



Product of the Month:
Pain Relief Wand

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To Your Good Health:
Indian-Style Rice

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FOCUS ON...
Pain Medication

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health & home

A **FREE** health care newsletter from your friends at
Optimal Home Care Inc.



Issue 22

DISEASE MANAGEMENT:

Getting Help For Chronic Pain

Chronic pain is different from acute pain in that it persists despite the fact that an injury has healed. Pain signals remain active in the nervous system for weeks, months, or years. Physical effects include tense muscles, limited mobility, a lack of energy, and changes in appetite. Emotional effects include depression, anger, anxiety, and fear of re-injury. Such a fear may hinder a person's ability to return to normal work or leisure activities. Common chronic pain complaints include:

- Headache
- Low back pain
- Cancer pain
- Arthritis pain



- Neurogenic pain (pain from damage to nerves)
- Psychogenic pain (pain not due to past disease or injury or any visible sign of damage inside)

Chronic pain may have originated with an initial trauma/injury or infection, or there may be an ongoing cause of pain. However, some people suffer chronic pain in the absence of any past injury or evidence of body damage.

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When asked about four common types of pain, respondents of a National Institute of Health Statistics survey indicated:

27% Lower back pain

15% Neck pain

15% Headache & migraine pain

4% Facial ache & pain

Our Services

(Our services may include but are not limited to)

Skilled Nursing

Observation and assessment of condition

Patient and family education of disease process

Management and evaluation of patient care plan

Medication education and management

Wound care - Dressing changes

Home safety and emergency education

Catheter care

Enteral and parenteral nutrition

Injections

Venipuncture

IV therapy

Pain management

Diabetic care

Nutritional support

Physical-Occupational-Speech therapy

Medical Social Services

Home Health Aides/CNA'S

Caregivers & Companions

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Lifestyle affect pain?

Lifestyle changes are important in the treatment for chronic pain. Follow these suggestions:

- Take medicines as prescribed
- Eat a balanced diet
- Participate in a physical therapy or an exercise program that includes stretching frequently
- Get enough sleep every night.
- Treat medical conditions and mental health concerns early, before they get worse and become harder to treat
- Stop smoking
- Reduce stress

How is pain treated?

Symptomatic options for the treatment of pain may include one or more of the following:

- Drug treatments
- Nerve blocks
- Alternative treatments such as acupuncture, relaxation and biofeedback
- Electrical stimulation
- Physical therapy
- Surgery
- Psychological counseling
- Behavior modification

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FOOD FOCUS

Turmeric

Turmeric is a spice that has long been used in the Chinese and Indian systems of medicine as an anti-inflammatory agent. Recent research has revealed that turmeric may prove to be beneficial in the treatment of many different health conditions from cancer to Alzheimer's disease. **h&h**



African Wildlife



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HEDGEHOG
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LION
OTTER
RHINOCEROS
SHREW
ZEBRA

Product of the Month: Pain Relief Wand

The Brookstone® Pain Relief Wand uses advanced infrared-emitting LED lights to soothe

minor arthritis pain, tender joints, and aching muscles. It uses polychromatic infrared light to increase blood flow and warm/maintain tissue temperature to the affected area.

Cost: \$99.95. Order at brookstone.com. **h&h**



FOCUS ON... Pain Medication

Nonmedical use of prescription pain relievers rose 111 percent between 2004 and 2008, according to a new study by the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Centers for Disease Control and Prevention.

The study showed that emergency-room visits increased **from 144,644 in 2004 to 305,885 in 2008**; the trend cut across age and gender lines.

Oxycodone, hydrocodone, and methadone were the three most-abused drugs, rising 152 percent, 123 percent, and 73 percent, respectively, during the study timeframe.



ER visits for less-prescribed drugs, such as morphine, fentanyl, and hydromorphone were lower, according to SAMHSA, but still rose significantly. Treatment for hydromorphone abuse, for instance, rose 259 percent from 2004 to 2008.

"Emergency-department visits involving non-medical use of these prescription drugs are now as common as emergency-department visits for use of illicit drugs," said CDC director Thomas Frieden.

More than 13,000 deaths involving opioids occur in the U.S. each year. **h&h**

Did You Know?

The Medicare Rights Center's Hotline for Professionals

Do you help people with Medicare? Where do you turn to for help?

Call the Professional Hotline, a national service offered by the Medicare Rights Center to support people serving the Medicare population.

Dial 877-794-3570

from 9 a.m. to 6 p.m.

Eastern Time for accurate, up-to-date information and ongoing technical support.



To Your Good Health



Indian-Style Rice with Cashews, Raisins & Turmeric

- 1 T Vegetable oil
- 1 ½ C Basmati rice
- 14 oz Coconut milk
- 14 oz Chicken stock
- ½ t Ground cumin
- ½ t Ground coriander
- dash Crushed red pepper flakes
- 1 t Salt
- ¼ t Ground turmeric
- 1 Bay leaf
- ½ C Raisins
- ¾ C Cashew halves

1. Heat oil in a large pot over medium-high heat. Stir in rice, and cook for 2 minutes.
2. Pour in remaining ingredients.
3. Bring to a boil, then cover, and reduce heat to low. Cook until rice is tender, about 20 minutes.

Courtesy: allrecipes.com



WHAT'S INSIDE?

- DISEASE MANAGEMENT:
Getting Help For Chronic Pain
- FOCUS ON...Pain Medication
- Product: Pain Relief Wand
- How to Make
Indian-Style Rice *with*
Cashews, Raisins, & Turmeric
- Take the Brain Booster Quiz

DO YOU KNOW THE ANSWER?

1. What are the six most common chronic pain complaints?
2. Where can you turn if you serve the Medicare population and have questions?
3. What pain treatment is involved in over 13,000 deaths in the U.S. each year?

**Confident in how you would respond to these questions?
Open this newsletter to get the right information!**

And, if you need help finding answers to your
important home care questions, contact us:

Phone: (303) 488-9999 Fax: (720) 306-3285
www.optimalhomecare.com

