As 2015 begins and I reflect on the hope inspiring experiences that have happened in 2014, I’d like to share the things that I am grateful for:

* Those that we endearingly refer to as “CAYA” who show their patient resilience, strength and brave and stoic natures in living with and sharing their pain experience.
* The adults who impart their wisdom as pain suffers and/or caregivers that help to “shape today to help us build a better tomorrow.”
* The ever growing number of volunteers who dedicate their heartfelt time to the ILC.
* Our directors, as front line supporters of our cause in providing leadership, direction and sustainability to our programs and services.
* Our donors and grantors who allow us to provide awareness, education and care to the children and families we serve.
* To the stakeholder relationships that share in ILC’s guiding principles where we come together in collegial cohesive collaborations to help advance change in how the health system and providers responds to and treats pain.
* ...and too many caring moments to mention.

On behalf of our Board, Advisers and volunteers who give hours of their time and dedication to the ILC, our heartfelt thank you is expressed for sharing your stories and wisdom that have helped to shape everything we do. As we look past the many accomplishments in 2014, we can hold on to hope in knowing that we are collectively helping to see better care for children and youth and families living with pain.

Join our monthly giving program for 2015

Happy New Year! Sandy
2014 Highlights:

With funding and in-kind support ILC was able to:

- Help over 2000 people through its awareness and education on-line network;
- Help 176 families through one-on-one support;
- Organize and fund the 2nd annual Difficult to Diagnose Diseases: Ehlers-Danlos Syndrome (EDS) conference as a Canadian Medical Education (CME) Accredited patient-physician and allied health course through McMaster University, bringing together clinicians, researchers and patients from across Canada and the United States;
- Through the families we support, bring acknowledgement of chronic pain suffering in conditions such as Spina Bifida, Cerebral Palsy, Spastic Paraplegia, Chiari Malformation, Syringomyelia and Comorbidities of tethered cord, cervio-cranial instability, mast cell activation, chronic fatigue syndrome, dysautonomia, postural orthostatic tachycardia syndrome, connective tissue disorders affecting GI system, autoimmune disorders;
- Continue to strategically work to reshape pain as a child and family issue;
- Attend the Atlantic Pain Conference and participate in meetings organized and led by Pat Kelly (Campaign to Control Cancer) and Dr. Bob Phillips (recipient of the Lifetime Achievement Award for his leadership in the development of Ontario’s cancer centers which became a model for national centers), with the Canadian Pain Society (CPS), the Chronic Pain Association of Canada (CPAC), the Canadian Pain Coalition (CPC) and Pain BC in discussions to support the development of a plan for a National Pain Strategy;
- Contract with Pat Kelly Associates to help reposition ILC as a leading voice in this at risk population and bringing urgency and strategic focus to the efforts to advance a national pain awareness campaign;
- Become a confirmed collaborative members of a Canadian Institute for Health Research (CIHR) Strategy Patient-Oriented Research (SPOR) grant team;
- ... And most importantly, continue to replace feelings of isolation and fear with friendships and hope!

The ILC Foundation Annual Conference: McMaster University Canadian Medical Education (CME) Accredited Difficult to Diagnose Diseases: Ehlers-Danlos Syndrome (EDS)

November 1-2, 2014 – Toronto, Ontario: View continuing education presentation video’s here
2014 Award of Excellence
In recognition of outstanding compassion and care for
Children and Families Living with Complex Chronic Pain
Diseases

Dr. Juan Camilo Guzman
MD, MSc, FRCPC, General Internal Medicine, Syncope and
Autonomic Disorders, Health Research Methodology, Assistant
Professor, Department of Medicine, McMaster University, General
Internal Medicine Division, Hamilton General Hospital
Arrhythmia & Pacing Service, Population Health Research
Institute, Internal Medicine Clerkship Coordinator Hamilton
General Hospital, Michael G. DeGroote School of Medicine

Thank you!

