

# Webinar Series

# Pain Relief That Really Works

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# Carla's "Why"

**Session Moderator & Ankylosing Spondylitis (AS) Connect Group Facilitator**



For more information about Connect Groups, visit [connectgroups.arthritis.org](https://connectgroups.arthritis.org)



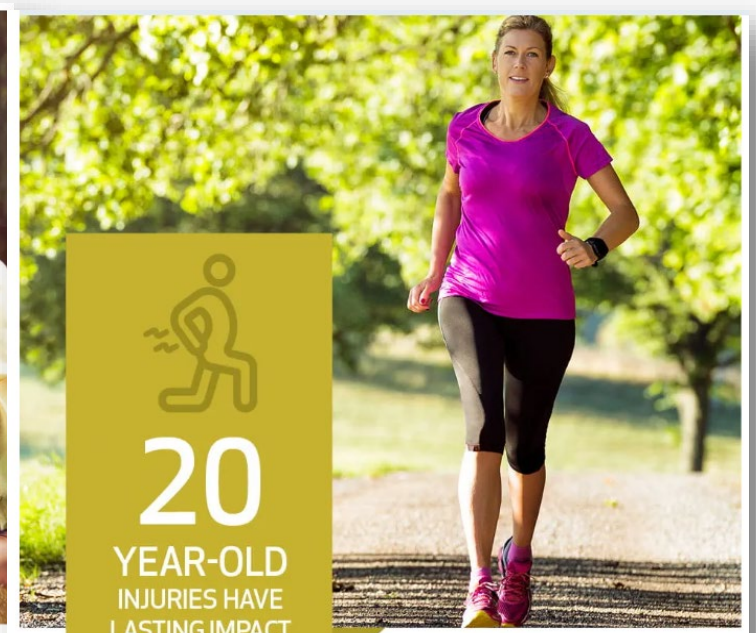
# Why A Pain Webinar?




  
**\$81**  
BILLION  
IN LOST WAGES



  
CHRONIC  
JOINT PAIN =  
STRESS



  
**20**  
YEAR-OLD  
INJURIES HAVE  
LASTING IMPACT

<https://www.houstonmethodist.org/l/joint-pain-facts/>



# Program and Objectives

## You will learn:

- Recognize different types of arthritis pain
- Explore medical and non-medical pain relief options
- Develop personalized approaches for daily pain management

## We will guide:

- Presentation
- Case Study
- Q&A
- Additional resources



# Tonight's Speaker



## **Cory Calendine, MD** Orthopedic Surgeon

- Bone and Joint Institute in Franklin, Tennessee
- Hip & Knee replacement & preservation
- Chief of Orthopedic Surgery, Williamson Health

Hobbies & Interests: Family, Friends & Fitness



# Tonight's Speaker



## **N. Lawrence Edwards, MD, MACR, MACP**

Rheumatologist & the Chairman and  
CEO of the Gout Education Society

- Professor Emeritus in the Department of Medicine at the University of Florida
- Published over 180 scientific articles and book chapters on gout, hyperuricemia, and purine metabolism

Hobbies & Interests: Hiking and exploring the many spring-fed rivers of North Central Florida



