

RELIEF FROM PAIN; A HUMAN RIGHT

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*PAIN is part of life but
SUFFERING with pain is not!*

THE word pain originates from Latin word Poena - means Punishment. Illness, injury, infection or degeneration are some of the common causes of pain. It's a human tendency to neglect pain till the time it interferes with daily routine. It is also the commonest complaint a patient comes with, to a doctor. According to experts neglecting pain or treating it inadequately makes the pain chronic and more harmful. It can prove to be a punishment as it affects us physically as well as emotionally. That's probably the reason why pain has

been given the status of fifth Vital sign, (pulse, blood pressure, temperature and respiratory rate being the other four). There are millions of people suffering from Backache, Kneepain, Headache, neck and shoulder pain, fibromyalgia, painful musculoskeletal problems, cancer pains since months but unable to find any relief and hence depressed. Now with the advent of pain clinic, we can find some solution for chronic pain. In western countries and some parts of India, it is well known for last 15 years or so. But people hardly know about it. What is pain clinic?

Pain Clinic is multimodal but non surgical concept of pain relief in which patient is looked as a whole and the cause of pain is diagnosed and treated to his/ her satisfaction in a stepwise manner. It involves one or more modalities of pain relief such as oral medications (other than usual pain killers), trigger point injections, nerve blocks, epidurals, nerve root injection, facet joint block etc. Most of the procedures are done under fluoroscopic guidance for precision. Along with this, advice regarding diet, exercise, physiotherapy, lifestyle modification is also given. It is well said:

SET pain before it
UPSETS your life!



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