

The DOC Journey Webinar #9

"Laying the Foundation"



10-21-20

Here are the studies, books and other materials referenced in the webinar by Dr. Hanscom:

Studies:

Study in Primates about how having hopes repeatedly dashed can rapidly cause depression

[Love at Goon Park](#) – Deborah Blum

Degenerated disks do not cause back pain:

Jensen, et al, 1994, 'Magnetic Resonance Imaging of the Lumbar Spine in People without Back Pain', The New England Journal of Medicine

<https://www.nejm.org/doi/full/10.1056/nejm199407143310201>

Israeli study indicating that lack of sleep causes back pain:

Agmon, et al, 2014, 'Increased Insomnia Symptoms Predict the Onset of Back Pain among Employed Adults', PLoS One

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4118902/>

Chronic pain can increase by 50% with one bad night's sleep

<https://www.jneurosci.org/content/39/12/2291.abstract>

Other Resources:

[What is a Cytokine Storm?](#) Interview with Dr. Hanscom

[The Ring of Fire](#) Webinar #1 with Dr. Hanscom

[Expressive Writing Videos](#) – These are in the DOC Journey Toolbox. Click the link and scroll down the web page.

Books:

Hanscom, David author, [Back in Control: A Surgeon's Roadmap Out of Chronic Pain; 2nd Edition](#). Vertus Press, 2016, 352 pages.

Remaining Questions from the Webinar Q&A:

1. For people who ask about my pain, I say I'm fine and change the subject. I don't need to share any details.

a. Additionally, simply explain to your family and friends that it is counter-productive to discuss your pain or medical care.

2. If you are out with your family and can't get your pain down and need to go home do you just agree a sign to use to let them know without discussing that you are in pain.

a. The simpler and clearer the request the better. Simply asking to discontinue an activity because you can't tolerate is fine. However, it is a repeating pattern, then the solutions need to be discussed in more detail. The whole situation can turn into a lot of manipulation. Pain is a powerful tool to manipulate your family.

b. <https://backincontrol.com/pain-rules-the-roost/>

3. I feel like when I go through periods of not talking about my pain, too much is expected of me.

a. That is a scenario where you are placing yourself in the victim role and the cognitive distortion is "Mind Reading" as outlined in David Burn's book, Feeling Good. Maybe they are expecting too much of you or not. It is your responsibility to be clear and set your own boundaries. Talking about your pain does help this situation.

4. For me, I think it's important to not blame the pain for stopping. Just say I need to go home.

a. I agree. However, it is important to be aware of your self-assessment before you went out. Maybe take a different car, so as to not be disruptive. Repeatedly doing this can be another way of making your pain known.

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