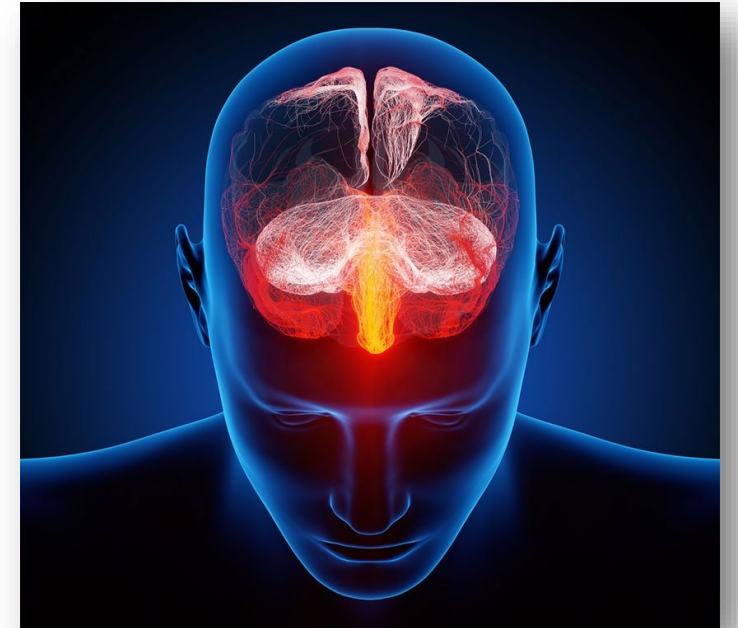
# What Is Pain, Exactly?

With Dr. Calendine, The Bone Doctor

# First Off, What Is Pain?

## **Pain is in the brain!**

- Body's way of telling you that something is wrong
- Inflammation happens as a result
- BUT disease activity isn't always the best indicator of pain
- Pain signals can continue to fire, even if everything seems "ok"



Reminder: Pain is personal! No two people experience pain in the same way!



# What Can Affect Pain?

## Physical Factors

- Arthritis or other health conditions that are not well controlled
- Injury or strain

## Emotional & Mental Health Factors

- Stress that feels overwhelming
- Feeling anxious, down, or worried

## Social Factors

- Feeling alone or lacking support from others
- Difficult relationships or life stressors

## Access to Care

- Trouble getting healthcare or treatment
- Limited or no health insurance



# Types of Pain



## Acute Pain

Comes suddenly and usually lasts a short time.

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It's your body's way of telling you something is wrong.



## Chronic Pain

Lasts for months or even years

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It can affect your daily life and wellbeing.



## Nociceptive Pain

Comes from changes in how the nervous system process pain.

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Can be widespread and hard to explain.



## Neuropathic Pain

Caused by damage or changes in the nerve.

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May feel like burning, tingling, shooting or numbness

**Everyone's pain is unique.** The right plans starts with understanding your pain.





# How Pain Shows Up in Arthritis

# Pain & Arthritis

There are more than 100 types of arthritis, and each one may require different approaches to pain management.



**Osteoarthritis**



**Inflammatory (Gout, RA, PsA, JA and AxSpA)**





# Pain Relief that Really Works

# Strategy 1: Movement & Exercise Therapy

The single most evidence-supported pain management tool is one people avoid when they're in pain: **movement**.

- Reduces joint stiffness
- Improves flexibility
- Strengthens muscles around the joint
- Boosts memory and thinking indirectly by improving mood and sleep (Harvard Health, 2026)



# All Movement Matters



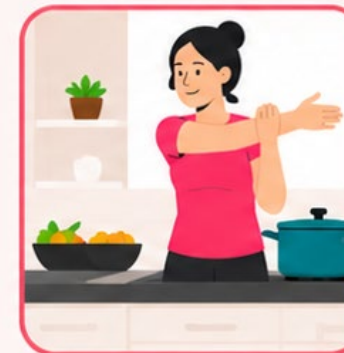
## 10 MINUTE WALK

Take a walk,  
clear your head,  
and boost your mood.



## 15 MINUTE CARDIO VIDEO

Follow a quick video  
at home and get  
your heart pumping.



## 5 MINUTE STRETCH

Stretch while you cook,  
clean, or take a break.

**You don't need a perfect workout. Consistency/Intensity. 30 minutes per day.**



# Strategy 2: Food As Medicine

What you eat can **calm inflammation**.

The Mediterranean way of eating gives your body less to fight against.

