

# Pain



**\*Shahil Patel**

*The Pain Clinic, India*

**Submission:** July 18, 2018; **Published:** July 31, 2018

**\*Corresponding author:** Shahil Patel, The Pain Clinic, Ahmedabad, Gujarat, India, Tel: +919426493699; Email: [sahilp2004@gmail.com](mailto:sahilp2004@gmail.com)

## Opinion

Most of the Physician and Surgeons as a health care professional serving to the society on a large-scale day by day as in today's time, most of the family members are either on other side suffering from PAIN. so the physician and surgeons should have primary knowledge to diagnose the pathology of the person. as most of healthcare professionals poorly asking patients about history of PAIN.

There are three hurdles that the healthcare professionals face upon encountering a patient with PAIN.

First: Why patient has Pain? Second: Not knowing how to treat it properly. Third: Knowing why patient has Pain and being aware of appropriate treatment but not treating for fear of acting.

PAIN does not always get better of its own and consider chronic after three months, the long is the time, harder to relieve Pain and it Costs finally. In today's world approximately 90% people either have PAIN and out of that >80% are not knowing the fact PAIN and its outcome if you extend it further it will lead to disturbance in Digestive system, Neuromuscular system, Genitourinary system etc which gives rise to acidity, indigestion, constipation, insomnia without consuming sleeping pills, alcohol, tobacco etc, by this time they become addicted to all such bad habits making surrounding more dangerous to live.

There are Five common scenarios we will encounter when treating patients with PAIN.

1<sup>st</sup>: The source of Pain does not warrant a diagnostic work-up the Pain is temporary and will subside by its own.

2<sup>nd</sup>: The source of Pain warrants a diagnostic work-up, this will show some pathology which necessitates intervention because of Pain will not resolved on its own.

3<sup>rd</sup>: The source of Pain warrants a diagnostic work-up which does not show the source of pathology and the Pain necessitates intervention because the Pain will not resolve on its own.

4<sup>th</sup>: Everything is done right work-up, diagnosis, treatment, yet Pain does not get relieve.

5<sup>th</sup>: Last Alternative, Palliative setting by failing all above measures.

In today's world, so many Interventions are being performed by many Pain physicians, surgeon and radiologist, orthopedicians, but lastly, alternative, palliative pain care therapy will take care of the chronic pain patients. The patients with osteoarthritis, treated by Intra Articular steroids, ozone, PRP, genicular nerve block, prolotherapy, sclerotherapy, and last to all this patient are going for Joint replacement surgery, and finally this patient opt for alternative, palliative therapy even after surgery. In Spine Pain, facet block, transforaminal block, LAHC, Epidural injection, but these all treatment last for short time if patient don't understand the advice given by Physician in majority of patients, in this situation palliative, alternative Pain therapy will take care of the patients, these all problem are due to miscommunication between patient and treating doctor.

In Cervical spine pain, patient should be considered serious as this do not require intervention in majority of the cases but should be treated conservative with posture modulation. Above all, Degenerative Arthritis are known pathology of majority of the patients because of improper food, water habits and this last longer, one should consider outcome of body's digestion. This degenerative changes can be prevented if considered early in life.



This work is licensed under Creative Commons Attribution 4.0 License  
DOI: [10.19080/OROAJ.2018.12.555840](https://doi.org/10.19080/OROAJ.2018.12.555840)

**Your next submission with Juniper Publishers  
will reach you the below assets**

- Quality Editorial service
- Swift Peer Review
- Reprints availability
- E-prints Service
- Manuscript Podcast for convenient understanding
- Global attainment for your research
- Manuscript accessibility in different formats  
( Pdf, E-pub, Full Text, Audio)
- Unceasing customer service

**Track the below URL for one-step submission**

<https://juniperpublishers.com/online-submission.php>