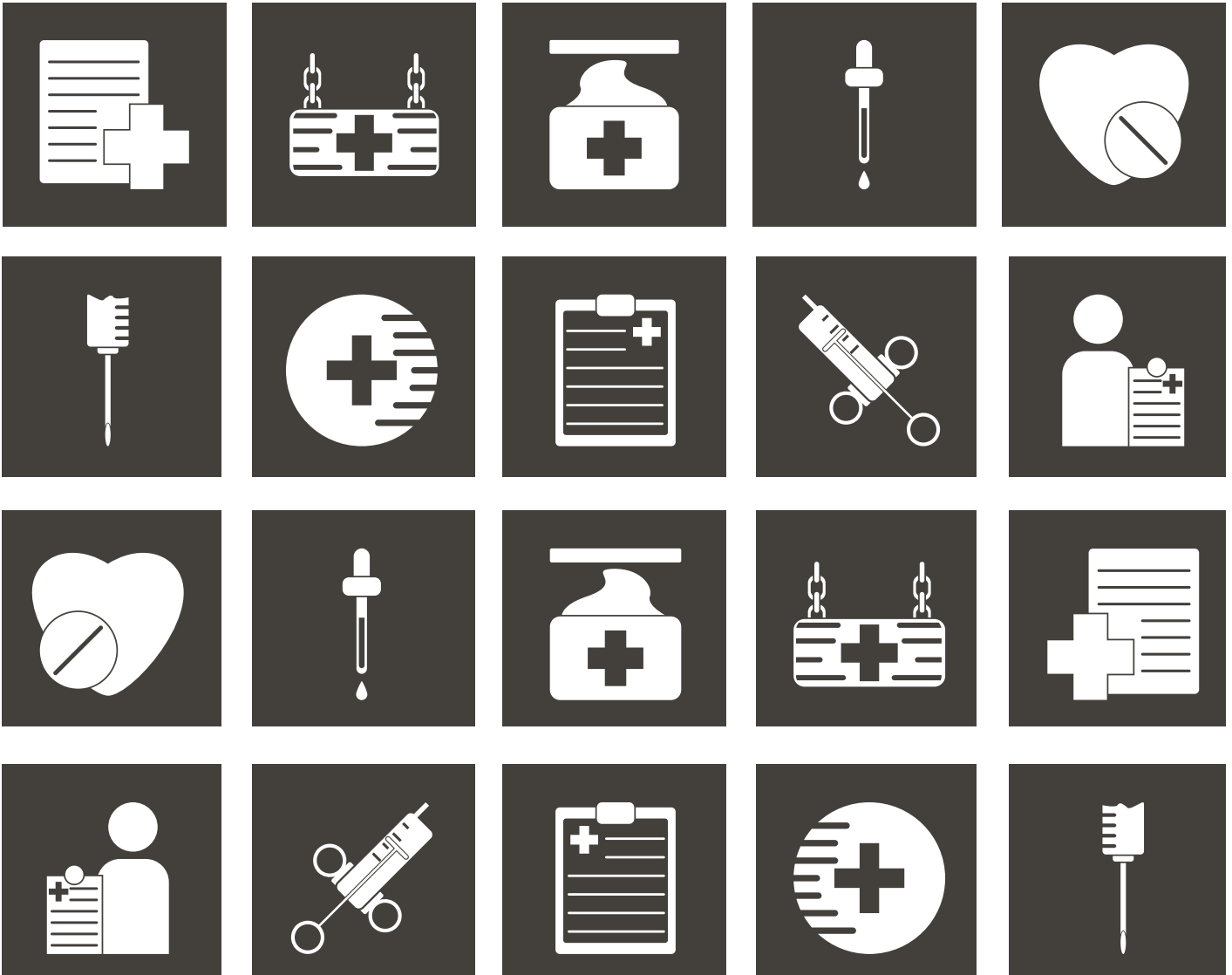




Developing Health
& Independence



MANAGING PAIN HANDBOOK

NAME:

WHAT WE CAN COVER:

- How pain works.
- Does pain equal damage?
- Background pain and pain spikes.

