



*Northumberland*  
**Family Health Team**



## NEWS RELEASE – FOR IMMEDIATE RELEASE

**Chronic pain and the symptom cycle -  
Join Dr. Francesco Mulé on Wednesday, December 19<sup>th</sup> for what promises to be another  
great Northumberland PACE community conversation!**

**NORTHUMBERLAND COUNTY, Thursday, December 13<sup>th</sup>, 2018**—This month's PACE talk will take place at the Community Health Centres of Northumberland, 99 Toronto Road, Port Hope, on **Wednesday, December 19<sup>th</sup>** with guest speaker **Dr. Francesco Mulé** at the podium.

Dr. Mulé is Head of Service, Palliative Care and Chronic Pain Management and Medical Quality Advisor at Northumberland Hills Hospital and he has been invited to discuss a topic he helps local patients and their families with every day: "Chronic Pain and the Symptom Cycle." A broad ranging talk on pain and pain management, Dr. Mulé will also discuss the other challenges pain can bring on, coping mechanisms and a concept he refers to as 'catastrophizing.' His talk will not only be of interest to those who suffer from chronic pain, but also to those who support friends and family members coping with chronic pain.

The Northumberland PACE talks are free, monthly public education sessions on a broad range of health and wellness topics, and they continue to draw large groups of community members with a range of questions and perspectives.

Lasting an hour in length, each PACE event consists of a 30-minute talk, a 20-minute question-and-answer period with the guest speaker and a 10-minute moderator summary. PACE talks start at 5:30 PM on the third Wednesday of each month, and rotate between Cobourg (at NHH, 1000 DePalma Drive) and Port Hope (at the Community Health Centres of Northumberland, 99 Toronto Road).

Bring your questions, your suggestions and your experience and join in what is expected to be another lively discussion.

Reminder – this and all PACE talks are free, but **pre-registration is required** to manage room capacity. Registration for Dr. Mule's December 2018 session is now open at [www.pacetalks.com](http://www.pacetalks.com), where you'll also find a listing of the upcoming speaker and topic line-up along with video highlights from recent talks.

Next up for PACE? A conversation about the Science of Happiness, with Dr. Mukesh Bhargava, on January 16, 2019, at NHH. Registration for the January session will open next week.

**Media contact:** Jennifer Gillard, [jgillard@nhh.ca](mailto:jgillard@nhh.ca) or 905-377-7757.

**About Northumberland PACE** – A collaborative between community health-care providers and local residents interested in learning more and promoting health and wellness, PACE (which stands for Personalized Assessment and Change Education) is a TED Talks-inspired speakers' series hosted (on a rotating basis) at Northumberland Hills Hospital in Cobourg and the Community Health Centres of Northumberland in Port Hope. Northumberland Hills Hospital, the Northumberland Family Health Team, The Community Health Centres of Northumberland, internal medicine specialists IMCare and local patients and caregivers are all represented on the 2018/19 planning table, as is the Interactive Media Development – Film and Television Production program at Loyalist College, which has partnered with the team to support audio and visual recording and distribution and, *NEW*, the NHH Foundation. Talks are held monthly at 5:30 PM, September through June, on the third Wednesday of the month. One hour in total, each talk consists of a 30-minute presentation followed by a 20-minute, interactive question and answer speaker/audience discussion and a short moderator summary to conclude. Seats are available free of charge, on a first-come, first-reserved basis. Preregistration is required, to manage room occupancy limits. For information on upcoming sessions, please visit [www.pacetalks.com](http://www.pacetalks.com).

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