

Ratgeber Schmerz – Englisch

Pain

Simply explained

The Guide



A Sandoz Brand

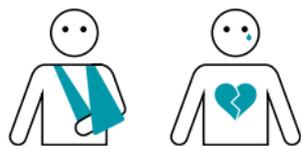
In simple terms

Pain – Causes and treatment

Acute pain

occurs immediately.

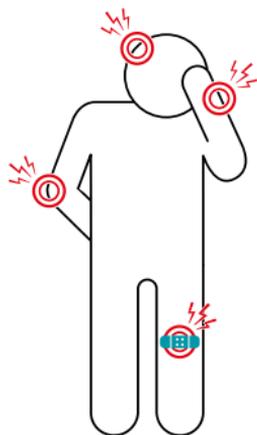
- Burns
- Cuts
- etc.



Causes

May vary amongst individuals

- External stimuli (e.g. trauma)
- Emotional stress
- Severe illness
- etc.



Diagnosis

In preparation for the doctor:

- Where does it hurt?
- How does it hurt?
- How long has it been there?
- On what occasions does it occur?
- How much does it hurt?



Chronic pain

lasts for a long time.

- Headaches
- Joint pain
- Backache
- Neuralgia
- etc.

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consultation with

en hurting?
does it hurt?
hurt?



Drug treatment

- Painkillers and anti-inflammatories
- Herbal remedies
- Opioids

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Non-pharmacological therapies



Healthy lifestyle



Physiotherapy



Manual therapy



Relaxation methods



Acupuncture

4

Contents

04	Foreword
05	What is pain?
11	What are the reasons for pain?
13	How is pain diagnosed?
15	How can pain be treated?
25	Where can I get help?
27	Other 1 A Pharma services

1

2

3

4

5

6

Important note for readers

The content-related and scientific information in this guide reflect the current state of information at the time of editing (see reverse). It should provide an initial overview of the topic. It is not, however, a substitute for the advice from a doctor. Please always carefully read through the package insert of your medications. For the reasons mentioned, 1 A Pharma GmbH cannot assume any warranty or liability for content or information from this guide.

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Dear Reader,

You are suffering from pain? By means of this guide, we wish to provide you with information on the topic of “pain”. You will be given advice and tips. This information will help you get rid of your pain. Or, you will learn how to manage it better.

If you are in pain, go and see your doctor as soon as possible. This includes all types of pain – be it joint pain or persistent headache, migraine or pain caused by burns. What are the reasons for pain? How can pain be treated? What can you do to help? Your doctor will find this out together with you. This guide will help you in the process.

We wish you a speedy recovery.

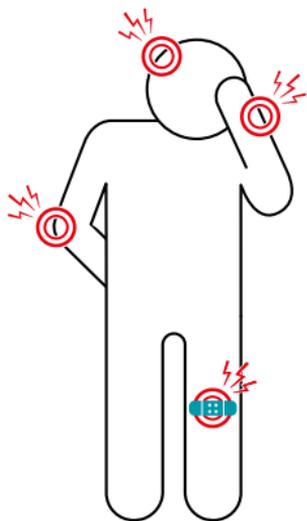
Best wishes

Your I A Pharma Team

What is pain?

Pain is a warning signal. Like a smoke detector that protects us from fire, pain is supposed to protect us from threats within the body. Pain tells us: "You are being caused physical or psychological harm". Pain is thus actually something useful. For it protects our body from unfavourable or even dangerous influences. It therefore averts damage. Consequently, pain increases our chances of survival.

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What types of pain are there?

Generally, we distinguish between two types of pain:

- Acute pain
- Chronic pain

What is acute pain?

Acute – “immediate” – pain occurs when tissue has been damaged. Typical examples are:

- Burns
- Cuts
- Bruises
- Strains

We normally feel acute pain in places where tissue has been damaged. Example: When a leg has been broken, only the leg hurts. The pain does not go away until the injury has healed up.

What is chronic pain?

Chronic – i.e. persistent – pain has lost its role as a warning signal to a large extent. It becomes a permanent condition and affects everyday life considerably. The result is a separate condition, i.e. “chronic pain disorder”. Numerous conditions cause chronic pain. They include:

- Diseases of the spinal column and joints
- Tension headaches
- Neuralgia, e.g. shingles
- Circulatory disorders
- Tumours

Chronic pain remains even after the actual injury or illness has healed or cleared up. Reason: The brain has “memorised” the pain. The result is the so-called “pain memory”. Even harmless stimuli can then trigger pain.

The most common types of chronic pain are:

- Headache
- Backache
- Neuralgia
- Joint pain

Headaches

Who hasn't experienced them, the stabbing head pains? Every second adult suffers from headaches. Only a doctor can find out what is really going on. So-called “secondary” or “symptomatic” headaches “accompany” another condition. This may be a cold, inflammation of a tooth or high blood pressure. Secondary headache may also occur as a side effect when medicines are taken.