EAT MORE

Salmon & walnuts

Leafy greens

Berries

Turmeric

Olive oil

EAT LESS

Processed food

Added sugars

Refined carbs

Alcohol



# Strategy 2: The Gut Connection

**Your gut and your arthritis are connected.**

## Support your gut health

The gut microbiome plays a growing role in autoimmune arthritis — and what you eat shapes it.

## Keep it realistic

You don't need a perfect diet — small, consistent changes matter more than an overhaul.

Fruits & vegetables

Whole grains

Beans & legumes

Fermented foods



# Strategy 3: Mind & Body Therapies

Your brain is part of the **pain conversation**.



## Cognitive Behavioral Therapy (CBT)

Breaks the anxiety–pain cycle. Proven to reduce pain intensity and improve daily function.



## Mindfulness & MBSR

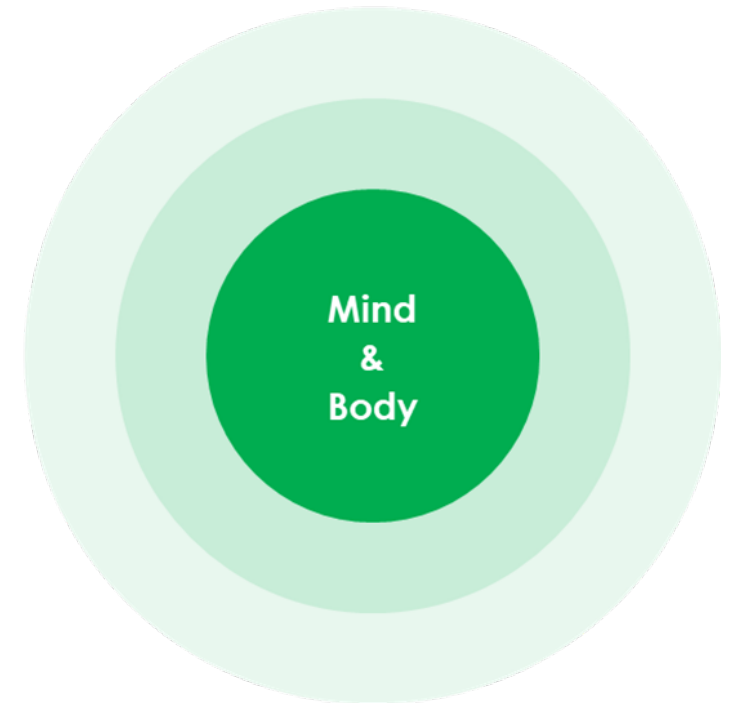
Reduces the emotional weight of pain. Strong evidence in chronic pain populations.



## Pain Reprocessing Therapy (PRT)

Teaches the brain to reinterpret pain signals. 66% near pain-free at 1 year in landmark study.

**EMERGING**



# Strategy 3.5: Build Your Care Team

Pain management works best when it's a team sport.

## Physical Therapist



## Occupational Therapist



## Registered Dietitian



## Mental Health Therapist



**Your doctor is the quarterback** — *but you need the whole team on the field.*



# Strategy 4: When It's Time to Talk to a Surgeon

An orthopedic surgeon member of YOUR team, **specifically for joint pain.**

## If...

- Pain is limiting your daily activities
- You've tried medications, physical therapy and lifestyle modifications
- Your quality of life has declined in ways you've accepted as permanent

**Then**, consider asking for a referral to an orthopedic specialist



# What Changes After Surgery

## Before

- Waking up in pain
- Skipping family events
- Stopped walking the dog

## After

- Sleeping through the night
- Back at the family kickball game
- Evening walks with the new puppy



**For the right patient at the right time, surgery can be the moment the pain finally stops running the show.**



# Build A Plan That Works For Your Life

**No two people experience arthritis the same way. Your pain plan should reflect that.**

## **Know your pain**

Track when its worse, what triggers it, and what brings relief. Patterns matter!

## **Build your team**

Physician, physical therapist, dietitian, mental health support. You don't have to do it alone.

