



Dr. Gerald Epstein

FOR THE  
1 OUT OF 4  
WHO SUFFERS  
CHRONIC PAIN

concentration. They then predict their own failure and lose valuable time worrying about whether they have studied enough or even deserve to do well. *Better:* Tell yourself, "Yes, I don't know this answer—but I'll take 10 seconds to see what arises from my subconscious." Everything that you've ever heard, learned or experienced is coded in your brain cells. By letting your mind relax, you can start to access information.

This information will not arrive in an organized fashion, but you can arrange it to answer a question or write an essay. By concentrating on what you do know rather than on what you don't, you avoid panic. *Essential:* You must believe in this process for it to work.

HOW TO PREPARE FOR A TEST

Study has become a tainted word. To most people it means reading and memorizing words in a textbook so you can regurgitate them. It's a passive activity. *Better:* Train your brain to retrieve information. Don't just study—rehearse...

☐ **Look at the book's title.** Ask yourself: What do I already know about this subject? What are my lines of connection? Signal your brain to get ready to retain and retrieve information.

☐ **Skim the first chapter.** Turn the pages quickly, allowing each to be imprinted on your brain. Notice if there is a summary or questions to be answered. Look for sections you want to read.

☐ **Take a second look.** Don't read word for word, but use your finger to run down the pages. Note key sentences and numbers, names and dates that are repeated.

*Example:* The name George Washington, the date 1776 and the British are all mentioned several times.

Although you have yet to read the chapter, you have now seen each word in it twice. Think of some questions.

*Examples:* Who is George Washington? Why is 1776 relevant? Who are the British? Why do I have an overall hunch about New England and the Eastern States?

☐ **Read key sentences and paragraphs.** Then see if you have enough information to answer your questions.

☐ **Close the book.** Test your ability to access the information by seeing what you can write about it. *Key:* You're not just repeating words. You are developing pathways through which you will be able to access the information in a way that's meaningful.

*Privileged Information* interviewed Dr. Neil Fiore, who is a psychologist at the University of California at Berkeley and is the author of *Conquering Test Anxiety*, Warner Books, 666 Fifth Ave., New York 10103, \$6.95. He also runs seminars on turning stress into success and is a consultant to major corporations.

**S**eventy-three million Americans suffer some kind of chronic pain—and need relief. But what alleviates another person's pain may not work for you.

Some pain therapies give you control of the tools for treating pain, while other methods put control in the hands of the physician, psychiatrist or healer. *Key to choosing the right treatment:* Determining how much faith you have in your own ability to control your therapy (inner control)—or how much you need a professional to take control over the healing process (outside control).

WHAT PAIN IS TELLING YOU

Pain is not just a random occurrence—it's usually tied to a complex life situation. Negative emotions, psychic unrest and your method of handling stress can all cause pain. *Common pains and what they indicate:*

- *Lower back pain:* Usually signals worry over money troubles or insecurity.
- *Migraine:* Signals intense anger.
- *Jaw joint pain:* Often caused by teeth grinding—which signifies tension, rage and anxiety.

Whatever its root, pain does you a service. Pain is a natural teacher that alerts you to what's been going on in your life.

CHOOSING THE RIGHT TREATMENT

After assessing the cause of your pain and your need for outside control in therapy, choose the pain treatment best suited to you. *Caution:* Don't get locked into the

Privileged information from Dr. Gerald Epstein, a psychiatrist in private practice at 23 E. 93 St., New York 10028.

popular belief that pain clinics have a monopoly on alleviating pain. Their success rate is low, and they're expensive. *Better ways...*

OUTSIDE CONTROL

☐ **Acupuncture.** The practitioner inserts needles in particular meridian points to promote the flow of *chi* (life force) as well as stimulate production of endorphins, the natural opiates of the body. We don't know why acupuncture works for some people and not others—although skeptics receive little benefit. *About \$35-\$45/meeting.*

☐ **Chiropractic.** The chiropractor manipulates and realigns your body structure to improve general body functioning. This method of pain control is used most often for joint and muscle pain, and the number of sessions required depends on the complexity of your problem. *About \$60/session.*

☐ **Healing.** This spiritually oriented treatment has the best record of all the outside-control therapies discussed here. To end the pain the healer performs a "laying on of hands"—placing hands on or near your body and somehow affecting, it is believed, the electromagnetic field of your body. Because healers consider their gifts of divine origin, they usually do not charge.

☐ **Hypnosis.** A hypnotist puts you in a trance and gives a posthypnotic suggestion that the next time you sense the pain you will instead feel calm, peaceful, warm and pain-free. The success of hypnosis is based on your forgetting the suggestion so you can't fight it with your conscious will—you're thus empowered to fight the pain *subconsciously.*

The number of sessions needed to perfect the posthypnotic suggestion varies with your ability to be hypnotized—which depends partially on your belief in the effectiveness of hypnosis. *About \$75-\$125/session.*

☐ **Painkillers.** A physician prescribes drugs to end or decrease

short-term pain. Drugs merely block the pain and don't address its cause. And several painkilling drugs—including codeine, Fiorinal and demerol—are habit forming. *About \$40-\$80/office visit.*

#### INNER CONTROL

□ **Biofeedback/behavior modification.** This can be wonderful therapy if you can take the initiative to employ it. A professional trains you to control pulse, blood pressure, respiration, skin/muscle tension and temperature—all functions that are distorted by pain. You read how well you're controlling your body functions on monitors . . . and as your confidence grows, so does your skill in handling pain. *About \$75-\$125/session.*

□ **Mental imagery.** An imagery therapist helps you create mental images to combat pain. These images are tailored to both the kind of pain and your personality type, and you work on them at the doctor's office and at home.

