



How to deal with **PAIN**



Pain is “an unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage.”¹ It is important to identify its underlying cause so that appropriate treatment can be given.² Proper management improves the quality of life and prevents distress and suffering.³

Managing chronic pain

Depending on its cause, pain can be managed by medications:



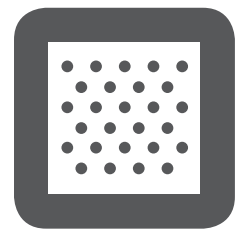
Over-the-counter medications

These medications are useful if the pain is mild or moderate.²



Prescription pain medications

These work in the brain, central nervous system and other areas of the body to block the sensation of pain. These are usually effective in acute pain but are also used in treating chronic pain that is not relieved by other pain medications.²



Topical medicines

These contain elements that may be applied directly to the skin to treat pain.²

Consult your doctor to get the appropriate diagnosis for your condition and before starting on any pain medications.

Aside from medications, your lifestyle also plays an important role in managing pain.⁷ Lifestyle modifications include:



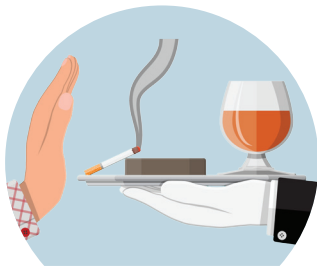
Eating a healthy diet⁷



Maintaining a healthy weight⁷



Exercising regularly⁸



Avoiding alcohol and tobacco consumption²



Joining a support group for people with chronic pain²



Getting enough sleep⁷

Comfort therapy



Applying hot and/or cold compress^{2,3}



Practice relaxation⁷

Consult your doctor to get the appropriate diagnosis for your condition and before starting on any of these therapies.

To manage chronic pain, all aspects of a person's physical and emotional health must be considered.

When chronic pain is managed effectively, a person can return to a more productive and fulfilling lifestyle.²

References: 1. Gebhart GF. Scientific Issues of Pain and Distress. In: Definition of Pain and Distress and Reporting Requirements for Laboratory Animals: Proceedings of the Workshop Held June 22, 2000. Washington (DC): National Research Council (US) Committee on Regulatory Issues in Animal Care and Use; 2000. 2. Cleveland Clinic. Chronic pain: Management and treatment. Cleveland Clinic; 2020. Available at: <https://my.clevelandclinic.org/health/diseases/4798-chronic-pain/management-and-treatment>. Accessed 01 October 2021. 3. UC San Diego Health. Hospice: The importance of managing pain. UC San Diego Health Library; 2019. Available at: <https://myhealth.ucsd.edu/3,41117>. Accessed 01 October 2021. 4. Cleveland Clinic. Rheumatoid arthritis: How to treat. Cleveland Clinic; 2020. Clinic resource page. Available at: <https://my.clevelandclinic.org/health/drugs/4750-rheumatoid-arthritis-how-to-treat>. Accessed 01 October 2021. 5. Wiffen PJ et al. Antiepileptic drugs for neuropathic pain and fibromyalgia - an overview of Cochrane reviews (Review). Cochrane Database Syst Rev 2013;11:CD010567. 6. Holland K. What you should know about neuropathic pain. Healthline; 2020. Available at: <https://www.healthline.com/health/neuropathic-pain>. Accessed 01 October 2021. 7. Mayo Clinic. Lifestyle strategies for pain management. Mayo Clinic; 2017. Available at: <https://www.mayoclinic.org/lifestyle-strategies-for-pain-management/art-20367321>. Accessed 01 October 2021. 8. Mior S. Exercise in the treatment of chronic pain. Clin J Pain. 2001;17:S77-S85.