



CHRONIC PAIN

Pain that lasts for three months or longer under normal circumstances or longer than expected for injury or acute disease

Chronic pain is so debilitating that it affects normal life. Also, it may be pain that lingers long after an injury or disease has healed. Its causes are varied and may result from old injuries, health conditions or side effects of medication.

Symptoms:

- Pain that lasts for three months or longer
- Sleep patterns are severely altered due to pain
- Appetite is reduced
- Work and relationships suffer because of pain

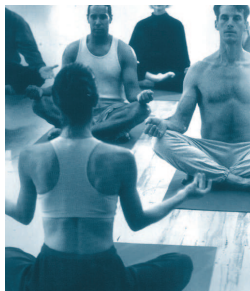
DO:

- Relax using deep breathing, yoga or meditation.
- Work with a medical expert such as doctors or therapists.
- Pinpoint any possible cause and treatment by keeping a pain journal.
- Join a pain management class.
- Get loved ones involved.
- Exercise.
- Eat a healthy diet.

DON'T:

- Don't resign yourself to a life of pain—seek help in any way.

Learn relaxation techniques such as yoga and meditation.



CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

Disorders that cause blockage of breathing passages

The most common types of COPD are *chronic bronchitis* and *emphysema*. Chronic bronchitis, the inflammation and thickening of the walls of the bronchial tubes, induces coughing spells. Emphysema, the loss of elasticity of the alveoli in the lungs, causes breathlessness. The main culprit of COPD is smoking. However, factors such as genetics, exposure to air pollution and secondhand smoke, and occupational exposure to chemical fumes, dust, or mining hazards are also to blame.

Symptoms:

- For *chronic bronchitis*: continuous cough with phlegm or mucous, breathlessness, and rapid breathing
- For *emphysema*: shortness of breath, coughing, tightness in the chest, fatigue, and wheezing
- For severe cases of COPD that develop into *hypoxemia* (lack of oxygen in the blood): fatigue, impairment of memory, difficulty in focusing or concentrating, acute shortness of breath upon exertion

DO:

- Support groups that promote clean air.
- Stay indoors when air pollution is high.
- Exercise regularly to regain some of the normal lung function.
- Eat a healthy diet.
- Drink lots of water.
- Discuss the disease with loved ones.
- Join a support group.
- Seek medical attention.

DON'T:

- Don't smoke, otherwise quit.
- Don't expose yourself to secondhand smoke.