



Book Dr. Heather Tick
for your event:

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DR. HEATHER TICK

MA, MD, CCFP

One of America's Leading Innovators in Integrative Pain Medicine

Dr. Heather Tick has helped tens of thousands of patients reach their peak of health with an integrative approach to pain care. She's an innovator with over 30 years of experience combining conventional and nonpharmacologic treatments to improve health while achieving symptomatic pain relief.

Currently Dr. Tick is the Gunn-Loke Endowed Professor of Integrative Pain Medicine at the University of Washington, Department of Anesthesiology and Pain Medicine. As an educator, she works to raise awareness for patients and practitioners about the importance of health creation despite the presence of chronic conditions. She's spent time working with the underserved, industry members and academia to improve health outcomes with innovative strategies and lifestyles changes as the cornerstone, while also reducing the cost of care.

Dr. Tick's unique approach to pain care offers new solutions to the opioid crisis, which is driven by the idea that opioids can single-handedly eliminate all pain. The epidemic has prompted enormous attention and action from government, health care providers, academic groups and community organizations as a result of alarming numbers of addiction, overdoses and deaths.

Dr. Tick has reached both national and international audiences and published numerous articles and book chapters related to pain management. She also authored the highly acclaimed book *Holistic Pain Relief*, and the recent white paper "[Evidence-Based Nonpharmacologic Strategies for Comprehensive Pain Care](#)".

SPEAKING TOPICS

“A fascinating and thought provoking presentation spoken with clarity and conviction.”

BRENDA

*Founding Member & Former Director
at Pain BC, NP*

“She was terrific.
Energized. Informative.
Totally in language
everyone could
understand. Brilliant.”

EVA

Heather Tick, MD is a popular public speaker known for communicating complex health information in digestible, easy-to-understand language. Each presentation is tailored and new topics can be discussed to best suit your needs.

Microbiome: The Link Between Nutrition and Pain

Food choices affect inflammation in the body like a light switch, turning it on or off. With dietary intervention, a patient's health and healing can be greatly improved. In this talk, Dr. Tick reviews the latest research, suggested dietary intervention and how to best overcome barriers to change.

Overcoming the Opioid Crisis:

Using Safer, Evidence-Based Strategies for Pain

The opioid crisis has been linked to addiction, overdoses and deaths prompting enormous attention from government, health care, academic and community groups. In this talk Dr. Tick reviews evidence-based non-pharmacologic strategies for pain management that reduce the risk of adverse effects and the possibility of addiction.

Connecting the Dots in Pain Medicine

Medicine is often treated like a game of connect the dots. Doctors try to connect the symptoms of their patient to understand and provide the best diagnosis and treatment. But even when the dots appears to line up, there is often something missing. In this talk, Dr. Tick discusses a different approach to patient care and why it works for longterm pain management.

RECENT SPEAKING ENGAGEMENTS:



INTERVIEW TOPICS:

- Issues with the current model of healthcare
- Evidence-based nonpharmacologic approaches to pain care as an effective solution to the opioid crisis
- Natural pain management strategies
- Integrative medicine: caring for the whole person
- Nutrition for inflammation and chronic pain