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**One Hour AT A Time  
Archives Available**  
February 20th 2017: **Encore: A Day Without Pain**

Chronic Pain occurs as a complicated web of emotions and physical symptoms. The most common way to treat pain is to use opioid medications, which actually complicate the course of chronic pain and is responsible for countless complications and overdose deaths. During this show, we will review the statistics of the opioid epidemic to understand how we got here and where we are going. This session will also explore the interactions of pain, suffering and addiction with suggestions for intervention and treatment.

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**Featured Guest**



**Dr. Mel Pohl, MD, DFASAM**

Mel Pohl, MD, DFASAM is board certified in Family Practice, certified by American Board of Addiction Medicine and a Distinguished Fellow of the American Society of Addiction Medicine. He is the Chief Medical Officer of Las Vegas Recovery Center. He is on the planning committee for ASAM's "Common Threads, Pain and Addiction" Course and co-chair of ASAM's Pain and Addiction Workgroup. He is a nationally known speaker and co-authored Pain Recovery: How to Find Balance and Reduce Suffering from Chronic Pain; Pain Recovery for Families: How to Find Balance When Someone Else's Chronic Pain Becomes Your Problem Too and A Day without Pain. His newest book with Kathy Ketcham from Da Capo Pr

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