



# PAIN MANAGEMENT

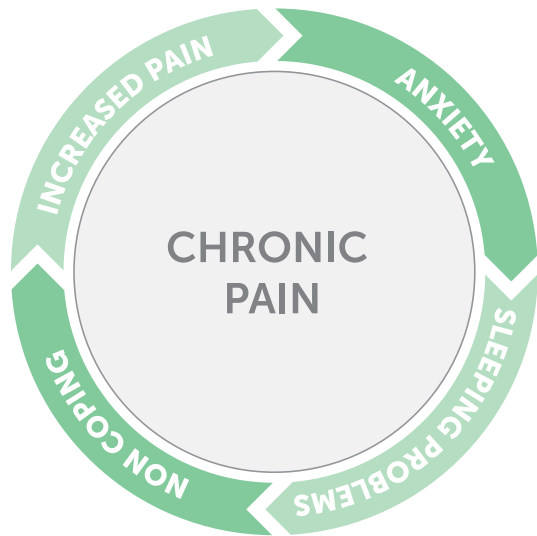
LISTENING TO YOUR BODY AND ITS SIGNS



## What is your pain saying?

Most people look at pain as a bad thing, something to be scared of. In truth, it is actually your body's way of warning you that something is wrong. It is nature's way of telling you what to attend to. That's why you should never ignore pain. It may be a sign of something deeper.

Chronic or long-lasting pain is one that lasts over six months and has harmful side effects. To the extent that it can lead to personality changes such as irritability, depression, loss of sleep and even high blood pressure. If not attended to in time, it could escalate and result in being absent from work, and become a financial burden on the family.



### Common Types of Chronic Pain

- Backache or Sciatica is pain going down the hands or legs, mainly caused by a slip disc or pressure on the nerves
- Pain from diseases like cancer can be unbearable and often intractable
- Headache or Migraine can be one or two-sided
- Muscle pain is usually due to a back or neck spasm

- Ischemia or lack of blood supply in the lower limbs causes pain, and could also be due to alcohol or smoking
- Diabetic or Nutritional Neuropathy is the pain due to irritation or wounds in the nerves

### The Pain Management clinic at Hinduja Healthcare Surgical

With a multi-disciplinary approach and excellent facilities, this unit provides the following options to relieve chronic pain:

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#### ORAL MEDICATION

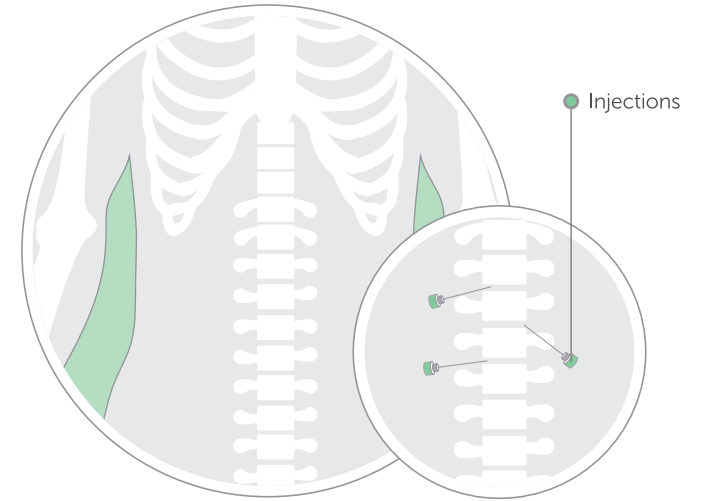
This helps reduce pain, irritation of nerves, depression, anxiety, and constipation

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#### INTERVENTIONAL OR SPECIAL INJECTION THERAPY

This is usually done under X-ray control or CT scan and cover the following:

- Injections around nerves and plexus for pain going down the legs, or for cancer patients. Just a single procedure can relieve pain for 3-6 months
- Radio Frequency Lesioning is the burning of nerves with a preset temperature - controlled machine. It is usually used for pain of the back joints



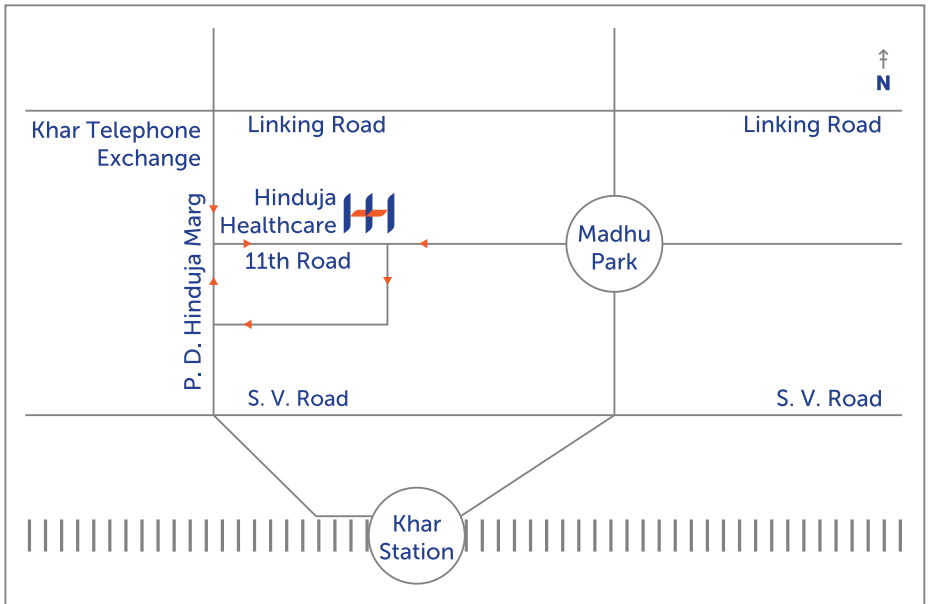
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#### ADVANCED TECHNIQUES

These include treatments such as:

- Spinal Cord Stimulation, is a special current passed to relieve pain through special electronic leads. This is useful in persistent pain after surgery, diabetic neuropathy, unstable angina pain, and pain due to less blood supply
- Implantable device, where a very low dose of drug is delivered through an electronic pump. This especially helps cancer patients
- Vertebroplasty provides strength to an unstable spine and back due to osteoporosis
- Percutaneous discectomy helps in pain due to disc prolapse

At Hinduja Healthcare Surgical, you can be assured of optimum pain relief. We treat pain as a day care procedure; without cuts, scars or general anaesthesia. All treatments are conducted under X-ray control or CT Scan, while vital signs are monitored in a fully equipped operation theatre. Our aim is to reduce your pain as well as your medication, so that you have a better quality of life.



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