Primary – principle – headaches are a separate condition. The most common types of primary headache are migraine and tension headache.

Tension headache

Those affected by tension headache describe it as a mild to moderate and dull throbbing to dragging pain. It is felt on both sides of the head where the temples are, at the back of the head or over the entire head. For some people, it is “like a hood”. Some also report an accompanying feeling of tension and dizziness. They do not usually complain of nausea or impaired vision – unlike migraine patients.

Migraine

Migraine reoccurs at regular intervals; it often occurs in sudden attacks. Migraine patients suffer from nausea and vomiting. They also often suffer beforehand from symptoms such as impaired vision and speech or a feeling of numbness in the arms, legs or face. Generally, physical exercise intensifies migraine pain, which may last for several hours or days. Migraine triggers vary from individual to individual and may be, for example, stress, weather sensitivity or hormonal influences such as menstruation or taking the pill.

Backache

Eight out of ten Germans suffer from backache at least once in their life. It can be very severe. Usually, it clears up relatively quickly, however, as in the case of muscle tension due to incorrect or excessive weight-bearing.



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If you have backache, you should go and see your doctor in order to rule out any serious conditions as the cause.

Neuralgia

Those who are extremely sensitive to touch often suffer from neuralgia. Neuralgia is often severe and stings. Some patients describe it as “stabbing, like after a power surge”. Serious conditions in particular, such as stroke, paraplegia, multiple sclerosis or shingles, can trigger neuralgia. Some of those affected are often tormented for years. In such cases, treatment should, first and foremost, relieve the pain effectively for the long term. You should go and see a doctor if you, as a patient, notice any signs of neuralgia.

Joint pain

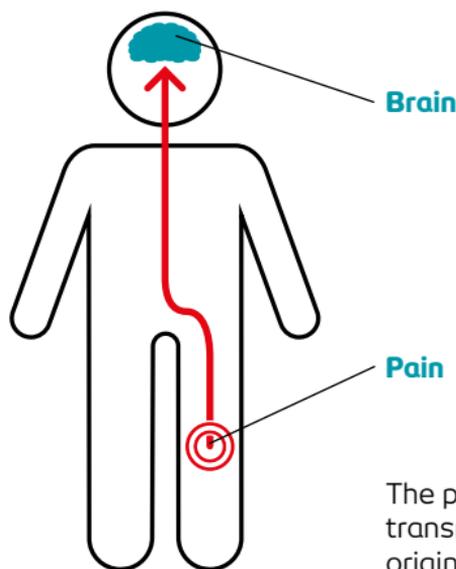
Pain normally only occurs in an otherwise healthy joint when too much strain is put on it. When we twist our ankle, it hurts. Intense pain can be triggered in a flash as a result. In such cases, the joint sends the message “painful stimulus” to the brain. The human warning system intervenes in such cases. It is supposed to protect our joints from being put under any abnormal strain.

Injuries in the joints normally clear up. In some cases, they can, however, lead to further, continuing joint problems: Reasons may be joint wear and tear (“arthrosis”) or inflammation in one or several joints (“arthritis”). They are typical of numerous rheumatic conditions or of gout.

What are the reasons for pain?

Pain helps us to be aware of our environment and also to be self-aware – just like smelling, tasting or hearing. Why do we feel pain as a result of an injury, for example? An injury triggers a stimulus, which is transmitted via nerve fibres and nerve cells directly to the brain. The brain assesses the pain: where is it located? How severe is it?

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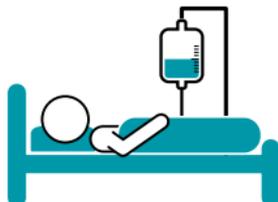


The pain signals are transmitted from the site of origin to the brain.

Pain perception is individual. That is why some external influences trigger severe pain in one person, but only minor or no pain in another. Serious conditions such as a stroke or paraplegia can trigger accompanying (“secondary”) pain. What exactly causes the pain varies from individual to individual.

Examples of causes of pain:

- External stimuli (for example, trauma)
- Emotional strain
- Serious illness



How is pain diagnosed?

In order to establish the cause of the pain and the right type of treatment that will work for you, your doctor will ask you some specific questions:

- Where does it hurt?
- How does it hurt?
- How long has it been hurting?
- On what occasions does it hurt?
- How much does it hurt?

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Your doctor will also be interested in your previous medical history.

It is important to describe the pain as accurately as possible. Various aids, such as a pain scale or pain diary, are available in order to do this. Ask about them when you first go to see your doctor or go to the pharmacy. The pain scale looks like a ruler: Between the endpoints "No pain" (0 points) and "Intense pain" (10 points), you select how severe the pain you are currently experiencing is.

