1. Record Nr. UNINA9910823389003321 Autore Ali Naheed <1981-> Titolo Understanding pain: an introduction for patients and caregivers // Naheed Ali and Moshe Lewis Lanham, Maryland: .: Rowman & Littlefield, . 2015 Pubbl/distr/stampa ©2015 **ISBN** 0-8108-9554-4 Descrizione fisica 1 online resource (415 p.) Disciplina 616/.0472 Soggetti Pain Pain - Treatment Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. Nota di bibliografia Includes bibliographical references and index. ""Contents""; ""Preface""; ""I: Groundwork""; ""1 Introduction to Pain""; Nota di contenuto ""2 Introduction to the Nervous System""; ""3 Physiology of the Nervous System"": ""4 Occurrence of Pain"": ""5 History of Pain"": ""6 Different Interpretations of Pain""; ""7 The Changing Culture of Pain""; ""II: Clinical Picture""; ""8 Pathology of Pain""; ""9 Diagnostics of Pain""; ""10 Causes of Pain""; ""11 Damaging Effects""; ""12 Role of Internists and Family Practice Physicians""; ""13 Role of Physical Medicine and Rehab in Pain Care""; ""14 Role of the Pain Management Specialist""; ""III: Many Faces of Pain"" ""15 Congenital Insensitivity to Pain"""16 Acute vs. Chronic Pain""; ""17 Occupational Pain""; ""18 Sports-Related Pain""; ""19 Pain from Excessive Movement""; ""20 Pain from Sedentary Lifestyle""; ""21 Age-Related Pain""; ""IV: Resolutions""; ""22 Troubleshooting Pain""; ""23 Natural Approaches to Pain""; ""24 Diets for Pain Relief""; ""25 Exercises for Pain Relief""; ""26 Addressing the Mental Aspects""; ""27 Surgery and Other Nonpharmacological Approaches""; ""28 Pharmacological Approaches""; ""V: Wrap-Up""; ""29 Second Opinions""; ""30 Conclusion""; ""Appendix A: Pain Related Links"" ""Appendix B: Research and Training""""Appendix C: Pain Organizations""; ""Appendix D: Nationally Recognized Pain Clinics""; ""Appendix E: For Further Reading""; ""Glossary""; ""Notes"";

""Bibliography""; ""Index""; ""About the Authors""

Sommario/riassunto

Pain is informally defined as the body's way of uncovering a problem. Whether due to an injury, infection, or something else, pain alerts a person that something is not right. Sometimes pain goes along with inflammation and swelling, and when it does, the problem is more evident. Oftentimes, pain is more generalized to the entire body, signaling a viral infection such as a flu virus. Still other times, there is no apparent root cause for a person's pain. Yet, millions of people suffer from some form of pain on a daily basis. Understanding Pain walks readers through the various types of pain, t