- Feelings and thoughts that aren't helpful.
- Emotions and pain.
- Stress, anxiety and pain.
- The psychological impact of pain.

- Pacing activities to minimise pain.
- Avoiding pain spikes.
- Managing set-backs
- Fatigue

- Why is mobility to important?
- What can I do?
- How do I increase it?

- Sleep.
- Ruminating thoughts.
- Making changes.
- Values and motivation.
- Breaking down goals.
- Planning an activity diary.

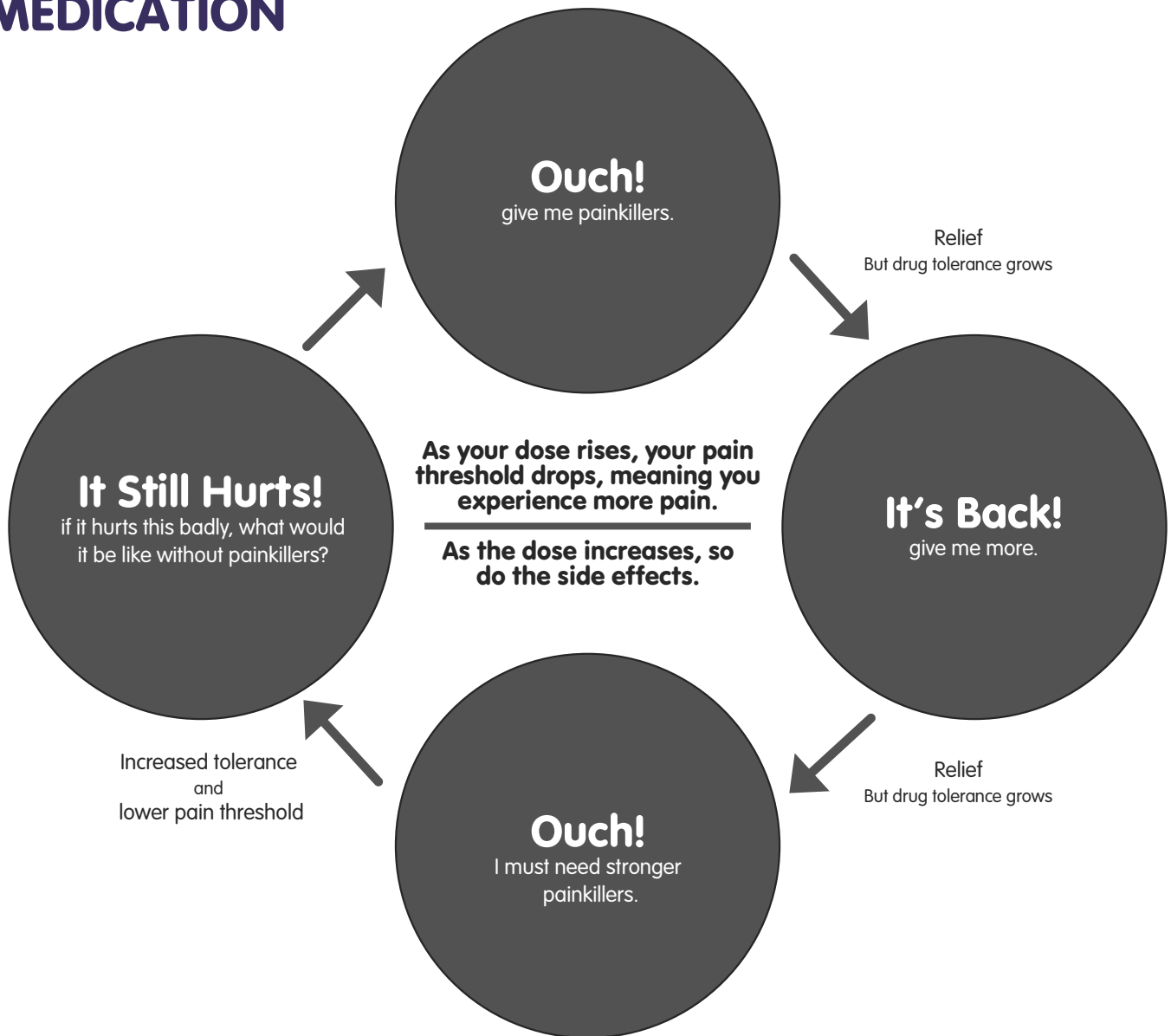
How can my DHI worker help?

