



# Understanding Pain: What It Is, Why It Happens, and How It's Managed (American Academy of Neurology)

*Harry J. Gould MD PhD*

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An estimated 50 million Americans suffer from chronic pain, and an additional 25 million experience acute pain as a result of surgery or injury. Many people assume they must live with pain, but this is simply untrue. Most pain can be managed or greatly eased with proper pain management; however, the reality is that most pain goes untreated, under-treated, or improperly treated. With proper management the overall health, well-being, and quality of life of millions of Americans can be improved.

*Understanding Pain* provides a comprehensive guide for individuals who do not have medical training yet experience chronic pain and wish to improve their understanding about the problem they live with each day. Chapters include: Chapters include:

- Explanation and rationale for acute and chronic pain treatments
- A self-evaluation to collect and organize important information that should be communicated to the healthcare provider
- An explanation of how pain is perceived and processed by the brain to equip patients with a basis for understanding the selection of treatment options
- Resources for patients, caregivers and healthcare professionals
- And much more

This book will help patients understand the multifaceted nature of pain and the range of treatment options available for its management. It will also enable them to communicate more effectively with their doctors and other healthcare providers. This latest volume in the *American Academy of Neurology Press Quality of Life Guide* series is an essential tool for all individuals coping with chronic pain, caregivers, and allied healthcare professionals.

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