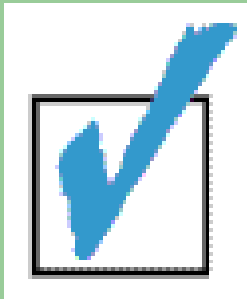


# Tips for Pain Management

*Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy*

Strategies for  
Success in Health  
Management

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# What are the medical conditions which are a source of pain?

- Cancer
- Complex regional pain syndrome
- Crohn's disease
- Diabetic nerve damage (peripheral neuropathy)
- Endometriosis
- Fibromyalgia
- Inflammation or infection in pancreas (pancreatitis)
- Interstitial cystitis
- Lower back pain
- Multiple sclerosis
- Myofascial pain syndrome (muscle pain)
- Osteoarthritis
- Osteoporosis
- Pain in the face
- Parkinson's disease
- Peripheral neuropathy (nerve damage)
- Phantom limb pain (Pain after an arm or leg has been amputated)
- Rheumatoid arthritis
- Sciatica
- Shingles
- Sickle cell disease
- Stroke
- Temporomandibular joint syndrome (TMJ)
- Tension headache
- Trigeminal neuralgia (Pain in the lower face and jaw)
- Ulcerative colitis
- Upper back pain



## Medical Treatments for Pain

1. Over-the-counter pain relievers, such as Advil (ibuprofen), Aleve (naproxen), aspirin, Tylenol (acetaminophen), heating pads, topical heat rubs, or ice packs
2. Prescription pain relievers, anticonvulsants, antidepressants, or muscle relaxers
3. Steroid injections, epidurals, injections into the facet joints of the spine, nerve root blocks, or trigger point injections
4. Pain-relieving creams, gels, or patches



# Recognized Alternatives Used for Pain Management

- Exercises such as walking, swimming, or stretching to increase blood flow, strength, and flexibility
- Biofeedback, guided imagery, hypnosis, or relaxation methods
- Physical therapy, braces, canes, splints, or exercises



# Complementary or alternative pain treatments?

1. Acupuncture
2. Herbal supplements
3. Homeopathic remedies
4. Massage
5. Vitamins and minerals





# Pain can severely affect your personal functioning

This includes your

1. Activity level
2. Daily tasks
3. Job
4. Social life



# Pain can cause a number of additional problems

They include:

1. Depression
2. Memory problems
3. Problems with sex
4. Relationship problems
5. Sleep problems



# Opioid Pain Killers

Opioids are narcotic pain medicines. They include:

- OxyContin, Percolone; Roxicodone (**oxycodone**)
- Percocet, Roxicet, and Tylox (**oxycodone plus acetaminophen**)
- Lortab, Norco, and Vicodin (**hydrocodone plus acetaminophen**)
- Zohydro ER (**hydrocodone bitartrate**)

Doctors prescribe these drugs to people with severe pain. Some people worry about abusing opioids. Experts say the risk of abuse is low if you take these pain medicines as prescribed. People with chronic pain often take long-acting opioids, which stay in the body longer and offer steady pain relief. Sometimes doctors prescribe a narcotic-like pain patch, such as Duragesic (fentanyl). The patch can help people who have severe pain from conditions like cancer. It may also help people who have been taking opioids for a long time but are no longer getting relief from them. A patch may also be an option for people who have trouble taking pills.





# Antidepressants

Antidepressants can help with pain, sleep problems, and depression. They include:

- tricyclic antidepressants such as Elavil (amitriptyline) & Pamelor (nortriptyline).
- Antidepressants such as Cymbalta (duloxetine) can help with fibromyalgia, osteoarthritis, chronic low back pain & nerve damage from diabetes.



# Prescription NSAIDs

Prescription NSAIDs are stronger than over-the-counter products such as Advil, Motrin IB, and Nuprin.

NSAIDs include Naprosyn, Anaprox (naproxen), and Celebrex (celecoxib). These products treat muscle, joint, and menstrual pain. Never take an over-the-counter NSAID and a prescription NSAID together. You could overdose. Also, don't use any NSAID for a long time without first talking to your doctor.



# Home treatments and over-the-counter (OTC) medicines

Cold packs or ice can ease pain caused by swelling. Warm baths or heating pads help with pain caused by stiffness.

Common OTC pain relievers include:

- Aspirin
- Advil, Motrin IB, and Nuprin (ibuprofen)
- Aleve (naproxen)
- Tylenol (acetaminophen)

OTC pain relievers can help ease pain, but read the labels and take them as directed. Only use these pain relievers for short periods of time. If you need to take them for longer, see a doctor. There can be serious risks from combining pain relievers, taking them for too long, or taking higher doses than recommended. These risks include stomach bleeding, liver problems, and heart problems.



# Exercise needs to be in the mix

Studies have shown that regular physical activity can ease pain.

- Moving the body helps loosen tight muscles & joints & improves range of motion
- Exercise increases level of brain chemicals that naturally reduce pain & increase feelings of well-being
- Physical activity reduces the risks of conditions that can cause chronic pain, including depression, diabetes & heart disease
- To be safe, check with your doctor before starting any new exercise program.



# Questions to Ask About Pain Treatment

Ask these questions about any treatments your doctor suggests:

- Which treatments would work best for my type of pain?
- How much will this treatment relieve my pain?
- How soon will the treatment start to work?
- What are some common side effects? What should I do if I have them?
- How might this treatment interact with my other medicines or supplements?
- If the pain doesn't stop or comes back while I'm on this treatment, what can I do?



# How to Describe Your Pain to Your Doctor

To help you find relief, your doctor needs to know more about your pain. Before your visit, write down some notes about your pain. Include information such as:

- Where you feel pain
- What the pain feels like -- sharp, dull, throbbing, tingling, etc.
- What makes the pain feel worse
- What makes the pain feel better
- What you've tried to relieve the pain and how well it's worked
- How the pain has affected your daily life: your sleep, mood, appetite, and exercise
- What medicines -- prescription, over-the-counter, vitamins, or supplements -- you take



# Use the Rating Scale to Rate Your Pain



**0**

No  
Hurt



**2**

Hurts  
Little Bit



**4**

Hurts Little  
More



**6**

Hurts Even  
More



**8**

Hurts  
Whole Lot



**10**

Hurts  
Worst



# 3 Steps to Take to Manage Pain

## **Find a doctor you trust**

- If your doctor doesn't take your pain seriously, it may be time to work with someone else. Ask your health insurance company for help finding a new doctor. Once you find a doctor you like, talk openly and honestly about your pain so you can find a treatment that works.

## **Be careful about drugs and alcohol**

- Some people who are in constant pain might turn to alcohol or drugs to numb it. That can be dangerous. Not only are street drugs illegal, drugs and alcohol can also interfere with the pain medicines your doctor has prescribed. They can also cause more health problems. If you have a substance abuse problem, get help now. And work closely with your doctor to find a better pain treatment plan.

## **Get support**

- When you're in pain, it can be comforting to talk with close friends and family members. Don't be afraid to ask for help when you need it. Joining a support group like “Strategies for Managing Health” which includes people with pain can help, too. Other people who are in pain can understand what you're going through.



# Be Willing to Share Your Pain

- Use this Support Group to Share your story of your pain history and brainstorm with your group members alternative strategies to gain more success in resolving your Issues with your physical pain
- We are here for you!