## **Choose your strategies**

Combine what works — movement, nutrition, medical treatment, mind-body therapies.

## **Make it a daily habit**

Combine what works — movement, nutrition, medical treatment, mind-body therapies.

## **Adjust as you go**

Your pain will change over time — and your plan should too. Check in with your team and stay open to trying something new.



# Recap with Dr. Calendine





# Medical Solutions to Pain

With Dr. Edwards

# Arthritis Pain Is Not One Thing

**Your treatment shouldn't be either.**



## **Osteoarthritis**

- Manage pain directly
- The pain is coming from structural damage and local inflammation at the joint
- Reduce the inflammation, manage the pain, protect what's left.



## **Inflammatory Arthritis**

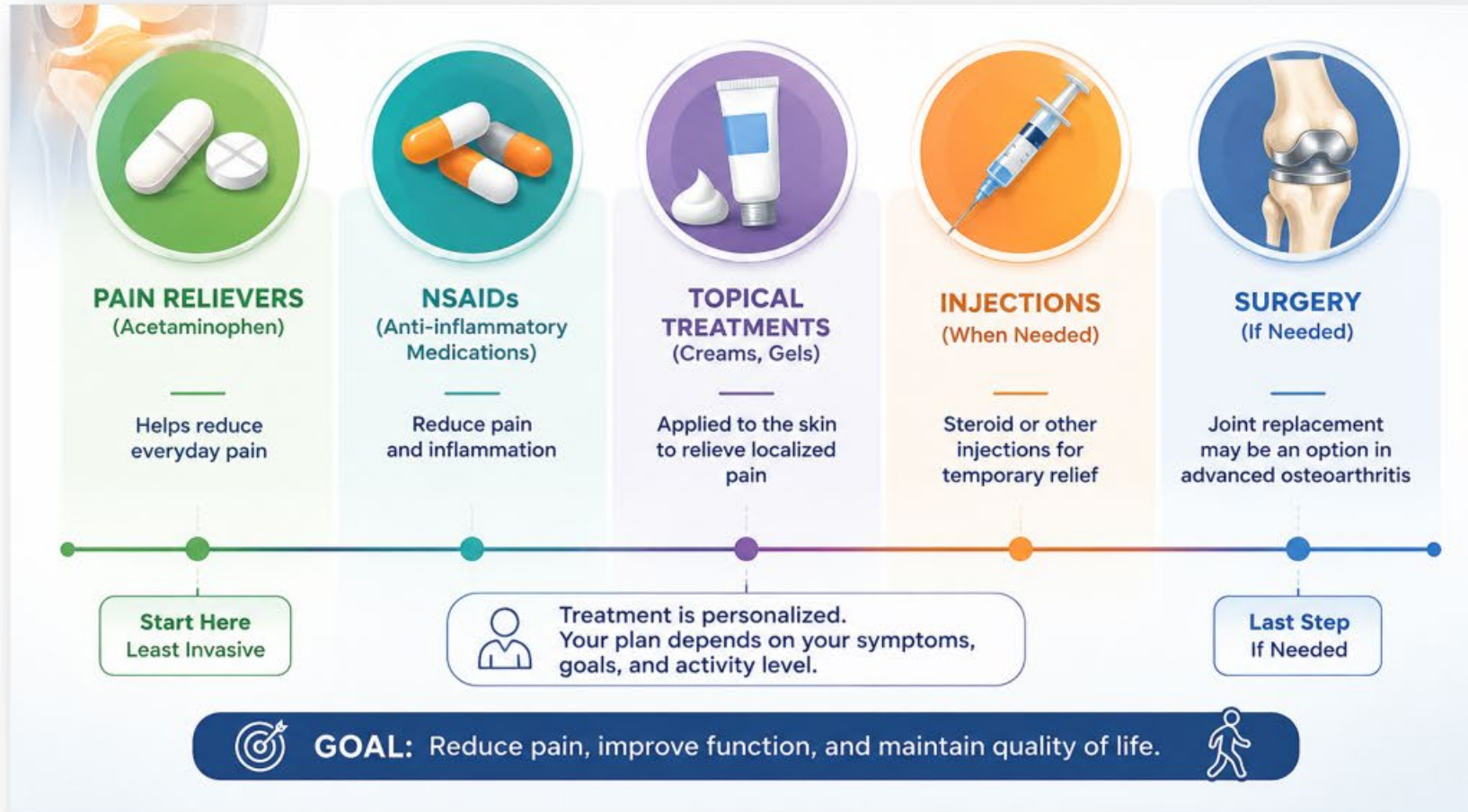
(Gout, RA, PsA, JA and AxSpA)