Everyone's experience of pain is unique and how DHI helps you, will depend on your experiences and goals. DHI can support you with other aspects of your life, which can then help living with pain more manageable. At first it may not seem obvious that these things impact on your pain, however evidence shows that learning about pain, and improving quality of life can make life better. DHI can support you to develop a personal support plan, which could include:

- Accessing physical activity in the community
- Housing related support
- Benefits and money management
- Emotional wellbeing and mental health
- Learning about pain
- Accessing education, training and employment
- Improving sleep
- Community activities and social groups
- Finding a meaningful use of spare time
- Accessing specialist support including sexual violence, domestic violence and trauma-informed therapy



THE CYCLE OF PAIN MEDICATION



- SIDE EFFECTS OF GABAPENTINOIDS CAN INCLUDE:**
- Dizziness
 - Feeling sleepy or drowsy
 - Increased appetite and weight gain

If the medication is not getting rid of your pain, but is making it more difficult to engage in life, have you got the balance right?

It doesn't sound right, but sometimes less is more! It may be easier to control breakout pain if the background dose of your medication is reduced.





QUESTIONS TO ASK YOURSELF:

- Does the diagram make sense to me?
- What was my starting dose of gabapetin/ pregablin?
- Has it gone up over time?
- Why did it go up?
- What happened with the increase? Did my pain go away, or did it come back again?
- How many times has my dose gone up?
- Do I recognise any of the side effects listed above?
- Have I been thinking the side effects were associated with my condition, e.g. fibro fog?
- How can I tell what is making me feel like I do?

Why don't they help anymore?

Pain-relieving medicines (painkillers) are generally the first step in treating pain after surgery or an injury. However, it is rarely possible to relieve long-term pain completely with painkillers. With chronic pain, there is not an underlying injury to treat therefore painkillers will not work.

The aim of treatment is to reduce your pain enough to help you get on with your life. For many people with longer-term pain, management strategies such as physical therapy, or psychological therapies such as cognitive behavioural therapy (CBT), play a more significant role in helping people manage their symptoms and lead a fulfilling life.

Do you have any questions for your DHI worker?

HOW LONG TERM PAIN WORKS

It's obvious isn't it...

If I hit my thumb with a hammer pain signals are sent to my brain.

But it's a lot more complicated than that...

Our hand will send a signal to our brain but our brain interprets the signal and asks itself a couple of questions:

- Is this a threat to our body tissue – are we being damaged?
- Are there any other things going on that are more important that we need to take care of first?

Your brain then decides if it's going to generate pain to warn you and get your attention.

Here are a couple of examples of the brain deciding not to generate pain:

- Krista DuChene finished a half-marathon to come third despite having a fractured femur.
- Jim Hopkins saved his wife from a burning building after he had broken his leg.

So, the mind decides when to generate pain

It is the brain that decides whether pain is generated and at what level and it does this by interpreting the signals it gets from all over the body. Sometimes it gets those signals wrong or the signals themselves are wrong - you've most probably heard of phantom pain when amputees feel pain from limbs they no longer have.

The brain can create pain when you are not in danger of damaging yourself. That pain is as real and no different in experience, than that caused by tissue damage.

Why is this important? To manage pain you need to understand it and where it comes from. If you are worried about damaging your neck, lower back or other body parts you will stop doing things that can help you manage your pain (we'll come onto this later).

