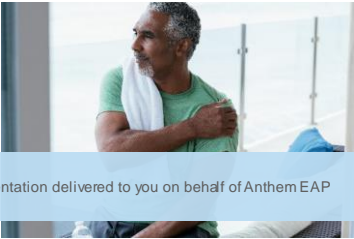


Reducing and Managing Pain

A Pain Management Class



A presentation delivered to you on behalf of Anthem EAP

AnthemEAP

1

What is Pain?

Dictionary Definition of Pain: "Physical suffering or discomfort cause by illness or injury"
Pain attacks the body at its most vulnerable places – most common being the bones, joints, and muscles
Pain can be the following:

- Chronic
- Acute
- Short-lived
- Stead and consistent
- Throbbing
- Pulsating
- Stabbing and pinching

2

Common Causes of Pain

Illness or Accident (Chronic)	Short Lived
◦ Cancer	◦ PCOS
◦ Inflammation and disease	◦ Labor
	◦ Old or bad pillows and mattresses

3

Common Causes of Pain (Continued)

Pain can come from many different sources including:

- Falls
- Poor posture
- Carrying heavy equipment
- Nerve pain or damage (can become chronic pain – starts when nerve fibers in the body get damaged)



4

How Does Pain Affect Us?

- Can limit everyday normal activities
- Can effect your social life
- Can make it hard to focus at work
- Can have an effect on your emotions... brings about stress, frustration
- Can interrupt sleep
- If the pain turns chronic it can effect your memory and your mood

5

Side Effects of Pain Medication

- Constipation
- Physically and psychologically addictive
- Reaction which then causes more medication

6

Mind Body Connection



- Both pain (body) and the fear of pain (mind) – work together
- Pain is a mind/body connection

"The way your mind control thoughts and attitudes affects the way your body controls pain."
- www.nlm.nih.gov

7

Pain Management Options

- Talk to your primary care doctor about a referral
- Today we have "pain specialists" who are true experts in the field of chronic pain relief
- Medications and antidepressants
- Pain relief creams
- Massages
- Physical Therapy
- Exercise
- Diet (especially when dealing with inflammation)

8

Alternative and New Treatments

- Aromatherapy
- Tapping
- Acupuncture
- Water therapy
- Biofeedback
- Hypnosis
- Acupressure



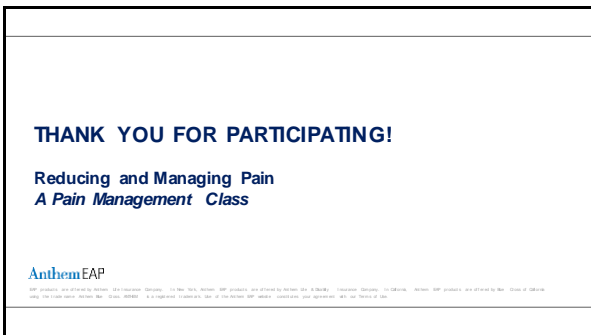
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