- Treat the underlying disease
- Flare is treated as acute, but remains chronic
- Most patients only treat the flare and never address what's causing it



# Medical Treatment Options

## Osteoarthritis



# Medical Treatment Options

## Inflammatory Arthritis

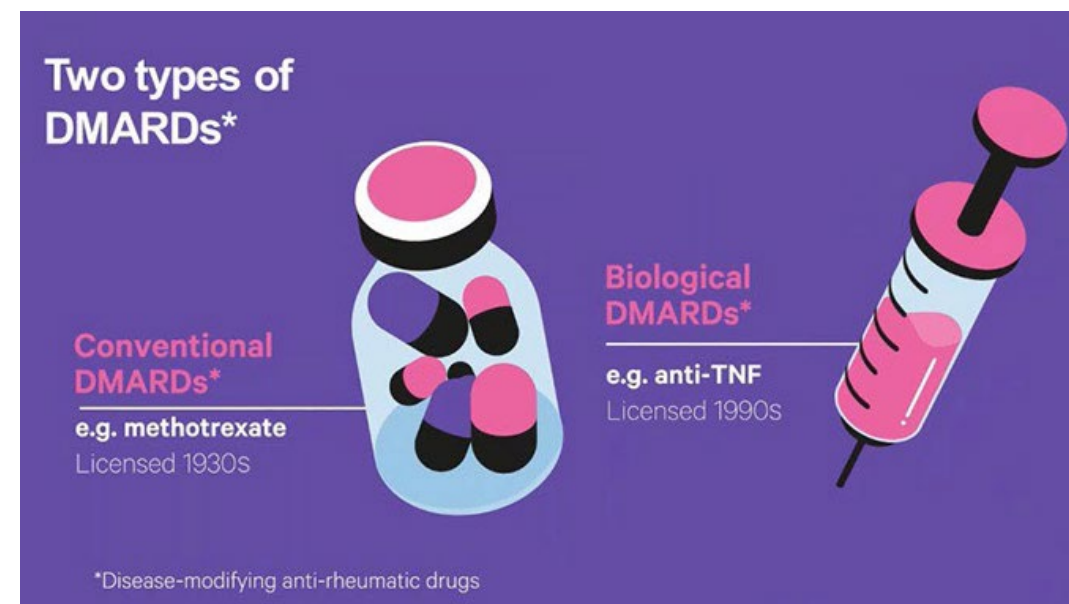
### Medications that reduce inflammation and control disease:

