

A word about pain

Pain is not pleasant. It may affect your body (physical) and your mind (emotional). And, it is different for everyone. Some people can handle more pain than others. But even the least amount of pain can keep you from eating, sleeping and doing the things you like to do.

Pain can have unhealthy effects on your body and your mind. If not controlled, it can:

- keep you from moving around and being active
- keep you awake
- make you lose your appetite and not eat
- cause you to not be able to concentrate and think clearly
- make you not want to be around other people
- cause you to feel anxious
- distress you
- make you depressed
- make you take longer to heal
- cause nausea or an upset stomach
- make your heart beat faster than normal
- add stress to your life
- make you not enjoy life
- cause fatigue



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You may not know the reason you are in pain. You just know you are. And, that's OK. If you have unexplained pain, talk with your doctor. The kind of pain you feel and how you deal with it can depend on:

- your attitude about pain
- your beliefs about pain
- how long you have been in pain
- how much pain you have had in the past

The good news is most pain can be controlled. Medicines and other treatments can be used to control pain. If you treat pain early, you will most likely get faster relief and more control over it.

Your pain is what you say it is. **Only you know what your pain feels like.** You will need to tell others about your pain so a treatment plan can be made to control it.

