

# Invisible Burdens: Managing Pain and Depression in Fibromyalgia, Lupus, Osteo and Rheumatoid Arthritis

**April 3, 2008**  
**8:00 am to 12:00 pm**

**Cherry Creek Hotel**  
**600 S. Colorado Blvd.**



*Featuring:*

**David Collier, M.D.**  
**Chief of Rheumatology**  
**Denver Health Medical Center**

**N. Lee Smith, M.D.**  
**Pain Management Expert**  
**Lifetree Pain Clinic, SLC, Utah**

Arthritis and other rheumatic conditions continue to be a large and growing public health problem and the leading cause of disability among those 18 to 64 years old. Recent data show rates of disability due to arthritis among African Americans and Spanish speaking Hispanics almost twice rates found in the white population.

This workshop will educate those affected by these chronic diseases as well as the health professionals and community organizations that support them. Topics will include a basic overview of these conditions, creative strategies to manage both pain and depression issues, as well as resources and next steps.

Registration fee of \$10 includes a full breakfast and all materials. Scholarships are available. Please complete registration form.

This program is a collaborative effort of the following organizations:

Arthritis Foundation, Rocky Mountain Chapter  
Lupus Foundation of Colorado  
Colorado Association of Hispanic Nurses  
Colorado Asian Health & Education Promotion  
Colorado Council of Black Nurses  
Colorado Department of Health & Environment, Arthritis Program  
Alliance of Health Disparities  
Kaleidoscope Project  
Rocky Mountain CFIDS/FMS Association  
PhRMA

For further information and to register, please contact:  
Kathy Jensen, Arthritis Foundation, 303-756-8622 ext. 229 or [kjensen@arthritis.org](mailto:kjensen@arthritis.org)



Agenda for *Invisible Burdens* Workshop

Cherry Creek Hotel, 600 S Colorado Blvd, Denver, CO

Thursday, April 3, 2008, 8:00 am – Noon

- 8:00 am Registration and Breakfast
- 8:30 am Opening Remarks
- 8:40 am – 9:45 am Overview of Disease States in which Pain is a Central Symptom —  
Fibromyalgia, Lupus, Osteo Arthritis, and Rheumatoid Arthritis.

**David Collier, M.D.**

Chief of Rheumatology, Denver Health Medical Center  
Professor of Medicine, Denver and Health Sciences Center, University of Colorado  
Co-Director, Division of Rheumatology's medical student education program, UCHSC

- 9:45 am – 10:00 am Break
- 10:00 am – 10:15 am The Patient's Perspective – **Pam Mueller**, Fibromyalgia Patient (12 years)
- 10:15 am – 11:30 am How Health Care Clients and Physicians Can Make the Most Their Visits.  
What's New in Assessment and Treatment of Pain?  
Holistic/Complementary Approaches to Pain Management.

**N. Lee Smith, M.D.**

Internal Medicine and Stress Management, Lifetree Pain Clinic, Salt Lake City, Utah  
Clinical Adjunct Professor of Medicine, University of Utah School of Medicine  
Board Member, Organization for Fatigue and Fibromyalgia Education and Research

- 11:30 am - Noon Resource panel and next steps
- Noon Evaluations and Adjournment

Registration Form for *Invisible Burdens* Workshop

Cherry Creek Hotel, 600 S Colorado Blvd, Denver, CO

Thursday, April 3, 2008, 8:00 am – Noon

Name: \_\_\_\_\_  
Agency (if applicable): \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Name on Name Badge: \_\_\_\_\_

Mail or Fax Registration to

Arthritis Foundation  
2280 S. Albion St.  
Denver, CO 80222  
Fax: 303-759-4349

**Payment: \$10 non-refundable registration fee  
(includes full breakfast and all materials)**

- Check enclosed, payable to "Arthritis Foundation"
- Charge my (circle one:) Visa or Mastercard  
# \_\_\_\_\_
- Request for scholarship

Questions? Contact

Kathy Jensen  
Arthritis Foundation  
Vice President of Programs  
303-756-8622 ext. 229  
kjensen@arthritis.org

**Receipt Delivery:**

- Fax my receipt to: \_\_\_\_\_
- Email my receipt to above Email Address
- Mail my receipt to above Mailing Address

**Deadline** for registration is  
**March 30, 2008**