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Salem Press Announces the First Volume in The New, *Principles of Health Series, Pain Management*

Salem Press is pleased to add *Principles of Health* to the *Principles of* series that includes *Principles of Science*, *Principles of Business*, and *Principles of Sociology*. *Pain Management* is the first *Principles of Health* volume. This new resource introduces students and researchers to the fundamentals of pain management using easy-to-understand language for a solid background and a deeper understanding and appreciation of this important subject.

The physiology of pain is well understood. Modern health care focuses a great deal on pain relief, and pharmaceutical companies invest huge amounts of effort into formulating better, safer and cheaper pain relievers. Pain can be artificially induced in laboratory animals without causing damage to the body. It can also be successfully relieved by a wide range of pharmaceutical agents and procedures, resulting in people living today with less pain than any of our predecessors. However, there is still much to be learned about pain. To this end, this volume on pain and pain relief is designed for the curious, general reader who wishes to understand the phenomenon of pain more deeply. The articles in this volume provide a foundation for this fascinating, complex, and often deeply personal subject.

This work begins with a comprehensive Editor's Introduction to the topic of pain management written by Michael Buratovich, PhD. Following the Introduction, *Principles of Health: Pain Management* includes 146 entries arranged in seven broad categories:

- **Pharmacological Treatments** includes both prescription and over-the-counter drugs used to manage pain.
- **Non-Pharmacological Treatments** include procedures, surgeries, techniques, and prevention methods.
- **Alternative Treatments** are those not commonly used in Western medicine, including herbs and supplements and techniques like acupuncture and yoga.
- **Death and Dying** deals with end of life issues and includes entries on palliative care and euthanasia.
- **Psychological Pain** deals with mental and behavioral health issues, including depression, anxiety, and post-traumatic stress disorder. Pain related to these disorders is often difficult to quantify, and can lead to physical issues as well.
- **Pain and Addiction** deals with the use and misuse of prescription pain medications and related epidemics in the United States.

- **Common Ailments** includes issues that most people will have to deal with at some point in their lives, such as Headache, Osteoporosis, and Sinusitis.

Some the entries discussed in this volume include:

- Meditation and Relaxation
- Narcotics
- Hydrotherapy
- Medical Marijuana
- Euthanasia
- Menopause
- Prescription Drug Misuse
- and More

All entries include Category, System or Anatomy Affected, and References. Many entries also include Key Terms and images and photographs to illustrate concepts and treatments.

This work includes helpful appendixes, including: Bibliography; Glossary; Organizations; Category Index; and Subject Index.

Essays are comprehensive and accessible to high school and undergraduate students and general readers interested in the study, mechanics, and treatment of pain management - a must-have resource for students and researchers building a foundation in pain management.

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Other Volumes in this Series:

Principles of Health: Obesity

Principles of Health: Diabetes

Principles of Health: Anxiety & Stress