



**The Good Companions
Seniors' Centre**
Supporting a Vibrant Community

Invites you to

Bruyère **MED**Talks

How To Be Your Own Pain Detective

Presented by Dr. Hillel M. Finestone

Wednesday February 27th 2019

Free OC Transpo rides for seniors on Wednesdays

1 - 4pm

**The Good Companions
670 Albert St.**

What is chronic pain and why is it bothering me?

What can I do to advocate for myself at
my doctor's office?

What's the difference between musculoskeletal pain,
arthritic pain, muscular pain, bone pain, neuropathic pain and
do I care?

What is the Pain Explanation and Treatment
Diagram (PETD) and how can I use it ?

Have these and other questions answered by
Dr. Finestone, author of the book *"The Pain Detective, Every
Ache Tells You A Story"* and become your
own pain detective.



Hillel M. Finestone, MDCM, FRCPC

Director of Stroke Rehabilitation Research,
Bruyere Continuing Care, Elisabeth Bruyere Hospital
Professor, Division of Physical Medicine and Rehabilitation,
Department of Medicine, University of Ottawa

The Good Companions - 670 Albert St - (613) 236-0428

Please note and respect our centre is scent free.

Parking available (\$2.50/day)

OC Transpo routes: **8, 16, 41, 85, 86, 87, 91, 92, 94, 95, 96, 97, 98, 99.**