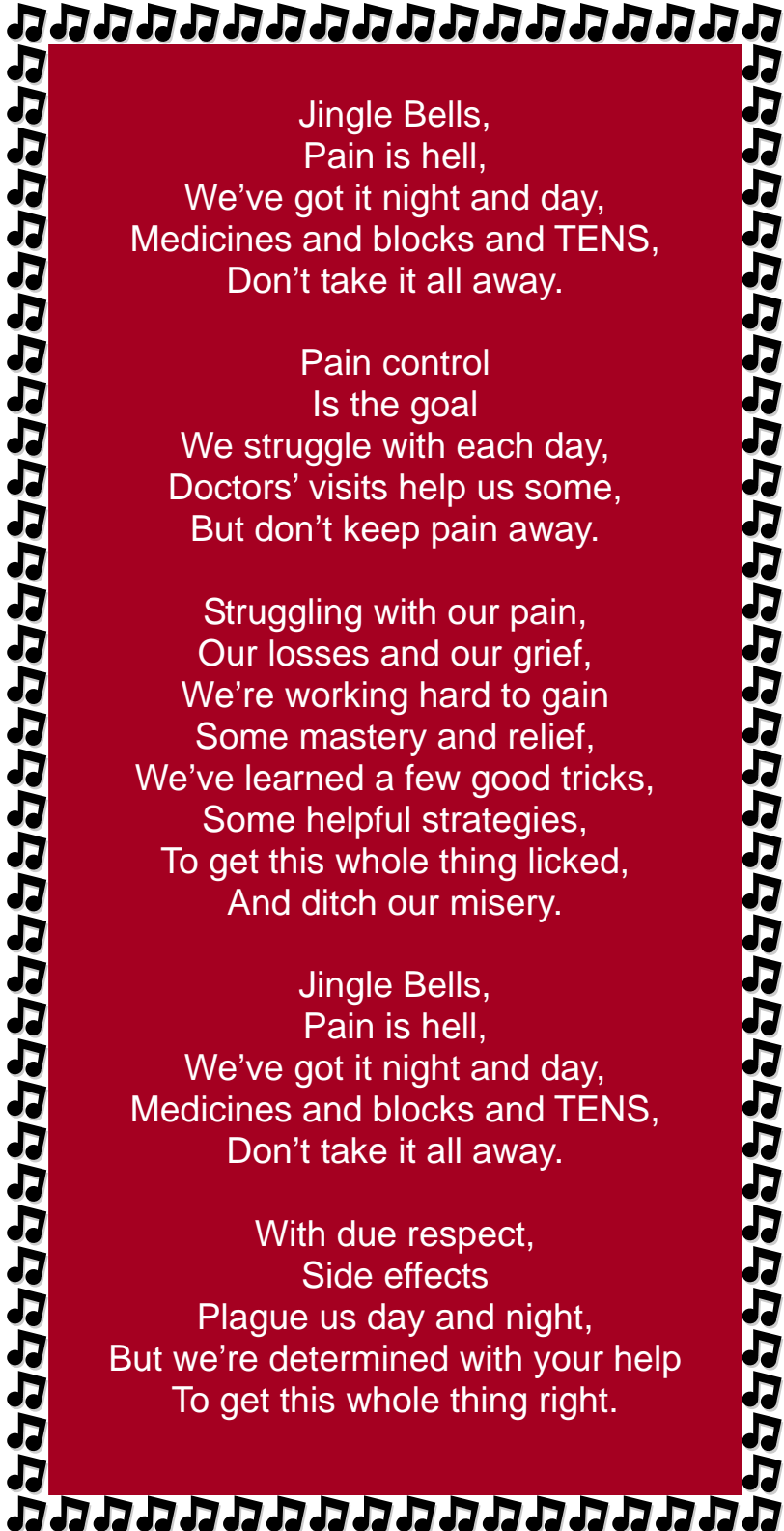


# Jingle Bells: a Pain Sufferer's Merriment

By Ann Gamsa, Ph.D., pain specialist, MUHC Pain Centre, CPC Board Member



Jingle Bells,  
Pain is hell,  
We've got it night and day,  
Medicines and blocks and TENS,  
Don't take it all away.

Pain control  
Is the goal  
We struggle with each day,  
Doctors' visits help us some,  
But don't keep pain away.

Struggling with our pain,  
Our losses and our grief,  
We're working hard to gain  
Some mastery and relief,  
We've learned a few good tricks,  
Some helpful strategies,  
To get this whole thing licked,  
And ditch our misery.

Jingle Bells,  
Pain is hell,  
We've got it night and day,  
Medicines and blocks and TENS,  
Don't take it all away.

With due respect,  
Side effects  
Plague us day and night,  
But we're determined with your help  
To get this whole thing right.