ILC's Executive Director recognized as
Canadian Women Changing Healthcare

Help Shape Today To Build A Better Tomorrow!

Chronic Pain
If you can’t Connect the Issues
THINK Connective Tissue

Chronic Pain Peer Network
One-on-One and Peer Support
EVIDENCE TO CHRONIC PAIN CARE

Current Research - Call for Participation through ILC’s network:

- Psychosocial and Academic Development Of Post-Secondary Students With Ehlers-Danlos Syndrome - Catherine Giroux: 14-11-04 Giroux Ethical Approval (pdf) and Network Posting (docx)

- The Everyday Experiences of Young Adults Living With Chronic Pain – Erika Clark: Chronic pain research study email information (docx) and Interview guide chronic pain research (docx)

PROFESSIONAL DEVELOPMENT COURSES:
Lawrence S. Bloomberg Faculty of Nursing, University of Toronto
Advancing Pain Assessment and Management – February 19-20, 2015
REGISTER TODAY:

Visit the Holland Bloorview Kids Rehabilitation Hospital website and download the Chronic Pain Assessment Toolbox for Children with Disabilities.

This level of achievement for the understanding of chronic pain in the patient population with physical disability is tremendous.

Chronic Pain Assessment Toolbox for Children with Disabilities!

Excerpt from Pain BC Newsletter:
Harvard Researchers Recreate Pain-Sensing Neurons
Pain research was abuzz this month about the recent Harvard Medical success in growing pain sensing neurons using stem cells. Researchers at the Harvard Stem Cell Institute (HSCI) have successfully created pain sensing neurons outside the human body. The implications of this could be widespread: "findings may lead to development of more effective pain medications, better methods to evaluate who is at risk for developing chronic pain, and ways to combat pain complications resulting from cancer chemotherapy" says Clifford J. Woolf, a professor of Neurology and Neurobiology at the Harvard Medical School.

Researchers Recreate Pain-Sensing Neurons—Harvard Crimson
Harvard researchers have successfully created human pain in a petri dish—Geek.com

Spinal Stimulators Offer Relief
Spinal Stimulators Let Those with Chronic Pain Breathe a Sigh of Relief—TheDay.com
A newly tested device is used for chronic pain, sending electric impulses to the spinal cord nerves through coated wires implanted under the skin.

LEARN MORE
Dispelling Myths on Pain Tolerance and Gender

Study Suggests Resilience Determines Pain Tolerance—Pain Medicine News

A new study from Spain shows that men and women experience similar pain levels, dispelling the common lore that women tolerate pain better than men. Read the full study in the Journal of Pain to learn how gender is not as significant a factor for determining an individual's tolerance to chronic pain as previously believed.

READ FULL STUDY

Scientists Chart Spinal Circuitry Responsible for Chronic Pain

Scientists Chart Spinal Circuitry Responsible for Chronic Pain—Scicast.com. Researchers from the Salk Institute and Harvard Medical School have identified the spinal cord is capable of sending erroneous pain signals to the brain. This new breakthrough will help identify ways to treat pain disorders that have no clear physical cause, like fibromyalgia and phantom limb pain.

READ FULL STUDY

Off Switch for Pain Identified

A recent article in the Healthcare Professionals Network (HPC Live) announced that researchers identified what they term an “off switch” for pain in animals, according to findings published in the journal Brain. Daniela Salvemini, PhD, from Saint Louis University in Missouri, is hopeful that activating the A3AR pathway will provide “robust pain reduction across several types of pain.

READ FULL STUDY

Get involved: Email Karol@theilcfoundation.org
Volunteer * Membership * On-Line Community * Newsletter
Mailing List
Wall of Hero's * Submit Your Pain Story * Be An ILC Fundraiser

Karol Bialecki
Introducing ILC’s 100 Year’s of Giving Wall of Hope
DONATE here today and give the gift of hope

we listen and work to replace feelings of isolation and fear with friendships and hope!