

## Types Of Pain - Acute And Chronic



Acute pain is severe pain that comes on suddenly. It might be caused by trauma, a cut, a bruise, a fracture, a sprain or an infection. A pain is considered chronic if it lasts more than six months. The onset of acute pain may be mild to severe, begin suddenly or gradually, and may come and go. Severe pain usually includes, along with the pain itself, depression, insomnia, exhaustion, and weight loss or gain. It's the most challenging pain that doctors work with.

### **Intractable Pain**

This is the most feared pain – pain that is severe and chronic and refuses to release its hold no matter what is done. It's often seen in those dying of cancer or other fatal diseases where life expectancy might be measured in days or weeks. People in this kind of pain might find relief only in narcotics such as opiates, and those drugs should not be withheld. In certain cases of intractable pain, doctors resort to surgically cutting the nerve roots, spinal cords or brainstem.

### **Is It All In Your Head?**

Patients have often taken offense at doctors who, unable to help them that they need psychological counselling. Rejecting the implication that the pain is somewhat all in "their head" they have often found help under chiropractic care. (Unfortunately, few medical practitioners check people for spinal nerve stress or refer them to chiropractors). But physical pain or illness can be caused or intensified by emotional factors. Some examples are peptic ulcers or headaches caused by worry. These and other such disorders are referred to as psychosomatic or psycho-physiologic disorders. Although physical care may often help, true and lasting healing will occur only when the patient confronts the emotional stress.

An interesting example of how different emotional stress alters sensitivity to pain can be seen during trauma and shock. People with serious injuries may not always feel as they are in any special pain and only and only after the emergency dies down to realize how hurt they are.

The mind intensify or even cause physical pain when there is a severe emotional pain that the patient is unwilling or unable to face and the pain is instead experienced by the body.

Unfortunately, patients with such problems often reject the idea of psychological counselling and would rather have a surgeon do repeat exploratory operations than have a therapist help them explore their emotional life.

Let Dr. Adam at Nachmias Chiropractor relief you from the pain! Book your appointment with the best chiropractor in NYC & Brooklyn now.

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