You then enter your scores in the pain diary on a regular basis. Once treatment is started, you add the medicines you are taking and their dosages. You also

enter information about your well-being, sleep and digestion. The pain scale and pain diary also help your doctor to check how well your treatment is working. Therefore, please bring your diary with you each time you go and see your doctor.

Date: 20.05.

Pain intensity	in the morning	at lunchtime	in the evening	at night
10				X
8				
6		X	X	
4	X			
2				
0				

Medicines/Dosage

Example

Well-being
(please tick)

Sleep
(please tick)

Bowel movements
(please tick)

good average poor

Notes

How are you feeling?
How did you sleep?
How was your digestion?

How can pain be treated?

The good news is: Pain is treatable. As individual as the causes and the perception of pain are, the treatment options, too, are varied. Your doctor has a number of pharmacological and non-pharmacological (so-called “alternative”) treatment options to choose from. Often, different treatment approaches can be combined. Consult your doctor in order to find out the right type of treatment.

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Pharmacological therapies

For acute pain in particular, pain-relieving medicines can often alleviate or get rid of symptoms in a short space of time. In the case of chronic conditions, painkillers need to work reliably and over as long a period as possible. The time at which painkillers are taken is also very important.

There are numerous medicines on the market for treating pain. The three largest groups are:

- Painkillers and anti-inflammatories
- Herbal remedies
- Opioids

Only use these medicines in close consultation with your doctor. Read the package leaflets carefully. Watch out for potential side effects affecting your stomach and intestines, your blood pressure or your kidneys, for example. If you experience any side effects, go and see a doctor at your earliest convenience. Talk about potential risks and side effects with him or her or with your pharmacist.

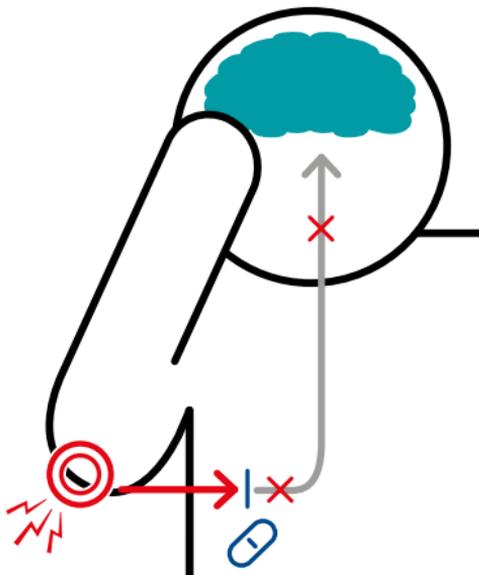
Painkillers and anti-inflammatories

Many people place their trust in so-called “analgesics”, particularly for short-term symptoms. These often relieve the pain. They even reduce fever in some patients.

Effective, anti-inflammatory agents are available for treating persistent and chronic pain. Your doctor may have referred to “non-steroidal anti-inflammatory drugs” before now. These are abbreviated as “NSAIDs”.

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An NSAID prevents the brain from being told about pain, for example, in the elbow. It blocks the formation of messenger substances.



NSAIDs have proved to be very effective, particularly for conditions causing inflammation within the body. Arthritis in one or several joints is one such example.

So-called “coxibs” are an alternative for people with gastro-intestinal problems. They are often better tolerated by those affected.

NSAIDs and coxibs are not suitable for patients with a weak heart or kidney failure. After consultation with their doctor, they should choose a different type of treatment.

Herbal remedies

Herbal remedies made of willow bark, devil's claw root or nettle leaves can relieve pain. Often, it is beneficial to take them as a supplement to other medicines, e.g. NSAIDs. In some instances, they can then reduce their dose.

Opioids

So-called “opioids” are considered an effective painkiller for severe to intense acute and chronic pain. As a rule, they are absorbed by the body very quickly and help within a short space of time. They have proved most effective in the case of tumour-related pain, for example. In this instance, the doctor prescribes strong opioids.



Strong opioids are subject to the Narcotics Law. For this reason, there are specific regulations that doctors have to comply with when prescribing them. Like doctors, pharmacists have to keep copies of all filled-out documentation for three years.

A number of weaker opioids are now available. As a patient, you always take such weak opioids at the same time.



Opioids are available as tablets, patches or capsules. Together with you, your doctor will find out what is right for you. If you find it hard to swallow tablets and capsules, opioid patches are an alternative. When taking or using weak opioids, follow the instructions for use. Your doctor or pharmacist can provide you with the answers to any outstanding issues you may have.



