

Are you in pain? Just talk about it...

At Clemenceau Medical Center, we love our patients and we care about their quality of life. Since pain can impact your life and your beloved ones, it is very important to talk to your doctor about your pain. As a patient, it is your right to have a life free of pain.

There are two kinds of pain:

- 1- Acute pain, such as that associated with accidents and surgery.
- 2- Chronic pain that lasts for more than 3 to 6 months. It can be the result from untreated acute pain.

The management of any type of pain needs to be individualized, and is best done in consultation with one's health care provider.

You should know:

- 1- As part of good medical care you should expect to receive appropriate assessment and management of pain.
- 2- Pain is managed best when treated early and continuously.
- 3- Any acute pain can lead to chronic pain if not treated correctly.
- 4- Pain is considered as your fifth vital sign. It is as important as your blood pressure, temperature, heart rate and respiratory rate.
- 5- Controlled substances, such as narcotics, when used as prescribed often have a role in effective pain management.
- 6- In the treatment of pain, true addiction is uncommon.
You should not be reluctant to seek pain relief because of the fear of addiction. Addiction is the compulsive use of controlled substances for non-legitimate purposes and is associated with loss of control and use despite harm.
- 7- Side effects related to pain medication can be controlled and/or resolved over time.
- 8- Reduction or loss of a drug's effectiveness is not a reason to avoid taking pain medication. If you feel your medication is no longer working, treatment regimens can be modified. Just talk to your doctor about it.
- 9- Medication is not the only way to treat pain. Other therapies, used alone or in addition to medication, are often effective in treating pain, like massage, heat/cold packs, music, etc.
The term "alternative therapy" generally is used to describe any medical treatment or intervention that is used in place of conventional medicine.

Alternative therapy encompasses a variety of disciplines, including **acupuncture, guided imagery, chiropractic treatment, yoga, hypnosis, biofeedback, aromatherapy, relaxation, herbal remedies, massage and many others.**

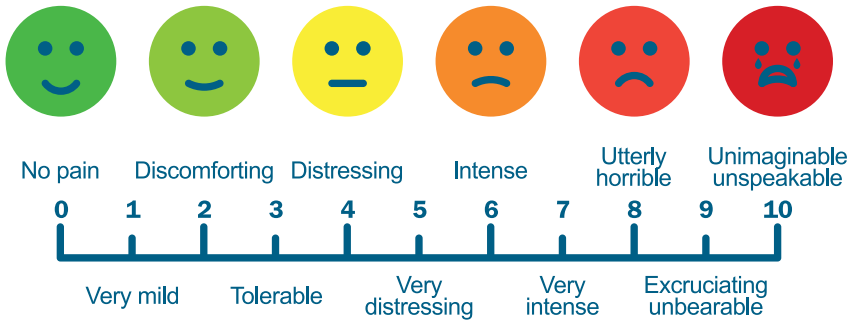


- 10- Not every provider is equipped to deal with all types of pain. Talk with your provider about other specialists and treatment options.
- 11- Pain relief may not be immediate.
- 12- If pain is complex, and incurable, there are always solutions to help managing it.
- 13- Even if you have an advanced disease or a major surgery, it is not normal to suffer from a severe pain.

Communicate With Your Health Care Provider:

- Describe the location of your pain.
- Describe your pain (e.g. sharp, dull, burning, throbbing, steady, intermittent).

- Describe how severe your pain tool is (rate it 1 out of 10, with 10 being the worst pain).



- Describe how often you have pain (e.g. daily, nightly, weekly).
- Describe the impact your pain has on your daily activities (e.g. work, sleep, appetite, personal relationships, and hobbies).
- Describe what you have tried to relieve your pain (e.g. over-the-counter medications, traditional and non-traditional therapies).
- Describe your reactions to pain control therapies to date.

Treating your pain is a partnership between you and your health-care provider. Ongoing follow-up and communication are essential parts of this partnership.

At CMC, we have pain specialists, as part of our anesthesia department, who can help you to control your pain by using medications as well as interventional techniques like nerve block, facet injections, epidural steroids etc.



Your Pain Matters

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