What does this mean for you?

If you've had pain for over 3 months and your Doctor or Consultant has ruled out that damage is ongoing it indicates that the pain is no longer linked with actual damage to your body. So the things you would normally do in the short term to rest a damaged area will not work to give you any rest from the pain symptoms.

Pain is being triggered by activities or movements that really should not create pain as they pose no real threat to you. Unfortunately you have become over sensitised to pain, in a way your central nervous system is running too hot. This is called **Central Sensitization**.

“When central sensitization occurs, the nervous system goes through a process called wind-up and gets regulated in a persistent state of high reactivity. This persistent, or regulated, state of reactivity lowers the threshold for what causes pain and subsequently comes to maintain pain even after the initial injury might have healed.”

So... we need to take a fresh look at how we deal with long term pain.

PAIN



Developing Health
& Independence

When it's long term, where is it coming from if it's not damaged tissue?



Tame the beast of pain

It's time to rethink persistent pain, pain scientists are starting to think differently about persistent (chronic) pain and its causes.

youtube.com/watch?v=ikUzvSph7Z4



7 Discoveries About Pain

Leading pain scientist Professor Lorimer Moseley explains the science behind 'Explain Pain' - and the good news for chronic pain sufferers. With fascinating examples and the latest research Lorimer explains how science is showing there are alternatives to drugs for many sufferers - and how it can be done.

youtube.com/watch?v=oji2mfcjisk



Brain Man

Watch this Joint Pain Education Project video from the Defense & Veterans Center for Integrative Pain Management (DVCIPM) to learn more about chronic pain management.

