

Disability Campaign

Chronic Pain



Unlike acute pain which is a warning system to tell someone of a possible injury or illness, chronic pain is an agony that endures for an extended period, usually more than 12 weeks. Some doctors describe the chronic pain as agony that proceeds farther than the estimated timeframe for healing.

The consistent discomfort of pain may begin in the body, brain, or spine, and is often difficult to handle without medical intervention. Untreated pain can inhibit healing, affect the immune system, and lead to other conditions.

Stark long-lasting pain partners with an increased mortality rate, for the most part from heart issues and respiratory disease. Furthermore, persons with chronic pain have bouts of depression, stress, and sleep disorders; although these symptoms are related, it is often not clear which pain indicator triggers which reaction.

Since the degree of pain is subjective, Health Professionals must rely on the patient's description of the discomfort. Explaining the ache as piercing, semi-regular, burning, or dull are the best examples to determine a pathway to diagnosis.

Below are some treatment ideas worth discussing with your doctor:

- Medication may ease pain; however, they can also create other issues. Physicians who prescribe these medications must explain the repercussions of regular usage of the drug to the patient.
- Sometimes acupuncture, electroshock, massage, or exercises are used to ease chronic pain.



- Radiofrequency Ablation (RFA) - directly subdues the nerves that send pain signals to the brain.
- Steroids and local anesthesia - Doctor's use X-rays to locate the exact source of pain to numb the area. (However, some steroids may hinder the regulation of glucose levels. People with diabetes should discuss an alternative method to avoid complications with their disease.)
- Spinal adjustments - depending on the diagnosis, many patients find relief in visiting Chiropractors who can manipulate the spinal cord and relieve the pressure on sore spots.

- Behavior modification, a.k.a., biofeedback, improves the response of pain. Intellectual therapy instructs patients to use relaxation methods and control muscle tension.
- Superficial hot and cold packs, in association with ultrasound and exercise, have had some success in relieving the agony.
- A nerve block is an invasive procedure that shoots medication directly into the spinal cord, or its surrounding area, and deters the damaged nerve from signaling your mind of pain.
- A recent study revealed Taichi could tackle the physical, psychosocial, and developmental elements that contribute to chronic pain -- and may be able to address both the mental and neurological indications allied with continued discomfort.



References/Resources:

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Chronic Pain Relief: New Treatments: <https://www.webmd.com/pain-management/features/chronic-pain-relief-new-treatments#1>

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Chronic Pain: <https://www.livestrong.org/we-can-help/finishing-treatment/chronic-pain>

Pain and Depression: <https://www.psychologytoday.com/us/blog/overcoming-pain/201804/pain-and-depression>

A Mind and Body Approach to Chronic Pain:
<https://www.psychologytoday.com/us/blog/overcoming-pain/201803/mind-body-approach-chronic-pain>

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