

TEMERTY MEDICINE

UNIVERSITY OF TORONTO

# UofT Med



Summer 2025

We flinch in anticipation —  
a squint, a grimace, a breath held tight.

Sudden or slow.  
Lingering or fleeting.

**Pain is the body's Red Alert**—  
shaping how we move, live and heal.

More than sensation,  
pain is memory,  
biology,  
psychology.

The stories in this issue trace  
the edges of pain — how we feel it,  
fight it, and begin to understand it.

And how science is moving us  
closer to lasting relief.



# THE PAIN ISSUE



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**Scott Fotheringham**, PhD, is a novelist, freelance medical writer and former genetics researcher. He lives in Ottawa, where he enjoys birdwatching, speed skating and walking his mini Aussie. In “The Pain Paradox,” he delves into how we define and understand pain — and how new approaches may bring relief.



**Jud Haynes** is a Newfoundland-based illustrator and graphic designer whose projects range from album art for Blue Rodeo and Canadian astronaut Chris Hadfield to design work for CBC TV’s “Son of a Critch” and Crave’s hit shows “Letterkenny” and “Shoresy.” In “Beyond Opioids,” his swimmer captures how pain relief can feel both close at hand and just out of reach. His artwork for “Pain Points” brings a light touch to a topic that often weighs heavy.



**Rebecca Cuneo Keenan** is a Toronto-based journalist who writes about health, medicine and the inequities that shape them. In “Desperate for Relief,” she examines how medicine often dismisses women’s symptoms. In “Dancing Through Pain,” she shares the story of one patient determined to change the narrative.



**Mark Witten** is an award-winning health and science writer. A regular on the pickleball court, he believes staying active builds resilience and helps prevent pain. His feature, “Hitting the Pause Button,” looks at new ways to interrupt acute pain before it becomes a long-term problem.

## WHAT'S IN A COVER?

A red balloon, suspended in a moment many of us know all too well — eyes shut tight, bracing for a pinch, a cramp or that old familiar ache. It’s a playful take on the all-too-real experience of pain.

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