If, during treatment, you experience any side effects, go and see your doctor. Side effects may include nausea, vomiting or constipation. Sometimes, you might also get itching or have difficulty passing water. Don't worry, these usually disappear by themselves or are able to be relieved.

Tip

Please keep exactly to the time that your doctor tells you to take your medication. Only then will you achieve a constant and optimum effect.

Non-pharmacological therapies

As a pain patient, there are a number of things that you can do on an everyday basis to relieve pain.

- Learn how to reduce your emotional stress and worries.
- Get enough sleep.
- Make sure to maintain a regular daily routine.
- Take a brief "time-out" to relax on a regular basis.
- Eat a healthy and balanced diet.
- Take exercise in the fresh air.
- Choose a sport that you enjoy. Some like jogging, others love the gym. Exercise and being active can relieve pain in the long run, especially pain on movement caused by osteoporosis, arthrosis or arthritis, for example.
- Try to take your mind off things. Meet up with friends. Company will offer you distraction. This will often make the pain less excruciating and burdensome.



- Avoid stress, rushing around and time pressure.
- Avoid poor posture, for example, when sitting at a desk.
- Avoid alcohol and nicotine.



In addition to pharmacological therapy, there are numerous alternative treatment options for relieving or getting rid of pain. Often, an additional form of therapy will boost the effects of medicines.

Physiotherapy

You may have been to see a physiotherapist or massage therapist before now. These use treatments involving heat, direct current, infrared and UV light, hydrotherapy or massage. Especially in the case of migraine, massaging the forehead and temples often relieves the associated pain. Many people are able to ease a headache by using cool packs and essential oils, which are available in pharmacies, for example. Anyone can use these at home without needing any extra help.

Manual therapy

Here, physiotherapists use their hands. Manual therapy has proved primarily effective in conditions affecting the musculoskeletal system. It loosens hardened muscles or resolves joint blockades. In doing so, it relieves pain on exercise and improves restricted movement.

Acupuncture

Acupuncture originates from Traditional Chinese Medicine (TCM). Here, the therapist inserts thin needles into certain sites on the body. The aim is to cure illnesses and relieve pain.

Relaxation methods

Learning to relax is good for the body and soul. Calm, inner strength and serenity can reduce pain. Numerous relaxation methods can help achieve this. Yoga is one of them. It involves breathing and meditation techniques as well as body poses. The aim of yoga is to relieve physical and inner tension. Thanks to relaxation exercises, some patients are able to reduce the dose of their painkillers.



Tip

Give different alternative forms of therapy a try. If one form doesn't work for you, be patient and try another.

Where can I get help?

Deutsche Schmerzliga e. V.

P.O. Box 740123 • 60570 Frankfurt am Main

Tel.: 069 13828022

(Mondays, Wednesdays and Fridays from 9.00–11.00 a.m)

info@schmerzliga.de • www.schmerzliga.de

Non-profit association with more than 100 regional self-help groups under one roof. The self-help groups support their members under expert guidance: How do I embrace my chronic pain disorder? How do I relieve the pain?

5

Deutsche Schmerzgesellschaft e. V.

Alt-Moabit 101 b • 10559 Berlin

Tel.: 030 39409689-0

info@dgss.org • www.dgss.org

Unbiased and scientifically sound information from over 40 leading pain experts is available here, as are easy-to-understand articles outlining the fundamentals as to how pain develops plus articles containing information on how the major pain conditions are treated. The German Pain Society also provides information on self-help and self-help groups.

Deutsche Gesellschaft für Schmerzmedizin e. V.

Lennéstraße 9 • 10785 Berlin

Tel.: 030 8562188-0

info@dgschmerzmedizin.de • www.dgschmerzmedizin.de

Directory of pain centres in the whole of Germany.

MigräneLiga e. V. Deutschland

Pfälzer Straße 16 • 69123 Heidelberg

Tel.: 06221 7594002

geschaefsstelle@migraeneliga.de • www.migraeneliga.de

Information on migraine, diagnosis, treatment, new research findings and successful treatment outcomes. Contact with self-help groups. Addresses persons affected, relatives, therapists, psychologists, educators, publicists and journalists.

SchmerzLOS e. V.

Am Waldrand 9 a • 23627 Groß Gröna

Tel.: 04509 879308

info@schmerzlos-ev.de • www.schmerzlos-ev.de

Independent Association of Active Pain Patients in Germany (UVSD). Information and advice for those affected. Co-operation with medical and therapeutic professional societies.

Other 1 A Pharma services

Available from 1 A Pharma free of charge (while stocks last):

- Pain diary
- Pain scale
- Pain guide in English, French, Turkish and Arabic.

You can order them by fax (089 6138825-25) or on the Internet (www.1apharma.de/service)



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Information as at: February 2017

Einfach verstehen.