



# Mayo Clinic

## GUIDE TO SELF-CARE

SEVENTH EDITION



Answers for everyday health problems

Cindy A. Kennott, M.D., M.P.H., and Martha P. Millman, M.D., M.P.H.

# Mayo Clinic Guide To Self Care

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Center Inside this book you ll find thorough easy to read information about the solutions we offer to our patients Mayo Clinic Guide to Pain Relief is divided into three parts Part 1 Understanding chronic pain To control your pain you need to understand how it develops Part 1 discusses the parts of your body involved in the development of pain and why some people respond to pain differently than others Part 2 Treating chronic pain Learn about the various drugs used to treat pain why some medications are more effective for certain types of pain potential side effects and more In addition you ll learn about other types of treatments that are available such as pain site injections nerve stimulators and medication pumps as well as alternative and complementary therapies Part 3 Managing chronic pain Part 3 focuses on strategies for managing chronic pain so it doesn t interfere with your life This self care section covers steps that you can take on your own to get yourself on course to a life with less pain including details for designing your personal pain control program **Mayo Clinic**

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