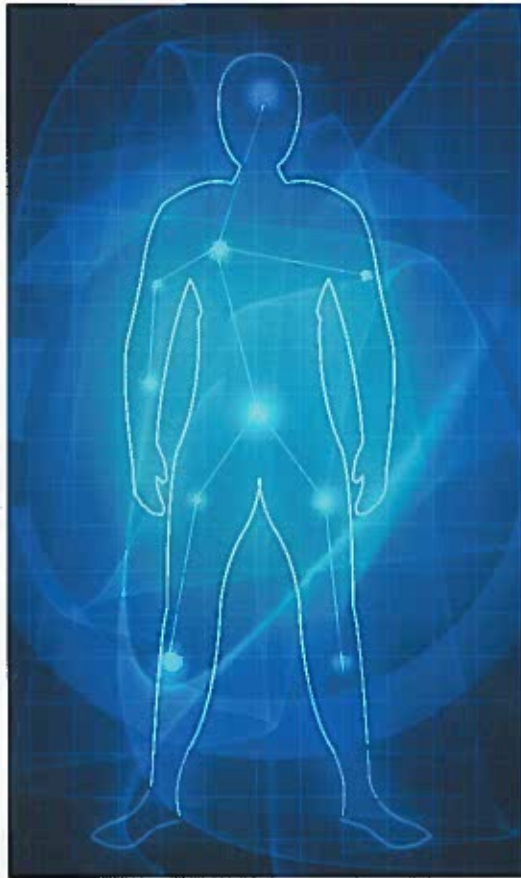


# Pain

## New Ways to Treat a Common Problem



### What is Pain?

Pain is a complex problem that is shaped by physical factors like an injury. Pain can affect how you think, feel and what you do.

### What are the 2 Types of Pain?



Acute Pain



Chronic Pain

### Acute Pain

This is a warning sign from the body that you may be hurt or something is wrong. It lets you know that you need to stop what you are doing and you may need to seek medical attention.

### What can cause acute pain?

- Injury
- Surgery
- Dental procedure
- Heart attack
- Other acute medical problems

The pain is usually temporary and can respond to treatments like:



- Short-term medications
- Rest
- Ice and/or heat therapy
- Physical therapy
- Exercise programs (specific for the type of pain)
- Acupuncture
- Surgery (in some cases)