youtube.com/watch?v=cLWntMDgFcs



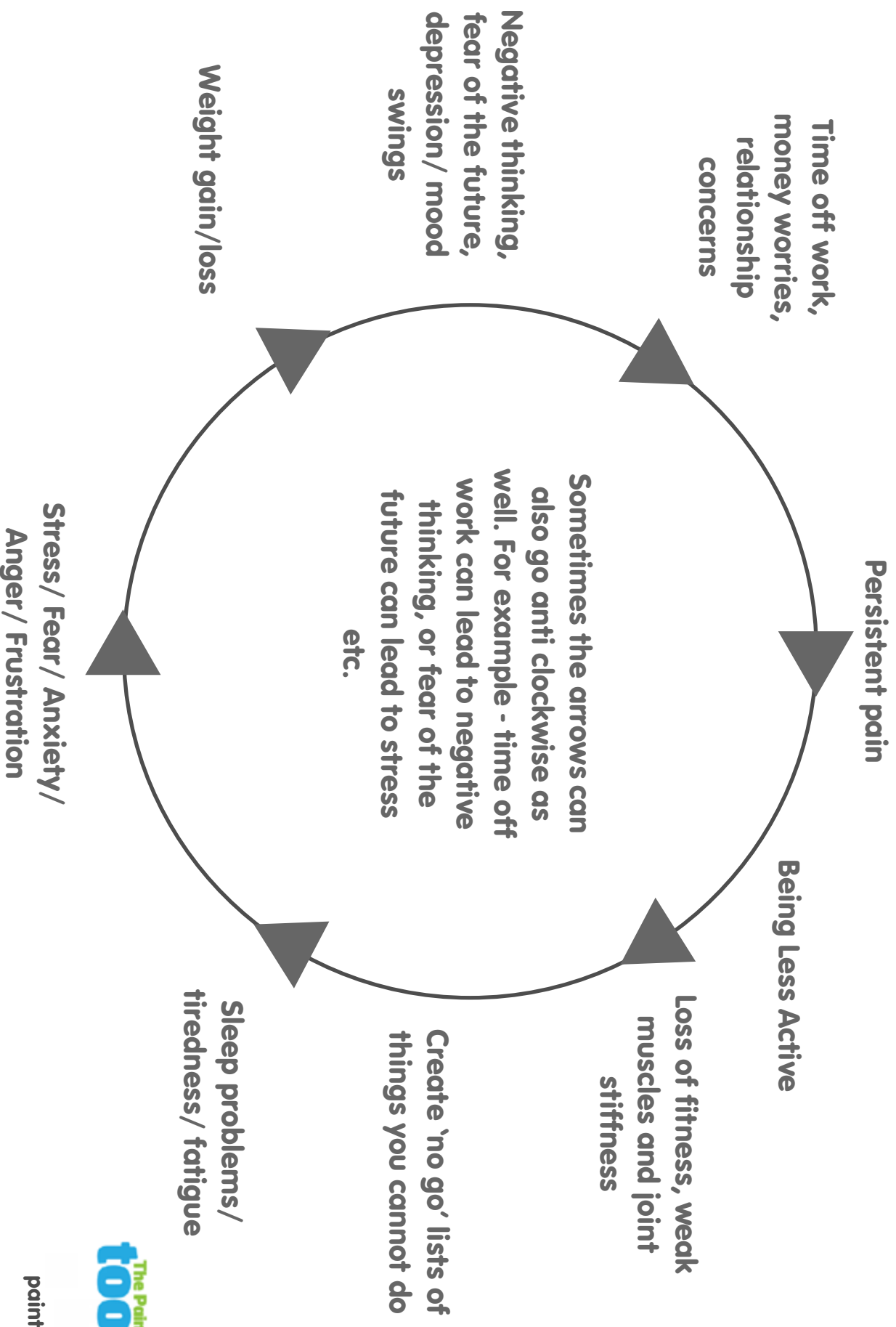
Why things hurt

Body in mind: the role of the brain in chronic pain :

- What role does the brain play in chronic and complex pain?
- How does the brain change when pain persists?
- Can you influence the amount of pain you feel? Why does someone who has lost a limb still feel pain?


youtube.com/watch?v=RYoGXv22G3k

The Persistent Pain Cycle



RELAXATION AND MINDFULNESS

Mindfulness and how the brain works

 Mind the Bump

Mind the Bump

A quick overview on how mindfulness relaxation works:

Mindfulness and how the brain works - Learn about the importance of mindfulness meditation. Mind the Bump is also a free Mindfulness Meditation App that you can download on your phone.

youtube.com/watch?v=aNCB1MZDgQA



The Science Behind Meditation

Some insight into the science behind meditation:

From infamous criminals, to powerful corporations, to some of the world's most successful athletes, meditation has never been so popular. But can it really make you smarter, happier and healthier?

youtu.be/B15JNDs-Azk

TED^x Cambridge

x = independently organized TED event

Ted Talks

And if you want more science from a neuroscientist:

Neuroscientist Sara Lazar's amazing brain scans show meditation can actually change the size of key regions of our brain, improving our memory and making us more empathetic, compassionate, and resilient under stress.

youtube.com/watch?v=m8rRzTtP7Tc

RELAXATION AND MINDFULNESS

Where can I find audio tracks to help me relax?

There are a number of relaxation and mindfulness guides to listen to at this address:

bangor.ac.uk/mindfulness/audio

Relaxion guide:

There's a variety of relaxation techniques and guides at ACPA. From pain management and awareness, to relaxing audios. ACPA pain relief and breath relaxation audio exercises can help you regain some control of your body, and help refocus it on more positive feelings. ACPA is supported by an educational grant from Allergan Foundation.

theacpa.org/Relaxation-Guide

Smiling Mind:

A useful and free app you can get on your phone is Smiling Mind: 'A daily mindfulness and meditation guide at your fingertips, it has free programs for children and adults, and 10 minutes a day is all you need to see real changes'

smilingmind.com.au

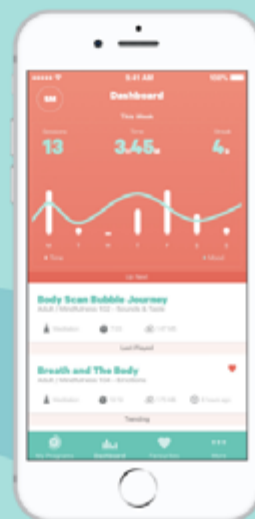
Try our free mindfulness app.

