



# Power Over Pain

## What you need to know about Pain!

### What is Pain?

The body responds to many insults by having you feel pain. It is an important reaction since it makes you pull away and lessen your pain.

### What causes Pain?

Pain can be caused by diseases such as arthritis, cancer or poor circulation. It can also be caused by surgery or an injury. Sometimes there is no clear reason why people have pain. What happens if you have pain that lasts for a long time (weeks to months)? You need medical attention from a health care provider that understands what "chronic pain" is. Most pain can be controlled with proper pain medications and other treatments. You need to work with your health care provider to find out what treatments are best for you.

### What You can do:

- \* See your health care provider and tell them about your pain.
- \* Describe what your pain is like: dull, aching, sharp, stinging, burning.
- \* What aggravates your pain.
- \* What do you do to get rid of it.
- \* You need to rate your pain on a scale of 0 - 10.
- \* What medicines and or other treatments you have tried.

### Your Health Care Provider will:

- \* Evaluate your pain at every visit.
- \* Perform any tests that might be necessary to diagnose the cause of your pain.
- \* Explain the type, amount and delivery of your pain medicine.
- \* Suggest other ways to help you be more comfortable.
- \* Explain what to anticipate from the treatment.

### Pain Assessment Scale

