

# Managing Arthritis Pain

## Suffering from chronic pain? Seek professional help

When someone suffers an acute attack of pain such as that resulting from a broken bone, an ear infection or kidney stones, for example, they are understandably expected to consult a doctor. However, when a person experiences chronic, long-standing pain arising from a condition such as arthritis, they are far less likely to seek medical help.

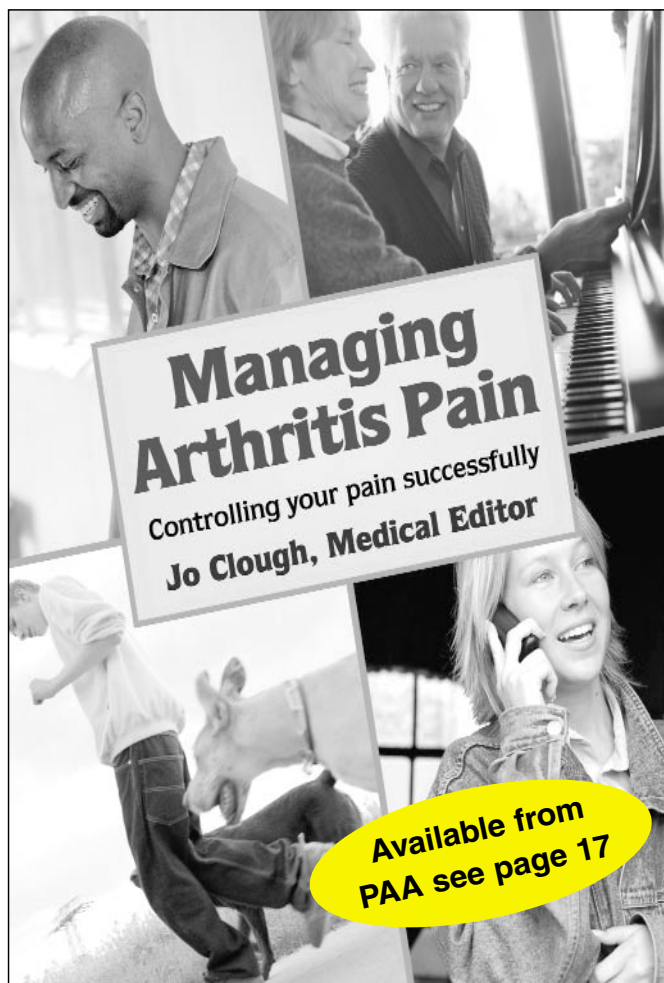
But pain is not necessarily something you 'just have to live with'. A doctor should properly diagnose any type of continuous pain, and together you should be able to devise a pain-management plan to treat the pain and prevent it worsening. If you continue to battle through without proper treatment the pain can affect your whole body. Muscles can weaken, posture can be affected, your immune system may suffer and you could become depressed.

There are a number of potential strategies to relieve pain. Some strategies are medical and others involve alternative approaches. Something as simple as a daily stretching routine or applying a bag of frozen peas could alleviate some pain. It is also necessary to address the mental aspect of pain management, which can be the toughest task of all. However, keeping your spirits up, avoiding negativity and focusing on things other than the pain can be greatly beneficial to the way you feel. All pain is unique to the sufferer, and this book explores a range of methods that you can employ to help you lead a normal life.

**Managing Arthritis Pain** outlines a comprehensive series of strategies to combat and control the many different types and severities of chronic pain.

This book give you:

- Detailed information on the different causes and forms of arthritis pain
- Advice about diagnosing your pain and obtaining the appropriate care
- Comprehensive summaries of effective pain medications
- Information on other clinical treatments such as pumps, implants, neurostimulation and surgery



- An objective, no-nonsense guide to food supplements, natural remedies and alternative therapies
- Suggestions for useful self-help pain relief including massage, exercise, hot and cold treatments and relaxation techniques

Written in a very straightforward and accessible way, this book allows you to choose the approaches that are most appropriate for you and your type of pain.

## About the medical editor

Dr Jo Clough trained as an anaesthetist, specialising in pain management. She is a Fellow of the Royal College of Paediatrics and Child Health and a member of the Royal College of Physicians. She worked as a paediatric physician specialising in asthma and allergic diseases and was a senior lecturer at the University of Southampton. She now works as a Medical Adviser and is the author of *Allergies at your Fingertips* (Class Publishing).