**Practice your daily meditation and
mindfulness exercises from any device.**

Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.

10 minutes a day is all you need to see real changes.
What are you waiting for?

**DOWNLOAD THE APP NOW AND SEE FOR
YOURSELF!**





SELF HELP FOR PERSISTENT PAIN

Pain can affect just about every aspect of people's lives. It can affect:

- The way people move
- How much they do
- How far they go
- How able they are to take part in activities
- How confident and optimistic they feel.
- Relationships with others
- How well they sleep or concentrate
- How much they enjoy life.

What can you do to help yourself?

Whilst it may not be possible to get rid of the pain, it is possible to significantly reduce the disability and distress it causes by:-

1. Setting goals

Setting goals for each day and for the longer term, can help keep the body and mind active. This also helps give direction to your recovery. In time, these goals can become more challenging but you have to break them down into small and manageable steps.

2. Keeping physically active and eating well

Research shows that people with persistent pain who keep active tend to feel better and can do more. When in persistent pain, movements or activities that can make pain worse do not necessarily involve further damage or injury. So being active may hurt but this does not mean you are getting injured or harmed. Physical activity can increase the level of endorphins (natural pain killers) in our body, reducing pain the natural way. Ask your GP about local exercise or referral schemes.

The following organisations can help you to live a healthy lifestyle, such as stopping smoking, being more physically active and eating healthily:-

- Live Well Bristol: <https://www.bristol.gov.uk/web/live-well-bristol>
- Smokefree North Somerset: Tel 01275 546744 or <http://www.smokefreenorthsomerset.co.uk/>
- Go4Life North Somerset <https://go4lifens.wordpress.com/>
- Smokefree South Gloucestershire: Tel 01454 865502 or www.southglos.gov.uk/smokefree
- South Gloucestershire Wellbeing College: offering a range of free courses to boost wellbeing such as mindfulness, managing anxiety, money management, art, physical activity and gardening <http://www.southglos.gov.uk/health-and-social-care/stayinghealthy/mentalhealth-emotionalwellbeing/mental-health-emotional-wellbeing-supportadults-2/>

3. Psychological support

- If you are feeling anxious or depressed you can get psychological help by contacting Vita Health Group, who deliver IAPT (Improving Access to Psychological Therapies) programmes in Bristol, North Somerset and South Gloucestershire. They offer a range of group and 1:1 therapies at both low and high intensity.
- Visit www.vitahealthgroup.co.uk/bnssg
There are two helplines that you can telephone for support:-
 - Pain Concern helpline, on 0300 123 0789, available Monday, Thursday and Friday, 10am to 12pm and 2pm to 4pm
 - Action on Pain helpline, on 0345 6031593, available Monday to Friday, 10am to 4pm (the opening hours may change depending on availability of the volunteers who staff the helpline).

4. Pacing

Carrying on physical activity to the point of unmanageable pain or exhaustion is rarely

helpful. Taking regular breaks in activities, changing position, resting briefly between activities or doing stretches throughout the day can all help.

5. Relaxation

Practising relaxation techniques regularly can help to reduce persistent pain. Learning to relax can help you sleep, get good quality rest and cope well with stressful and difficult situations. There are many types of relaxation technique and there may be classes available locally that can teach you relaxation, for more information go to www.wellaware.org.uk There are also many books, CDs or videos on relaxation techniques, go to <http://www.paincd.org.uk/>

6. Breathing correctly

Stress and pain can lead us to breathe incorrectly, taking short shallow breaths from our chest. This type of breathing can cause unpleasant symptoms such as tension, dizziness, racing heart, difficulties concentrating, chest tightness and pins & needles. The correct way to breathe is from the tummy not the chest. When you breathe in your tummy should move out a little, when you breathe out, your tummy should fall in slightly. Your upper chest should stay still at all times.

