



# Do you have persistent pain?

## HAVE YOU HAD PAIN THAT...

- Lasts beyond normal healing?
- Feels like it spreads, moves around, gets bigger?
- Increases with stress or decreases when you are having fun?
- Affects your ability to sleep?

## DO YOU FIND THAT...

- Tests don't explain your symptoms?
- Medication doesn't completely control your pain?
- People don't think your pain is real



## Some things make pain worse

For many years, we misunderstood pain. We now understand that pain is actually produced in the brain using information from your body.

With persistent pain, your brain forms more and more pathways over time that can create pain.

**We say that nerves that fire together, wire together.**

## Some things make pain better

We now know that the brain can change.

**We can rewire these pathways and change our pain.**



Turn the page to learn more!





# 1 **START HERE** Watch this video on Understanding Pain



[www.oregonpainguidance.org/paineducationtoolkit](http://www.oregonpainguidance.org/paineducationtoolkit)

# 2 **NEXT** Choose topics that interest you



Activity



Sleep



Flareups



Nutrition



Mood



Social



Medications

# 3 **THEN** Check out the videos and handouts



# 4 **FINALLY** Make a plan with your health care team