**NSAIDs** (anti-inflammatory pain relievers)  
Help with pain and stiffness

**Corticosteroids** (steroids)  
Fast-acting relief for flares

**DMARDs** (disease-modifying drugs)  
Slow or stop disease progression (e.g., methotrexate)

**Biologics & targeted therapies**  
More advanced treatments that target specific parts of the immune system

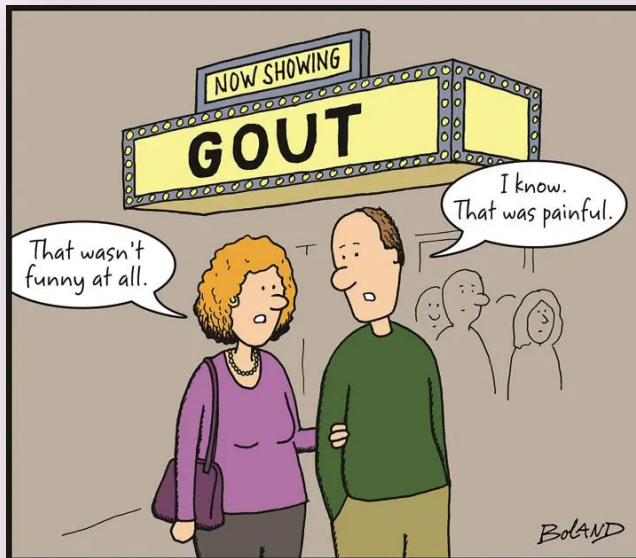


[arthritis-uk.org](http://arthritis-uk.org), 2006



# Disease Study: Gout Pain In Focus

**Gout** is characterized by the sudden onset of intense, inflammatory pain, often occurring at night or in the early morning.



*"Now it is a violent stretching and tearing of the ligaments– now it is a gnawing pain and now a pressure and tightening. So exquisite and lively meanwhile is the feeling of the part affected, that it cannot bear the weight of bedclothes nor the jar of a person walking in the room."*

- Dr. Thomas Sydenham, gout sufferer of a flare, 1683 (John Hopkins Arthritis Center)



# Disease Study: Gout Pain In Focus

## What Is Gout?

### Uric acid crystals

formed in joint spaces, triggering a massive inflammatory immune cascade

**3x**

**more likely**

in men vs. women

**1.3x**

**more prevalent**

in Black men

**~50%**

**of 1st attacks**

at 1st MTP joint (big toe)

### 8–16 hrs. to peak pain

Pain reaches maximum intensity rapidly after onset



### Risk rises post-menopause

Loss of estrogen's uricosuric effect increases serum urate



# Disease Study: Gout Pain In Focus

## Patient Profile

**58-year-old male**

Sudden-onset excruciating pain the big toe, overnight

## Diagnosis

**Acute gout flare**

Uric acid crystal deposition in the 1st metatarsophalangeal joint (big toe)

## Pain Characteristics

**Worse with any touch or pressure**

No trauma history

## Treatment

**Acute:** Colchicine – rapid anti-inflammatory relief

**Long-term:** Long-term: Allopurinol – urate-lowering therapy (target <6.0 mg/dL)

## Lifestyle Recommendations

**Healthy Diet (DASH or Mediterranean)**

Moderate flare triggers (red meat, shellfish, alcohol), weight loss, exercise.

