

GUPTA INSTITUTE FOR PAIN

What is Pain?

Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage. It means you may have pain even if your tests are negative.

What are the TYPES of pain?

Pain can be acute or chronic depending on the duration. Acute pain usually lasts for 1-3 months. When pain goes on for more than 3-6 months it is considered as chronic. Pain can be somatic, neuropathic or visceral depending on the origin. Somatic pain is coming from structures like bone, muscles, joints etc and is dull, ache type, neuropathic pain comes from nerves and is usually burning, throbbing, with tingling and numbness, visceral pain originates from internal organs like pancreas, liver, bowel, kidney, uterus. Pain can be cancer or noncancer depending on the etiology. When somebody is in constant pain their ability to function properly declines and they live a poor quality of life. That also leads to deconditioning and further worsens the problem

Who gets affected by pain? What causes pain?

Anybody. 90 percent population get some type of pain at least once in their lifetime. Visible or invisible trauma to the body part results in pain. Due to the trauma inflammation process starts which causes pain.

What are common cause of pain?

Low back pain is the most common pain. Other includes neck, mid-back, arms, legs, sciatica, carpal tunnel syndrome, tarsal tunnel syndrome, headaches, osteoarthritis, rheumatoid arthritis, shingles, fibromyalgia, post surgical pain, scar neuromas, interstitial cystitis, etc.

What should you do when you are in pain?

Do not take pain lightly. Pain is an indicator of something going wrong in your body. Most of the pain go away within 2-4 week period with or without any treatment. **If you keep having pain for more than 4 weeks or if the pain is severe enough to affect your life Seek Appropriate Help.** Always let your primary care know as soon as you start having pain and seek consult with a pain specialist if pain persists more than 3-4 weeks. 90 percent of acute pain is treatable. When pain is ignored and it becomes chronic it may affect you, your family, and your work.

Who should you see?

There are different categories of pain specialists now a days. Anybody (Anesthesiologist, Psychiatrists, or Neurologists) who is **board certified** in pain management should be able to assess your pain and treat. Proper diagnosis is needed in order to treat it appropriately. Tests like X Rays, MRI, CT scan, Bone scan, EMG may be needed.

How is pain treated?

A pain can be treated in multiple ways. Your pain may be treated by more than one physicians. You may require Interventions (like epidural, facet, sacroiliac injection, selective nerve block, radiofrequency, occipital block etc), chiropractor, surgeon, appropriate Medications, and Physical therapy.

How do we treat pain?

Our main focus is **Interventional Pain**. We commonly utilize Non Opioid medications for pain relief. We perform EMG studies for diagnosis when needed. Dr Gupta is board certified. We also make appropriate referrals for the patient needs.