

ADVICES FOR CHRONIC PAIN FROM CHRONIC PAIN PATIENTS

-from the online questionnaire “Multidisciplinary approach to pain management”-

“Not so much medication as, at least in my case, doesn't help so much. Moderate sport activity and warm water baths helped me the most”

“Don't be afraid to move, it's easy to become stiff and then the pain gets worse. But it is important to listen to your body- small soft movements, a walk etc “

“Don't be afraid to say no, most of us are overachievers and don't want to say no”

“Lot of exercises, rest, swimming, sauna, pharmacology, support groups, yoga”

“Massage in cost ceiling, tips and tricks that could help even though it's not clinically and medically approved. With pain you would like to try anything...”

“Cognitive pain therapy to find her/his own way to cope with the problem.”

“Try everything. Most importantly - adjust your lifestyle”

“LCHF diet, omega 3, D vitamins, learn to relax”

“Don't be shy/scared to ask GP for stronger/different pain relief, try and explain how bad it is, take someone with you if it helps. Don't do like I did - think you're pestering your GP if pain meds not helping, ask to be referred to pain clinic. Don't be like me and suffer, ask for help.”

“Mindfulness, Occupational therapy, qigong, massage, tactil massage”

“Learn, learn and learn! And try to find someone in the same situations!”

“Accept your diagnosis, try to learn as much as you can, talk to people in the same situation. Do not be afraid to try new therapies.”

“Keep looking until you find something that works for you, and don't give up”

“A discussion with a good doctor who knows about pain management therapies.”

“To do the things that makes you happy and not to overdo. Do it in your own time.”

“Listen to your body and don't forget to have fun now and then even if you have to pay for it the day after”