## KEY TAKEAWAY

**Gout is one of the most treatable forms of arthritis — but only when correctly diagnosed.**

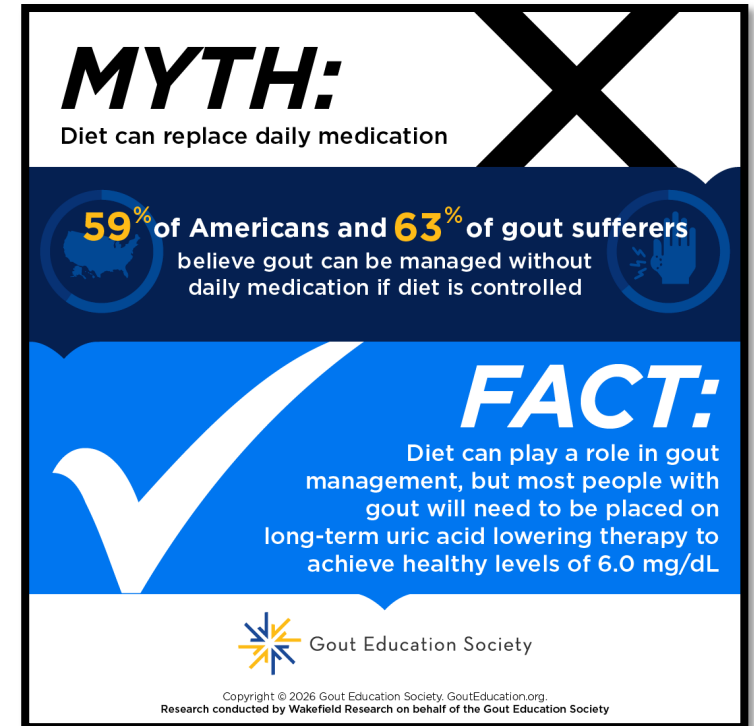
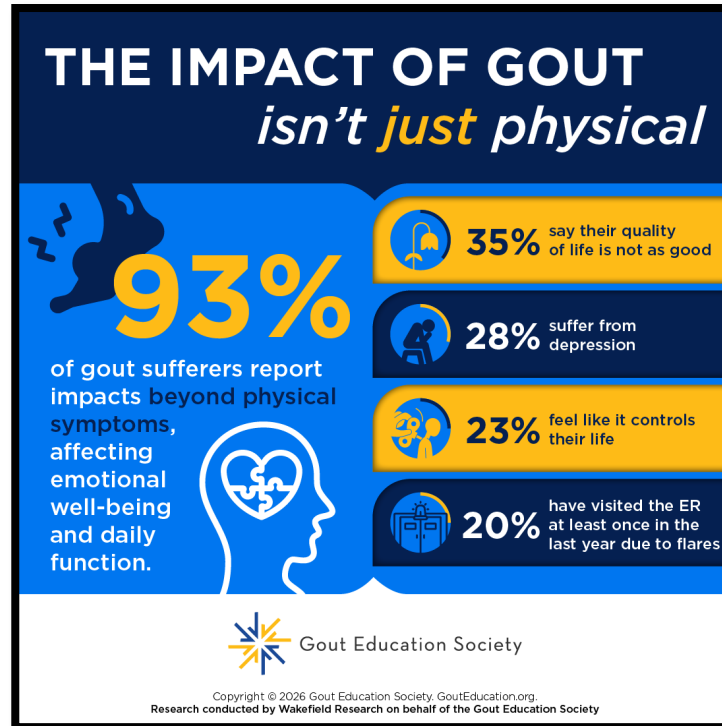


# Recap with Dr. Edwards

# Gout Awareness Day

First held by the **Gout Education Society** on May 22, 2006, Gout Awareness Day was started to raise awareness of the disease and improve understanding of how it is treated.

For the 20th anniversary of Gout Awareness Day, GES conducted research on the public's understanding of the disease.



# Q&A

# Gout Connect Group

Friday, May 29<sup>th</sup> at 3 pm ET/12 pm PT

- Continue the conversation and connect with others.
- Free and open to all people living with arthritis, their friends, family, and caregivers.



The support you need is **here**.

**Join Us Here:** [arthr.org/gout-connect-group](https://arthr.org/gout-connect-group)



# Resources from Dr. Calendine



# Want To Better Understand Pain?



pacira<sup>™</sup>  
BIOSCIENCES

Chronic pain from arthritis can affect every part of your life. Scan the QR code to learn how it can feel different for everyone—and know you're not alone.



# Arthritis Foundation Resources

**Struggling with Arthritis pain? You're NOT alone!**

**For support and information to live your best life possible, go to:**

**Live Yes! Connect Groups: [connectgroups.arthritis.org](https://connectgroups.arthritis.org)**

**Webinars: [arthritis.org/webinars](https://arthritis.org/webinars)**

**Helpline: 1-800-283-7800 or [arthritis.org/helpline](https://arthritis.org/helpline)**

**June 18 – Hormones, Joints and Women's Wellness – BHOF Partnered webinar**

