

22 July 2016

Get help to manage chronic pain this National Pain Week

People living with chronic pain are reminded to seek help this National Pain Week (25 - 31 July, 2016).

Dr Renata Bazina, South Western Sydney Local Health District pain specialist said there is treatment and support available to help those with chronic pain.

“Chronic pain is pain which persists for more than three months, or beyond the usual time it takes for tissue to heal,” Dr Bazina said.

“When you’re living with chronic pain it can have profound effects on both your mental health and your physical health, so it’s important to get the support you need from professionals and a good place to start is your GP,” she said.

Dr Bazina said chronic pain affects one in five Australians, interfering with their daily lives, work and relationships.

“Chronic pain is different to acute pain, and can be reduced when people understand how the nervous system works,” she said.

“With proper treatment and the patient’s active participation, many chronic pain conditions can be managed effectively.

“The theme for this year is *You look good, but how do you feel* highlighting that people often make judgements that others are ok simply based on how they look.

“In reality, the invisibility of the pain experience continues to be a major issue reported by those living with chronic pain.

“They may also find that people around them don't understand their predicament and so they feel isolated and alone.

“However, the more your family and friends understand about how pain works and ways to help you manage your pain, the more support they can offer,” Dr Bazina said.

National Pain Week 2016, led by Chronic Pain Australia, runs from 25-31 July, 2014.

Practical tools and resources to help people with chronic pain are available at the ACI Pain Management network website: www.aci.health.nsw.gov.au/chronic-pain.

Or for more on National Pain Week visit www.nationalpainweek.org.au.