

Your Health

Tips On Managing Chronic Pain

(NAPSA)—There's hopeful news for those who experience chronic pain. There are practical steps they can take to find relief.

The Cost Of Chronic Pain

Left untreated, chronic pain can cause anxiety, depression, insomnia, reduced mobility and a decreased quality of life.

It is also a public health issue. It's estimated that chronic pain costs the U.S. \$635 billion a year, in terms of treatment and lost productivity.



Chronic pain can be a symptom of a more serious condition. That's why it's important to confer with a specialist.

Managing the Problem

The physicians at Pain Management and Injury Relief (PMIR) Medical Center suggest that if you experience chronic pain, it's wise to visit a pain management specialist.

Pain specialists are trained to diagnose the underlying cause of your pain, which may be a symptom of a more serious or life-threatening condition, and treat the pain with innovative and noninvasive procedures.

They also contend that the sooner you act, the better. That's because the longer you wait, the more difficult it can be to treat the pain effectively.

Get Educated

It's important to educate yourself while seeking treatment. For instance, at PMIR's website, patients can access an interactive pain checker.

The online graphic provides information on the conditions associated with different parts of the body that may be causing the pain and the treatment options available.

To learn more, visit www.paininjuryrelief.com or call 855-764-7633.