

**FOR IMMEDIATE RELEASE:**

**Giving Back and Raising Awareness: PainPathways' Summer Issue Presents Paula Abdul on Living with the Pain of Reflex Sympathetic Dystrophy.**

WINSTON-SALEM, North Carolina – June 18, 2013 – In the summer issue of *PainPathways*, Grammy award-winning singer, performer and television star Paula Abdul recounts her journey to find a diagnosis, an effective treatment plan and the positive outlook that drives her forward.

Abdul, who developed regional sympathetic dystrophy (RSD) following a cheerleading injury at age 17, describes finding a lack of knowledge about RSD in the medical community as she searched for relief from chronic pain. She is passionate about raising RSD awareness and maintaining a balanced and mindful lifestyle.

**PainPathways Advisory Board Member Receives Inaugural Chair**

James P. Rathmell, MD, chief, Division of Pain Medicine, Department of Anesthesia, Critical Care and Pain Medicine, Massachusetts General Hospital, Henry Knowles Beecher Professor of Anesthesia, Harvard Medical School, was granted the school's highest honor bestowed on faculty. He is inaugural chair of the newly endowed Henry Knowles Beecher endowed chair of anesthesia.

**NEW: Facebook Chat on Wellness**

Join wellness expert Dr. Linda Ruehlman for a live Facebook chat Thursday, June 27 at 8pm ET and learn how to define your personal path to wellness.

**Receive September's National Pain Awareness Month Special Issue.**

To receive September's National Pain Awareness Month special issue, subscribe at [www.painpathways.org/subscribe](http://www.painpathways.org/subscribe).

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PainPathways Magazine, based in Winston-Salem, North Carolina, is a quarterly print and digital resource for patients, physicians and caregivers who manage acute, chronic or cancer pain. To subscribe for home or office, visit [www.painpathways.org](http://www.painpathways.org) or find us on Facebook, Pinterest, Twitter and LinkedIn.