### A Guide to Understanding and Managing Your Pain

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<th>Helping Your Medical Provider Understand Your Pain</th>
<th>Treatment</th>
<th>Rights and Responsibilities</th>
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<td>“Every person feels pain differently. Whatever the person feeling it says it is, it is.”</td>
<td>Help Control Your Pain:  <em>There are safe and effective ways to treat pain without using pills.</em>  - Patient/Family Education  - Community Support Groups  - Exercise, Yoga, Tai Chi  - Massage  - Relaxation by Deep Breathing  - Meditation, Prayer, Spiritual &amp; Pastoral Support  - Imagery  - Distraction  - Humor  - Music  - Ice or Heat</td>
<td>Your Rights to Pain Relief Are:  - Information and answers to your questions about pain and pain relief.  - A feeling that your medical provider cares about you.  - A quick response from your medical provider when you report pain.  - A sense that your complaint of pain is believed.</td>
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### What is Pain?
- Pain is an uncomfortable feeling that comes from injury, disease or damage to your body.
- Pain is sometimes a nuisance or it may be a signal that something is wrong.

### SPEAK UP!
If you are currently suffering in pain, you need to talk to your medical provider so you can be prescribed treatment or medicine to help relieve your pain.

### Help Yourself to Manage Pain:
- Ask about what is causing your pain and learn more about it.
- Use information wisely.
- Know when to seek help in between follow-up visits.
- Do your best to stay active and healthy.

### Did You Know That…?
- If you act quickly when pain starts, you can often prevent it from getting worse.
- Anxiety, fear and depression can worsen how you feel and can decrease your ability to cope with everyday life.
- Pain is not all in your head
- Pain is not something you “just have to live with.”

From American Pain Society