

## PAIN

### **7 Pains You Should not Ignore**

Experts describe the types of pain that require prompt medical attention.

Whoever coined the term "necessary evil" might have been thinking of pain. No one wants it, yet it is the body's way of getting your attention when something is wrong. You are probably sufficiently in tune with your body to know when the pain is just a bother, perhaps the result of moving furniture a day or two before or eating. It is when pain might signal something more serious.

#### **No. 1: Worst Headache of Your Life**

Get medical attention immediately. If you have a cold, it could be a sinus headache, but you could have a brain hemorrhage or brain tumor. With any pain, unless you are sure of what caused it, get it checked out. When someone says they have the worst headache of their life, unless it is a hyperbole, it could even be a classic sign of a brain aneurysm.

#### **No. 2: Pain or Discomfort in the Chest, Throat, Jaw, Shoulder, Arm, or Abdomen**

Chest pain could be pneumonia or a heart attack. Be aware that heart conditions typically appear as discomfort, not pain. Do not wait for pain. Heart patients talk about pressure. They will clench their fist and put it over their chest or say it is like an elephant sitting on their chest.

The discomfort associated with heart disease could also be in the upper chest, throat, jaw, left shoulder or arm, or abdomen and might be accompanied by nausea. Do not be too much worried about the 18-year-old, but if a person has unexplained, persistent discomfort and knows they are high risk, they should not wait. Too often people

delay because they misinterpret it as heartburn or GI distress. Similarly intermittent discomfort should be taken seriously as well, there might be a pattern, such as discomfort related to excitement, emotional upset, or exertion. For example, if you experience it when you are doing some work, but it goes away when you sit down, that is angina; It is usually worse in cold or hot weather.

A woman's discomfort signs can be more subtle. Heart disease can masquerade as GI symptoms, such as bloating, GI distress, or discomfort in the abdomen. It is also associated with feeling tired. Risk for heart disease increases dramatically after menopause. It kills more women than men even though men are at higher risk at any age. Women and their physicians need to be on their toes.

### **No. 3: Pain in Lower Back or Between Shoulder Blades**

Most often it is arthritis, other possibilities include a heart attack or abdominal problems. One danger is aortic dissection, which can appear as either a nagging or sudden pain. People who are at risk have conditions that can change the integrity of the vessel wall. These would include high blood pressure, a history of circulation problems, smoking, and diabetes.

### **No. 4: Severe Abdominal Pain**

Still have your appendix? Do not flirt with the possibility of a rupture. Gallbladder and pancreas problems, stomach ulcers, and intestinal blockages are some other possible causes of abdominal pain that need attention.

### **No 5: Calf Pain**

One of the lesser known dangers is deep vein thrombosis (DVT), a blood clot that can occur in the leg's deep veins. It affects many million of people a year, and it can be life-threatening. The danger is that a piece of the clot could break loose and cause pulmonary embolism[a clot in the lungs], which could be fatal. Cancer, obesity, immobility due to prolonged bed rest or long-distance travel, pregnancy, and advanced age are among the risk factors. Sometimes there is just a swelling without pain, if you have swelling and persistent pain in your calf muscles, see a doctor immediately.

### **No. 6: Burning Feet or Legs**

Nearly one-third of the people who have diabetes are undiagnosed. In some people who do not know they have diabetes, peripheral neuropathy it could be one of the first signs. It is a burning or pins-and-needles sensation in the feet or legs that can indicate nerve damage.

### **No 7: Vague, Combined, or Medically Unexplained Pains**

Various painful, physical symptoms are common in depression, patients will have vague complaints of headaches, abdominal pain, or limb pain, sometimes in combination. Because the pain might be chronic and not terribly debilitating, depressed people, their families, and health care professionals might dismiss the symptoms. Furthermore, the more depressed you are, the more difficulty you have describing your feelings, and all of this can lead the clinician astray. Other symptoms must be present before a diagnosis of depression can be made. Get help when you have lost interest in activities, you are unable to work or think effectively, and you cannot get along with people. Do not suffer silently when you are hurting

inside, there is more to depression than deterioration of the quality of life. It has to be treated aggressively before it causes structural changes in the brain.