

Mayo Clinic Medical Edge
Treating Chronic Pain

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	TAKE TWO PILLS AND CALL ME IN THE MORNING... WHEN IT COMES TO TREATING CHRONIC PAIN, IT'S AN ATTITUDE THAT'S NOT UNCOMMON.
Michael Hooten, M.D.	"TYPICALLY, WHAT WE SEE IS PATIENTS ON MULTIPLE MEDICATIONS – MAYBE 3-4 PAIN MEDICINES. THE CONSEQUENCE OF OVER-TREATMENT INCLUDES SIGNIFICANT SIDE EFFECTS."
	ACCORDING TO MAYO CLINIC DR. MICHAEL HOOTEN, THOSE INCLUDE SLEEP PROBLEMS, AN OVERALL SENSE OF TIREDNESS

	AND JUST NOT FEELING WELL. AND ALL THE WHILE PAIN IS STILL A FACTOR.
Dr. Hooten	“AS CHRONIC PAIN CONTINUES, PEOPLE WILL DEVELOP SIGNIFICANT PAIN-RELATED STRESS.”
	SO PATIENTS SHY AWAY FROM DOING THOSE EVERYDAY ACTIVITIES, AND ACTUALLY EXACERBATE THE PROBLEM. THAT’S WHY BESIDE THE PAIN, DR. HOOTEN SAYS YOU ALSO HAVE TO ADDRESS THE PHYSICAL AND EMOTIONAL FUNCTIONING THAT SO OFTEN ACCOMPANIES CHRONIC PAIN CONDITIONS.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.