

Know thy **PAIN!**

Pain can be classified as ACUTE or CHRONIC.¹ Knowing the difference between these types of pain allows your doctor to determine the best treatment for it.



ACUTE PAIN²

- Happens suddenly
- Has a specific cause
- Sharp in quality
- Usually resolves in less than 6 months
- Ceases after its cause is addressed

VS



CHRONIC PAIN²

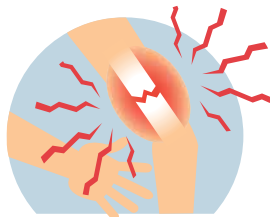
- Lasts for more than 6 months
- Persists even if the underlying injury or cause had already healed
- May occur even when there is no past injury or apparent body damage

When acute pain resolves, you can return to doing your usual activities.^{2,3} However, if pain is not treated appropriately, acute pain can become chronic.³

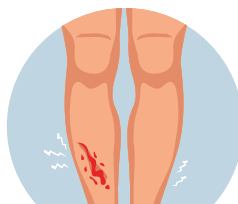
Examples of **ACUTE PAIN** include:^{2,3}



Toothache



Fractures



Open wounds
like cuts

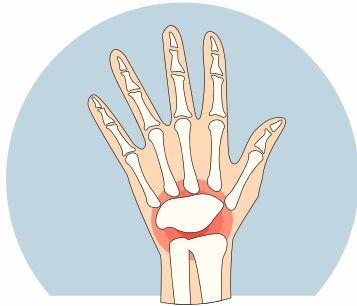


Surgery

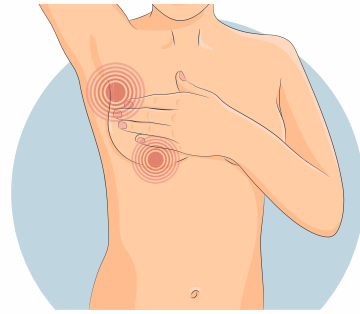


Labor
and childbirth

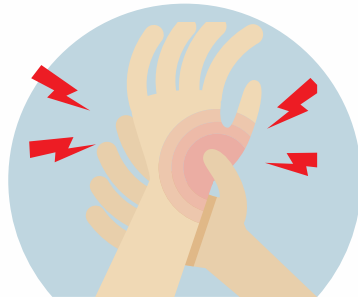
Examples of **CHRONIC PAIN** include:^{2,3}



Arthritis



Cancer



Nerve pain

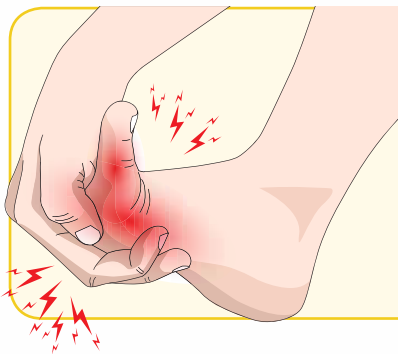


Back pain

Chronic pain can feel like slow torture:

It can make work, exercise or even taking a bath and dressing yourself difficult.⁴

Whether acute or chronic, when out of control, pain can take an emotional toll on anyone.⁴ So the primary goal of treatment should be the return of an individual to one's optimal function.¹



Pain is characterized by inflammation that may vary from one person to another and also in the same person at different times.⁵ A successful treatment will result in less inflammation and thus less pain.⁵



References: 1. MedicineNet. Pain (Acute and chronic). MedicineNet resource page. Available at: https://www.medicinenet.com/pain_acute_and_chronic/views.htm. Accessed 01 September 2021. 2. Cleveland Clinic. Acute vs. chronic pain. Cleveland Clinic resource page. Available at: <https://my.clevelandclinic.org/health/articles/12051-acute-vs-chronic-pain#:~:text=Acute%20pain%20can%20be%20mild,lasts%20longer%20than%20six%20months>. Accessed 01 September 2021. 3. Southside Pain Specialists. What's the difference between chronic and acute pain. Southside Pain Specialists resource page. Available at: <https://www.southsidepainspecialists.com/whats-the-difference-between-chronic-and-acute-pain/>. Accessed 01 September 2021. 4. Integris Health. Chronic Pain Syndrome. Integris Health resource page. Available at: <https://integrisok.com/services/medical/chronic-pain-syndrome> Accessed 01 September 2021. 5. Omoigui S. Med Hypotheses 2007;69:1169–1178.