

PAIN EXPLAINED

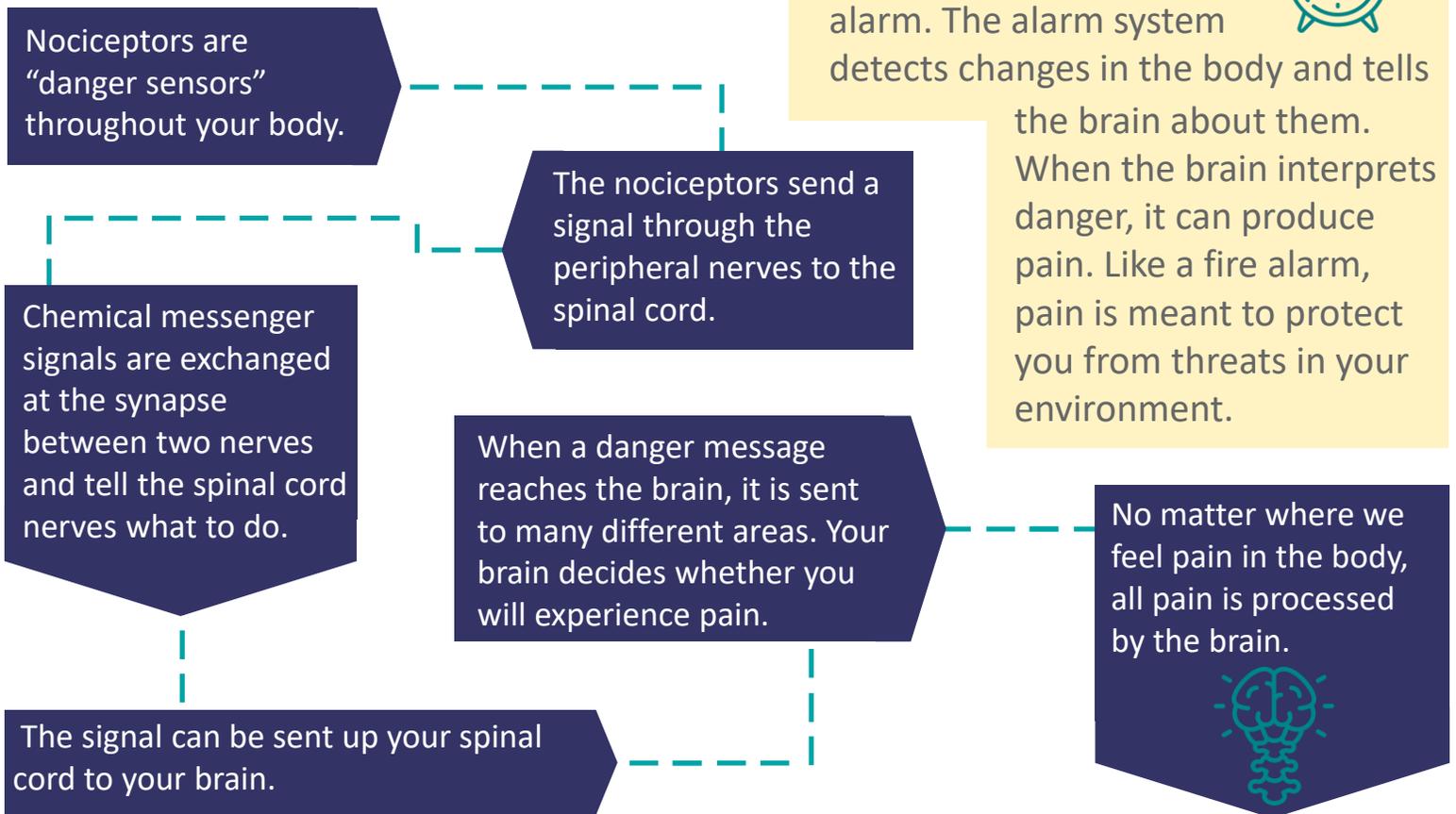
KNOWLEDGE IS Power!

Learning more about pain is a key ingredient in managing pain and taking control of your care. Understanding pain can help you:



- Understand your own experience with self-compassion
- Develop effective management strategies
- Make the best decisions to drive your care
- Communicate your pain better

HOW DOES Pain Work?



In chronic pain, the nervous system gets more sensitive, like a fire alarm that goes off for no reason or sounds louder. The pain alarm is trying to protect you from future dangers by changing brain pathways that regulate emotions, memory, movement, stress, and so on. Ignoring (or avoiding) the alarm only makes it more sensitive.

KEY POINTS Explaining Pain



In Canada, 1 out of every 5 people have persistent pain

Your brain determines what you experience as pain



All pain is real - even if you cannot see the cause

Pain is not an accurate reflection of tissue damage



Pain is an experience that is a result of many different factors

By managing these factors, we can make a difference to our pain



WHAT FACTORS Influence Your Pain?

» Things you hear, see, smell, taste, touch

» Things you do

» Things you say

» Things you believe

» Places you go

» People in your life

» Things happening in your body

Many factors are part of the information the brain considers when deciding whether to produce a pain response.

Think about these factors in your own life. What contributes to your pain?

LEARN MORE

Tame The Beast — It's time to rethink persistent pain —
www.youtube.com/watch?v=ikUzvSph7Z4

Why Things Hurt — www.youtube.com/watch?v=gwd-wLdIHjs

Understanding Pain in less than 5 minutes, and what to do about it! —
www.youtube.com/watch?v=C_3phB93rvI

TAPMI — www.tapmipain.ca/patient

Pain BC — www.painbc.ca

Retrain Pain Foundation — www.retrainpain.org

Ontario
Chronic Pain
Network