



LS&ESSI

4 QUESTIONS FOR YOUR DOCTOR LIVING BEYOND LIMITS, CONTROLLING PAIN

AND OTHER INSPIRATIONAL TIDBITS

WITH JIM SEGNERI, ELECTRIC SURVIVOR, LS&ESSI BOD

WHAT WILL WE LEARN TODAY?

- Thoughts on how to help you understand and better manage your care.
- Building confidence-and seeking a new normal and embracing challenge.
- Pain Strategies
- Final tips & takeaways

4 QUESTIONS FOR YOUR DOCTOR

This is a powerful tool to help you determine if undergoing treatment is going to be beneficial, needed and in your best interest. It involves simply asking some direct questions of your care provider. Let's watch this video...



Christer's Talk:

https://www.ted.com/talks/christer_mjaset_4_questions_you_should_always_ask_your_doctor?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

https://www.ted.com/speakers/christer_mjaset

POSITIVE THOUGHT

A positive attitude
gives you power over your
circumstances instead of
your circumstances having
power over you.



THE POWER OF POSITIVE THOUGHTS

The health benefits of positive thinking
Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- ✓ Increased life span
- ✓ Lower rates of depression
- ✓ Lower levels of distress and pain
- ✓ Greater resistance to illnesses
- ✓ Better psychological and physical well-being
- ✓ Better cardiovascular health and reduced risk of death from cardiovascular disease and stroke
- ✓ Reduced risk of death from cancer
- ✓ Reduced risk of death from respiratory conditions
- ✓ Reduced risk of death from infections
- ✓ Better coping skills during hardships and times of stress



OVERCOMING OBSTACLES

**Sometimes we need help and support from friends and family,
Sometimes we must go it own our own, but never alone...**



A Video - Living beyond limits



When she was 19, Amy Purdy lost both her legs below the knee. And now ... she's a pro snowboarder (and a killer competitor on "Dancing with the Stars"!). In this powerful talk, she shows us how to draw inspiration from life's obstacles.

https://www.ted.com/speakers/amy_purdy

Amy's Talk:

https://www.ted.com/talks/amy_purdy_living_beyond_limits?utm_campaign=tedsbread&utm_medium=referral&utm_source=tedcomshare



LIVING WITH PAIN

It can be a difficult road living with pain, but new strategies and research show pain meds aren't the only answer. The next video will discuss some of these tips, as they are all related to thought , there is no new med to take, no new doctor to visit, just you learning better how to control your thoughts about pain.

NOTE; All this being said, doesn't mean if you are on pain meds you should stop taking them! Never stop taking any prescribed medication with out consulting your doctor first and discussing a plan.



PAIN CONTROL = BRAIN CONTROL

Have we misunderstood pain? Researcher and physician Amy Baxter unravels the symphony of connections that send pain from your body to your brain, explaining practical neuroscience hacks to quickly block those signals. Her groundbreaking research offers alternatives for immediate pain relief -- without the need for addictive opioids.

Amy's Talk:

https://www.ted.com/talks/amy_baxter_how_to_hack_your_brain_when_you_re_in_pain

https://www.ted.com/speakers/amy_baxter

*Believe in yourself
You can do it*

FINAL TIPS & TAKEAWAYS

1. You can exercise control- be a survivor not a victim!
2. Ask Questions- of everyone involved in your care.
3. Keep your own medical records and a diary of visit conversations.
4. Set personal goals everyday and if you don't make the goal that day don't give up, keep trying and pushing your limits.
5. Never stop learning- You must be proactive and educated, learn all you can, network and talk to others, help is all around you ,but like everything else in life you have to work for it.



**THANK YOU FOR
YOUR ATTENTION,
AND MAY YOU
HAVE A BLESSED
ROAD TO
RECOVERY!**

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