



*More than 50 million Americans have chronic pain. The good news is that there are many things you can do to manage your chronic pain.*

## What is chronic pain?

There are two kinds of pain. Acute pain occurs after an injury or during an illness, gets better over time, and is treated differently than chronic pain. When pain persists for 6 months or more and doesn't get better with conservative care, it is called chronic pain.

Chronic pain:

- may or may not involve specific damage to the body
- lasts over time but may vary from day to day
- may not go away even with treatment
- may disrupt your sleep, making you tired and irritable
- may cause depression and anxiety
- may make your muscles tense, causing more pain
- can cause you to stop or cut back your regular daily activities

- disrupts your home life, work, hobbies, and your relationships with friends, and family

## Managing chronic pain

The good news is that there are many things you can do to help manage your chronic pain. Using several methods together is often the most helpful approach. (See chart on reverse.)

Studies have shown that strategies such as exercise, relaxation, and changing negative thought patterns can help people cope better with chronic pain. These strategies may be used in addition to physical therapy, medications, supplements, and other treatments. For those who need it, chronic pain programs, involving a team of doctors and therapists, teach these methods in a structured and supportive manner. Switching from one doctor to another in hopes of finding a cure can be frustrating for both you and your physicians. Being flexible and taking an active role in your care can help give you more control of your life.

## Thinking about alternative treatments?

Some studies show that the following treatments may help manage chronic pain:

**Acupressure** uses gentle and effective pressure on appropriate points on the body. It can help relieve pain, tension, and discomfort.

**Acupuncture** involves inserting fine needles into the body at specific points to stimulate healing. It may provide short-term relief of chronic low back and neck pain, and can also treat migraine and tension headaches.

**Biofeedback** (as well as other techniques to learn relaxation) teaches you how to control body functions that you normally do not think about, such as muscle tension, blood flow, and other functions that can impact pain. These methods require home practice between office visits or classes.

**Herbs and Supplements** are sold over-the-counter and vary widely in quality and purity. Talk with your doctor or pharmacist before you take any supplements to be sure there is no risk for you, including interactions with your medications. Kaiser Permanente pharmacies carry only herbs that have been shown to be effective in treating specific medical conditions.

## When to call Kaiser Permanente

- ✓ You have a chronic pain condition that has never been evaluated by your doctor.
- ✓ You have new pain or your pain gets worse or out of control.
- ✓ You cannot sleep because of pain.
- ✓ You have trouble taking your pain medicine, or it is no longer effective for pain control.
- ✓ You have concerns about your pain medicine.
- ✓ Your activity level begins to decrease.
- ✓ You are worried or anxious about your pain.
- ✓ You feel down or blue or you don't enjoy things like you once did.

## Helpful tips to manage chronic pain:

<b>Pace yourself</b>	<p>If your activities leave you in pain the next day, try:</p> <ul style="list-style-type: none"> <li>• Breaking large jobs into smaller ones</li> <li>• Alternating hard and easy activities</li> <li>• Doing relaxation exercises</li> </ul>
<b>Relax</b>	<p>Exercises such as slow deep breathing, meditation, and guided imagery can help manage pain. Learn more by visiting <a href="http://kp.org/mydoctor">kp.org/mydoctor</a>.</p> <ul style="list-style-type: none"> <li>• Click on <b>Podcasts</b> under <b>Healthy Living Resources</b> on the left side of the page.</li> <li>• Choose Health Journeys Guided Imagery Programs: Ease Pain and Relieve Stress.</li> </ul>
<b>Exercise</b>	<p>Gentle daily exercise may actually decrease chronic pain. Stronger muscles help you become more mobile and independent. Being physically active also may be a pleasant distraction. Learn exercises to strengthen your back by visiting <a href="http://kp.org/mydoctor">kp.org/mydoctor</a>.</p> <ul style="list-style-type: none"> <li>• Click on <b>Videos</b> under <b>Healthy Living Resources</b> on the left side of the page.</li> <li>• Choose videos on Spine Care Exercises.</li> </ul>
<b>Think positive thoughts</b>	<p>How you think can affect your mood, activities, and your pain. By noticing your thought patterns, you can work on thinking more positively.</p>
<b>Do pleasant activities</b>	<p>Watching a movie, reading a book, listening to music, or spending time with a friend can be powerful distractions from pain.</p>
<b>Follow your medication plan</b>	<p>Work with your doctor/nurse practitioner or chronic pain team to develop a medication plan. Do not increase or decrease your medication without talking to your doctor/nurse practitioner.</p>
<b>Stop smoking and cut back on caffeine from all sources, avoid diet supplements, decongestants, and herbs that contain ephedrine</b>	<p>These stimulants can cause already sore and painful parts of your body to tense and may increase pain. They also can disturb your sleep. Cutting down on them may help you feel better.</p>
<b>Prepare for flare-ups</b>	<p>Pain flare-ups are common. Create and use an action plan to manage them when they occur.</p>

## Recommended reading

*Managing Pain Before It Manages You*, Margaret Caudill, MD, PhD

*Mayo Clinic On Chronic Pain*, David W. Swanson, MD, editor.

## Additional resources

- Less pain, more life. Is chronic pain interfering with your sleep, mood, physical activity, work, and relationships with family and friends? Regain control with our online HealthMedia® Care™ for Pain program. Visit [kp.org/pain](http://kp.org/pain) and get started today.
- Connect to our Web site at [kp.org](http://kp.org) to access health and drug encyclopedias, interactive programs, health classes, and more.
- Contact your local Kaiser Permanente Health Education Center or Department for health information, programs, and other resources. Talk to your doctor if you think you might benefit from enrolling in our chronic pain program.
- Your health, including your chronic pain, can be seriously affected by violence or abuse. If you are hit, hurt or threatened by a partner or spouse, there is help. Call the National Domestic Violence Hotline at 1-800-799-7233 or connect to [ndvh.org](http://ndvh.org).

This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.