

## A Guide to Understanding and Managing Your Pain

Helping Your Medical Provider Understand Your Pain	Treatment	Rights and Responsibilities
<p style="text-align: center;"><b><i>“Every person feels pain differently. Whatever the person feeling it says it is, it is.”</i></b></p> <p><b><u>What is Pain?</u></b></p> <ul style="list-style-type: none"> <li>• Pain is an uncomfortable feeling that comes from injury, disease or damage to your body.</li> <li>• Pain is sometimes a nuisance or it may be a signal that something is wrong.</li> </ul> <p><b><u>SPEAK UP!</u></b> 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.</p> <p><b><u>Help Yourself to Manage Pain:</u></b></p> <ul style="list-style-type: none"> <li>• Ask about what is causing your pain and learn more about it.</li> <li>• Use information wisely.</li> <li>• Know when to seek help in between follow-up visits.</li> <li>• Do your best to stay active and healthy.</li> </ul>	<p><b><u>Help Control Your Pain:</u></b> <b><i>There are safe and effective ways to treat pain without using pills.</i></b></p> <ul style="list-style-type: none"> <li>• Patient/Family Education</li> <li>• Community Support Groups</li> <li>• Exercise, Yoga, Tai Chi</li> <li>• Massage</li> <li>• Relaxation by Deep Breathing</li> <li>• Meditation, Prayer, Spiritual &amp; Pastoral Support</li> <li>• Imagery</li> <li>• Distraction</li> <li>• Humor</li> <li>• Music</li> <li>• Ice or Heat</li> </ul> <p><b><u>Did You Know That...?</u></b></p> <ul style="list-style-type: none"> <li>• If you act quickly when pain starts, you can often prevent it from getting worse.</li> <li>• Anxiety, fear and depression can worsen how you feel and can decrease your ability to cope with everyday life.</li> <li>• Pain is not all in your head</li> <li>• Pain is not something you <b>“just have to live with.”</b></li> </ul>	<p><b><u>Your Rights to Pain Relief Are:</u></b></p> <ul style="list-style-type: none"> <li>• Information and answers to your questions about pain and pain relief.</li> <li>• A feeling that your medical provider cares about you.</li> <li>• A quick response from your medical provider when you report pain.</li> <li>• A sense that your complaint of pain is believed.</li> </ul> <p><b><u>Your Responsibilities in Pain Relief Are:</u></b></p> <ul style="list-style-type: none"> <li>• To discuss different kinds of pain relief choices with your medical provider.</li> <li>• To work with your medical provider to make a pain relief plan.</li> <li>• To help medical providers measure your pain.</li> <li>• To tell your medical provider about any pain that will not go away.</li> </ul>