

## Links for the Learning about chronic pain chapter



### FACTS ABOUT PAIN

Pain is a sensation that almost everyone feels. In fact, people who cannot feel pain often have very serious problems and are not expected to live as long as if they experienced pain!

Pain is a very important part of everyday life. It usually acts as a warning signal that something is wrong with our body and that we need to pay attention to whatever is wrong.

Pain is more than just the sensation that we feel when we are hurt or have an illness. Pain affects our emotions and even the way that we think.

A pain signal is a high priority signal for our bodies! As a result, when a person has pain, especially a high level of pain, it can be very difficult to focus on anything else.

The attitudes and beliefs of people around us affect the way that we react to and deal with pain.

Most pain goes away soon after an injury heals or after recovering from an illness. But, chronic pain is different from everyday pains in many ways.

- Chronic pain can go on even after recovering from an illness or an injury has healed.
- It may last for many years.
- It is often very difficult to treat.

Our own attitudes and beliefs affect the way that we react to pain and the way that we deal with pain.

Many people say that their pain is the most difficult thing in their lives to deal with.

