Each year, Adriaan Louw has 30 hours of direct teaching with the residents at St. Ambrose University in Davenport, Iowa on pain science consisting of the Therapeutic Neuroscience Education (TNE) class, follow-up in-depth TNE classes, graded motor imagery and ultimately a research project.

**In-between TNE classes, residents have to complete some pain science homework:**

1. Search the Internet for stories where people experience a significant trauma (nociceptive event), yet experienced little to no pain; put into a PowerPoint and share with the class.

2. Search the Internet for famous people who “despite their pain” have excelled. This may include pain-related disorders or other medical issues; put into a PowerPoint and share with the class.

As we build the resident’s familiarity with pain science, and especially the ability to share stories, we believe both of these projects provide valuable “ammunition” to discuss pain with patients. For example, sharing with a patient (with compassion) a story of someone like Morgan Freeman who despite having fibromyalgia for the past 8 years, still performs at a high level may be helpful for the right patient. Many people, despite having “labels” are able to get on with their life…

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**Famous People Suffering from Chronic Pain Conditions**

Singer and Dancer
**Paula Abdul**
CRPS

Actor
**Ben Affleck**
Chronic migraines

US World Cup Soccer Player
**Michelle Akers**
Chronic Fatigue Syndrome

Actor
**Alec Baldwin**
Lyme Disease

Actor and Comedian
**Lucille Ball**
Rheumatoid Arthritis

Model
**Tyra Banks**
Irritable Bowel Syndrome

Editor Elle magazine in France
**Jean Dominique Bauby**
Stroke
Wrote a book by eye-blinking the alphabet. His story has been made into a movie.

Kansas City Chiefs Safety
**Eric Berry**
Cancer

Actor
**Halle Berry**
Diabetes

Singer
**Toni Braxton**
Lupus

New England Patriots Linebacker
**Tedy Bruschi**
Stroke with paralysis

continued on next page
Actor and TV Host
**Nick Cannon**
Lupus

Wellness Activist
**Kris Carr**
Cancer
Survived vascular cancer and has written and spoken about her struggles and triumphs.

Actor
**Lynda Carter**
Irritable Bowel Syndrome

TV Host
**Neil Cavuto**
Multiple Sclerosis

Singer
**Cher**
Chronic Fatigue Syndrome

Actor
**George Clooney**
Chronic pain in his spine

Nirvana Lead Singer
**Kurt Cobain**
Irritable Bowel Syndrome

Actor, Writer, Producer, Director
**Lena Dunham**
Endometriosis

Soap Opera Actor
**Susan Flannery**
Fibromyalgia

Actor
**Michael J. Fox**
Parkinson’s Disease

Actor
**Morgan Freeman**
Fibromyalgia

Pop Singer
**Selena Gomez**
Lupus

Evangelist
**Billy Graham**
Parkinson’s Disease

Seattle Mariners’ Center Fielder
**Franklin Gutierrez**
Irritable Bowel Syndrome

NHL Hockey Player
**Josh Harding**
Multiple Sclerosis

Reality TV Star and Talk Show Host
**Elisabeth Hasselbeck**
Celiac’s disease

Actor
**Michael James Hastings**
Fibromyalgia

American Business Man
**Howard Hughes**
CRPS

Artist
**Frida Kahlo**
Fibromyalgia

Reality TV Star
**Kim Kardashian**
Psoriasis

President
**John F Kennedy**
Irritable Bowel Syndrome

Actor and Comedian
**Jerry Lewis**
CRPS

Actor
**Tobey Maguire**
Chronic pain

Actor
**Jenny McCarthy**
Irritable Bowel Syndrome

Guitarist for Pearl Jam
**Mike McCready**
Crohn’s Disease

LPGA Golfer
**Kristy McPherson**
Juvenile Arthritis

Fitness Instructor and TV Host
**Jillian Michaels**
Polycystic ovary syndrome

PGA Golfer
**Phil Mickelson**
Psoriatic Arthritis

Social Activist
**Florence Nightingale**
Fibromyalgia

US Olympic Distance Runner
**Marla Runyan**
Stargardt disease

Actor
**Ben Stiller**
Lyme Disease

Actor
**Elizabeth Taylor**
Chronic Pain

Actor
**Kathleen Turner**
Rheumatoid Arthritis

Country Musician
**Clay Walker**
Multiple Sclerosis

TV Host
**Montel Williams**
Multiple Sclerosis

International Tennis Star
**Venus Williams**
Sjogren’s Syndrome