

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](#)