for a variety of health issues, including many chronic diseases or disabilities such as diabetes, COPD, and coping with cancer. Behavioral medicine can also help you be more effective in achieving a healthier, happier life, through lifestyle changes in the areas of sleep, stress management, losing weight (and keeping it off), or quitting cigarettes.



1. Turk, D. C. Pain hurts—individuals, significant others, and society! *Am Pain Soc Bull.* 2006;16.
2. Turk, D. C., & Okifuji, A. Psychological factors in chronic pain: Evolution and Revolution. *J Consult Clin Psychol.* 2002;70:678-690.
3. Hoffman, B.M., Pappas, R.K., Chatkoff, D.K., & Kerns, R. D. Meta-analysis of psychological interventions for chronic lower back pain. *Health Psychol.* 2007;26:1-9.

## BEHAVIORAL MEDICINE

Behavioral medicine focuses on a collaborative approach to healthcare, working closely with you and your other healthcare providers, in the treatment of traditional medical conditions. The following evidence-based services are of value to patients, spouses, and families:

- Diabetes and Chronic Disease Management (e.g., improved coping, etc.)
- Collaborative Preventive Services
  - *Weight Loss & Management*
  - *Improving Physical Activity*
  - *Tobacco Cessation*
  - *Dietary Adherence*
- Behavioral Sleep Medicine
- Stress Management
- Patient and Family Support for those Experiencing Cancer.
- Senior Health Issues

