



## *Age Old Wisdom*

### **TREATING CHRONIC PAIN**

All too often, seniors accept chronic pain as something that they “must live with.” While the most common treatments for pain (such as acetaminophen and non-steroidal anti-inflammatory drugs like aspirin, ibuprofen, and naproxen) may be effective, long-term use is associated with potential side effects such as gastrointestinal bleeding and liver toxicity. The fact is that these drugs may be sidestepped altogether when it comes to treating “neuropathic pain,” which is pain caused by nerves or mechanisms in the spinal cord or brain that result in the perception of pain even though the source of the pain may be long gone. Neuropathic pain may respond to non-analgesic medications such as anti-seizure medications or anti-depressants. These drugs change the way that the body senses pain.

At Deutsches Altenheim, our caring and compassionate staff understands that some of our seniors are faced with chronic pain, and we do everything possible to ensure that they are kept as comfortable as possible.

P.S. Such drugs as Neurontin (an anti-seizure medication) and Elavil (an anti-depressant) relieve neuropathic pain by short-circuiting nerve-impulse signals from the brain.