

ADVANCED PAIN MANAGEMENT

In addition to your prescription medications consider the following to help reduce your pain:

DAILY EXERCISE:

- Walking is great--do it outside if possible to enjoy the fresh air.
- Mall walking &/or track walking is fine. Walking on a treadmill is better than no exercise, but it does put more stress on your low back and joints.
- Pool therapy is effective for relaxing tense, irritated muscles.
- Tai Chi and Yoga are helpful with relaxation and keeping joints mobile.

PRACTICE GOOD SLEEP HYGIENE:

- Remove distractions from the bedroom.
- Go to bed and get up at the same time each day.
- Learn relaxation techniques to stop nighttime worrying.

PEOPLE WITH RESTLESS LEGS (10 times more common in chronic pain patients)

- May be caused by low iron levels.
- Ferrous gluconate is a good supplement (other good sources are clams, oysters, organ meats, poultry and fish)
- **REMEMBER:** iron supplements are constipating and cause your stools to turn dark. Blood can also cause your stools to be dark!
- Miralax is effective in treating constipation.

MUSIC: Listen to enjoyable music at least one hour a day.

SUPPLEMENTS:

- **Healthy Nervous System** – B complex vitamins, omega – 3 fatty acids and Vitamin D.
- **Healthy Sleep** – try gamma-amino-butyric acid (GABA), L-theanine, magnesium citrate or magnesium glycinate and/or melatonin.
- **Joint or arthritis pain** – try curcumin (the main component of the yellow spice, turmeric).
- **Irritable Bowel Syndrome** – try probiotics (healthy gut bacteria like that found in yogurt). Make sure there are at least 75 million active cultures per capsule.
- **Muscle Pain** -- try CoQ-10.

AVOID – Aspartame, an artificial sweetener found in diet foods and drinks.

WOMEN – All women over the age of 35 years should be on a regimen to prevent osteoporosis. They should be taking CALCIUM 1200-1500 mg daily (in divided doses), MAGNESIUM 400 mg daily, FOLIC ACID 2 mg daily (folate is same thing), and VITAMIN D3 1000-2000 units daily.

Changes will not occur overnight, but big changes can be seen within 2-3 months.