

health & wellness



STRIVING TO BE PAIN FREE...

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Managing pain has become a serious focal point around the medical community with an unfortunate spotlight glaring uncomfortably in its face. That spotlight is opioid addiction!

According to the American Society of Addictive Medicine's Opioid Addiction 2016 Facts and Figures, drug overdose is the number one cause of accidental death in the US. Leading the pack are prescription pain relievers with more than 20,000 overdose deaths in 2015 alone. This, when compared to heroin with just under 13,000 overdose deaths annually, should be getting the attention of everyone. Especially when you consider that 4 out of 5 new heroin users began their abuse with prescription painkillers when cost or access prevented them from getting their prescription drug of choice.

For many people, the activities of daily living are significantly impacted by chronic pain resulting in an increase in doctor visits and contributing to the opioid epidemic. In addition, the abuse of opioid painkillers can itself become a barrier to the normal activities of daily living. This challenge has refocused our healthcare community into looking at alternatives to prescription medication in the treatment of symptoms of chronic pain, as well as working to understand the genetic factors contributing to chronic pain and researching approaches to cure or prevent the disease rather than manage or treat the symptoms.

As a result there has been a significant increase in the area of research into non-drug based approaches to address chronic pain. These non-drug based approaches include massage therapy, acupuncture, yoga, tai-chi, exercise, and relaxation techniques like meditation.

In a recent survey of chronic pain management research conducted in 2016 the number one finding stated that non-drug based approaches work for chronic pain management. Coming in at number 5 in that survey was the finding that exercise results in a decrease in pain with older populations.

These are great findings for those living in the greater Sky Valley community as this area has become a hot spot for complementary health care practitioners and fitness related businesses. A quick google search of "exercise classes in Monroe WA" brought up 11 establishments from the local YMCA to local gyms, dance, martial arts, personal training and crossfit establishments. When you begin to google massage, chiropractic, acupuncture, naturopathy and other complementary care modalities you suddenly find yourself swimming in options!

If you are dealing with opioid use or chronic pain and are interested in incorporating non-drug based approaches into your treatment plan, contact your doctor and discuss your thoughts and concerns with them. Should you have additional questions on non-drug based approaches we would love to support you. At Wellbeing Center for Health our mission is "empowering people to live healthy and vibrant lives." We take this mission very seriously and are happy to be a resource to you. We have a number of amazing providers at the center but we are also honored to work within the greater Sky Valley area where you have a number of options. Finding the right fit is key to working towards a life that is pain free!

²Top 10 Chronic Pain Management Research Findings
<https://paindoctor.com/chronic-pain-management/>



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