
Chronic Pain

What is chronic pain?

- Chronic pain is pain that lasts longer than three to six months, even after the initial injury or condition has healed. Unlike acute pain, which is a normal response to injury and usually resolves with treatment, chronic pain persists beyond the normal healing time and can be caused by various factors.

What are long-term effects of chronic pain?

- Long-term effects of chronic pain can include depression, anxiety, sleep disorders, and reduced quality of life.

How can loved ones support someone with chronic pain?

- Loved ones can educate themselves about chronic pain, offer emotional support, help with daily tasks, attend medical appointments, and help with other challenges someone with chronic pain may face.

How is chronic pain treated?

- Chronic pain can be improved using a combination of medications, physical therapy, lifestyle changes, psychological counseling, procedures or surgeries, and alternative therapies like acupuncture.

Will chronic pain ever go away?

- Chronic pain is complex. Many factors may contribute to the continuation of pain including suboptimal mood (eg: anxiety and depression), micronutrient deficiencies, poor sleep, stress, diet, inactivity, and genetic variations. Because of this complexity, treatment can be challenging. A multidisciplinary approach, guided by a doctor who is knowledgeable about different treatment options, can be effective.