You can eventually learn to control your pain, benefiting from these tools and a feeling of empowerment and control. Imaging can help even the arthritic patient's pain. *About \$125-\$180/hour.* Only a few sessions are needed—and the tools of pain control are yours.

*Example:* For lower back pain, you may imagine a pair of hands with transparent fingers, teasing apart and stretching the muscles. Sense the blood flow smoothly to the muscles and imagine light from above filling the whole painful area.

#### INSIGHT

**Dr. Elizabeth Whelan**

#### HETEROSEXUALS AND AIDS

It appears increasingly clear that the AIDS threat to American heterosexuals who engage only in vaginal intercourse has been overstated. *Prime reason:* Leading health experts see the fear of AIDS in heterosexuals as a means to an end: Using AIDS warnings to help reduce other adverse consequences of promiscuity—such as other sexually transmitted diseases (syphilis . . . gonorrhea . . . chlamydia) and unwanted pregnancy. This is not to say, however, that heterosexuals should not be cautious about AIDS and other sexually transmitted diseases.

*Recent findings:* One study clearly implicates anal sex as the primary means of transmission among non-drug-using women infected in heterosexual relationships . . . and another study shows that as many as 10% of American women regularly engage in anal sex.

Privileged information from Dr. Elizabeth Whelan, epidemiologist and director of the American Council on Science and Health, 1995 Broadway, New York 10023.

#### FOREWARNED

**Michio Kaku**

ARE YOU BUGGED?

ARE YOU TAPPED?

**W**ith today's sophisticated technology, there's no surefire way to know if someone is listening to what you're saying in your own home or office. But there are methods that you can use to improve your surveillance savvy.

#### PHONE TAPS

No matter how expensive or how sophisticated your tap-detecting equipment is, it will not work properly *unless you use the equipment at the time your phone is initially installed.*

*Background:* Phone taps reduce the electrical current on your phone line—the more sophisticated the tap, the less current it draws. *Important:* In order for a tap detector to be useful, therefore, you must know the *base level* of current (without the tap).

*Trap:* If your phone was bugged when installed, you'll never be able to get a truly accurate base-level reading.

Although many people associate taps with noise, the most sophisticated equipment emits little, if any, sound. Crude taps do make noise, but clicks, whirring, people talking and other strange sounds do not necessarily mean that your phone is tapped. Such interference is often caused by the changing of relays (switches) directly along the phone line.

#### ACTIVE BUGS

These devices are small—maybe the size of an olive—and broadcast a small amount of energy to a receiver not more than a few blocks away. They can be planted on such areas as ceilings and walls and are difficult to find.

*To detect their presence:* Get a band-sweep—a sophisticated radio that can pull in the frequencies these bugs work on. Band-sweepers are commercially available.

*How they work:* Slowly change the frequencies on the band-sweep while playing music on another source. When you hit its frequency, the bug will begin transmitting the

same music you are currently listening to.

If you still have difficulty finding the bug, walk around the room with the sweep. As you move closer to the bug, it will feed back, causing a loud squeal. This is one method embassies use to "sweep" their offices.

#### PASSIVE BUGS

Passive bugs do not radiate energy and are much more sophisticated and expensive than active devices. *On the cutting edge:* Laser bugs. The bug user shines the laser on any "membrane" of a building (such as a windowpane) that will vibrate with the sound of your voice. When the laser bounces back to its source, it reveals what you've said.

These devices cannot be detected like active bugs, but you may be tipped off by the presence of a suspicious car near your building. *Ways you can beat the bug:* Play music to drown out your voice . . . shield the windows with blinds or shades.

*Who uses passive bugs:* These devices are prohibitively expensive for people working on corporate espionage and divorce cases and are probably used exclusively by government intelligence agencies.

Privileged information from Michio Kaku, professor of nuclear physics at the Graduate Center of the City University of New York.

#### TRAVELEDGE

□ **TO RESERVE TICKETS FOR THE 1988 WINTER OLYMPICS** in Calgary, Alberta, February 13-28: Phone Travel Alberta, 800-661-8888, or call Olsen's Travel World, 800-421-2255 or, in California, 800-421-5785.

□ **TO THE RESCUE.** Forget everything in an emergency? Get the Sierra Club's rescue card, which lists essential instructions on administering first aid . . . getting in touch with rescue organizations . . . organizing a search, etc. Wallet-sized, it's available free from the Sierra Club Outing Department, 730 Polk St., San Francisco 94109. (Send a self-addressed stamped envelope.)

□ **METAL IN SURGICAL IMPLANTS, STAPLES AND DENTURES** can set off security sensors at airports, etc. *To avoid embarrassment:* Alert guards that your prosthesis may set off the metal detector . . . advises **Dr. E. J. Neiburger**, dentist in Waukegan, IL.

□ **HALF-PRICE THEATER TICKETS IN PARIS**—can be bought only on the day of the show. *Available:* The Kiosque Théâtre, 15 Place de Madeleine . . . 12:30 PM-8 PM, Monday through Saturday, 12:30 PM-4 PM on Sundays.