

The Health Equity Core's

Fall 
NEWSLETTER



UPCOMING EVENTS

LUNCH & LEARN SESSIONS

Do you want to learn how to better support your health and wellbeing? Our Lunch & Learn Series offers free, educational sessions that feature topics related to chronic pain conditions, pain management, and healthy living. Light refreshments are provided, and parking is free.

*All Lunch & Learn sessions are **12 to 1 PM** at the **UM Detroit Center & on Zoom**.*

Thurs, Sep. 26th
Psychedelics and Pain

Scan to register



Thurs, Oct. 10th
**Cannabis Research
for Pain**

Scan to register



Thurs, Oct. 24th
**How Your Diet Can
Contribute to Pain**

Scan to register



YOGA THERAPY SESSIONS

Do you want to nurture your wellbeing through movement and breath? Consider attending our Yoga Therapy Series! All skill levels are welcome, yoga mat is optional, and casual/comfortable clothing is recommended. Parking is free and refreshments are provided.

*All yoga therapy sessions are **11 AM to 12 PM** at the **UM Detroit Center**.*



Session dates:

Saturday, **Oct. 5th**

Saturday, **Nov. 2nd**

Saturday, **Dec. 7th**



Scan to
register



UPCOMING EVENTS CONT.

2024 LUPUS CONFERENCE

This is our 3rd annual Lupus Conference for Lupus Warriors and their caregivers, featuring talks from clinicians, researchers, and Lupus Warriors related to the health impacts of lupus and navigating resources for lupus management. Continental breakfast and lunch will be provided for those in person. Free parking is available.



Saturday, Oct. 12th
9:15 AM to 3 PM

Scan to register



UM Detroit Center
(3663 Woodward Ave,
Suite 150, Detroit)
& online

VETERAN PAIN CONFERENCE

This conference for Veterans will feature talks from clinicians, researchers, and Veterans related to chronic pain care, Veteran healthcare, and alternative pain treatments. Continental breakfast and lunch will be provided for those in person. Free parking is available.



Saturday, Nov. 16th
Time TBD

Scan to register



UM Detroit Center
(3663 Woodward Ave,
Suite 150, Detroit)
& online



UNDERSTANDING PAIN

Managing pain can be difficult, but having a good understanding of how pain is produced in the body and the causes and treatments for different types of pain is a good foundation for successful pain management. You might feel pain in various parts of your body, but did you know that pain is always produced in the brain not the part of the body that hurts? Body parts can only send messages that something is wrong (known as nociception), the brain must interpret that message and sometimes it creates the experience of pain. There are three types of pain and treatment can look very different depending upon which type or types you are experiencing.

- Nociceptive pain (injury pain) is an example of the body's pain mechanism working properly. This type of pain warns you of threat and danger due to an acute injury. Most forms of nociceptive pain are short-lived and are your body's way of urging you to act in accordance with health, safety, and survival.
- Neuropathic pain (pain from damaged nerves) represents a malfunction in the normal processing of pain. The nervous system takes nociceptive (pain) messages from a site of injury to the brain. If the nerves carrying messages to the brain get damaged, they may fire excessively or in abnormal patterns, which can be interpreted by the brain as sharp or burning pain.
- Nociplastic pain ("centrally augmented pain") is a disorder of how the brain processes nociceptive (pain) signals. In such cases, non-painful or minimally painful signals may be intensified by the brain and be interpreted as pain. This "centrally augmented pain" is indistinguishable from pain experienced in response to an injury – both are "real" forms of pain and can result in comparable levels of suffering.

As the person with the best access to your brain, you can have a significant impact on your experience of pain. The best approach for managing pain is a partnership between the professional care your doctor can provide and the self-care you can provide yourself. Current approaches to chronic pain management follow a step-by-step algorithm that personalizes treatment to the type of pain you are experiencing at any given time: 1) Diagnosis, 2) Education and Self-Care, 3) Professional Care. Pain Guide is a free resource that offers instruction for self-management techniques, as well as descriptions of various professional care options. Visit [PainGuide.com](https://painguide.com/) to learn more about how to manage your pain.

Source: <https://painguide.com/>



RESEARCH OPPORTUNITIES



The MIVetsCan Pain Registry & Clinical Trials

Are you a Veteran with chronic pain?

Contact the study team to learn more or visit MIVetsCan.org.

Email: MIVetsCan@med.umich.edu, Phone: (734) 998-6088



Primary Care Provider Perspectives of Cannabis Education for Chronic Pain Management

Do you treat people who have chronic pain?

Contact the study team to learn more or scan the QR code to complete an eligibility questionnaire.

Email: PCE-Study@med.umich.edu, Phone: (734) 998-3540



Seeking participants for a Lupus Study

Are you a Lupus Warrior?

The Translational Physical Activity Laboratory is seeking participants for a lupus interview study to understand the relationship between SLE and physical activity. For more information, email the study team.

Email: tpalaboratory@umich.edu

ADDITIONAL RESOURCES

Conquer Lupus

<https://www.conquerlupus.com/>

PASC Guide

<https://www.pascguide.com/>

Sickle Cell

<https://abettermewithscd.com/>

Pain Guide

<https://painguide.com/>

CONTACT US

Email: CPFRC-HEC@med.umich.edu

Website: <https://medicine.umich.edu/dept/cpfrc/health-equity-core-hec>