



# Validate Your Pain!: Exposing the Chronic Pain Cover-Up

*Allan F. Chino, Corinne Dille Davis*

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As the title strongly states: "Validation" is something many who suffer with chronic pain often don't get -- but need. People are tired of hearing that their pain might be "just in your head." For generations, those of us who deal with unrelenting pain on a daily basis have been glossed over, ignored, or flat misdiagnosed. Now a team of doctors has come along with a book that speaks directly to the individual whose pain dominates their lives. Here, in an easy-to-read and easy-to-understand format, are tried-and-true ways to get the attention you deserve for debilitating pain. *Validate Your Pain!* works with the reader and provides direction on how to take control of your own health care destiny, how to ask the right questions, and how to know when you are being ignored or unheard. Board certified in pain medicine and supported by decades of work with chronic pain patients, Drs. Chino and Davis bring their vast experience and concern to the pages of this eye-opening book. Suffer no more in silence. Understand the role physicians and insurance companies play in your treatment. Get the truth about pain medications and the unsubstantiated fear of addiction so many physicians have. Get the information you need to maneuver through the healthcare minefields-- and get the help you deserve.

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