Relaxed, slow breathing from the tummy helps you stay calm and relaxed. A lot of people with pain have said that learning to breathe like this was one of the most important things they learned.

7. Socialising

Having contact with people can play an enormous part in helping you feel better. Pain can make it hard to get out to see people or to join in with what they are doing, but social contact

can be at home, over a cup of tea, within whatever limits you have. It has been shown that keeping in touch with friends and family is good for our overall health.

If you are over 50 and are feeling isolated or lonely you can get support from:-

- Bristol Community Navigators: Tel: Laura in North Bristol on 0117 951 5751, or Simone in Central, East or South Bristol on 0117 440 9100 or <https://www.communitynavigators.org.uk>
- North Somerset Community Connectors: Tel: 01275 888803 or <https://www.curogroup.co.uk/independent-lives/whats-on-in-your-community/north-somerset-communityconnect/>
- South Gloucestershire One You Tel: 01454 864005 or <http://oneyou.southglos.gov.uk/>
- LinkAge - social activities for people 55+ in Bristol Tel: 0117 3533042 or www.linkagebristol.org.uk

8. Enjoyment

Sometimes you may concentrate on what you must do and forget the enjoyable activities. Try to find the time to phone a friend or go out to the cinema, even if you have to leave halfway through. Be pleased with the things that you have accomplished. Try to include at least one enjoyable activity in your list of things to do every day. Fun and pleasure stimulate serotonin (known as the happiness hormone) in our body. Raising serotonin levels can reduce pain, improve sleep and our mood.

9. Distraction

Shift your attention onto something else so the pain isn't the only thing on your mind. Get stuck into an activity that you enjoy or find stimulating. Many hobbies (like photography, sewing or knitting) are possible even when your mobility is restricted.

10. Medicine

Medicines are often used for persistent pain and may give valuable relief. They are just one of the many tools in our 'toolbox' and you should use them alongside all of the other tools. The aim should be to use the minimum amount of medicines needed to allow you to increase your general activity and exercise.

Useful websites

- The British Pain Society has information leaflets that you can download, as well as a list of addresses and links to other websites, go to www.britishpainsociety.org.uk
- Pain Concern provides information and support for pain sufferers, those who care for them and about them, free factsheets and leaflets to help you manage your pain, go to www.painconcern.org.uk
- Action on Pain is a growing national charity that provides practical help and support to people living with or affected by chronic pain. The charity is run by a team of people who have direct experience of living and dealing with long-term pain conditions, go to www.action-on-pain.co.uk
- This Pain Toolkit website provides handy tips and skills to support people along the way to managing their pain, go to www.pain toolkit.org
- A way with pain, a website dedicated to providing information and support to those living with chronic pain, go to www.awaywithpain.co.uk
- The PainSupport website aims to help people in pain move forward in their lives with better pain self-management, go to <https://painsupport.co.uk/>
- www.bodyreprogramming.org for fibromyalgia

Useful Apps

The following apps may assist with managing long term pain:

- getUbetter
- Pain Toolkit (PainSense)
- ESCAPE-Pain

GETTING ACTIVE

If you're struggling with chronic pain, it can feel hard to be active and pain can make motivation a challenge. However evidence shows that activity and exercise is helpful for chronic pain conditions. The good news is, that it doesn't matter what type of exercise you do. Trying any activity you enjoy is the best way to start.

How much should I do?

Most people find it is best to start off with a fun activity, little and often with any activity. You can then gradually build up your levels of fitness as you get used to the activity. First start out by working out your baseline – what can you do at the moment? Try to do that for 3 days. If that went well, increases of about 10% seem to work well for most people. Try increasing your activity in steps of half a minute and allow yourself at least three exercise sessions to get used to the increased level before increasing again

Pain and flare ups

You might find that to start with that the pain will still be there. However overtime you should find that you are able to do more without a flare up. It can be useful to record what you're able to do each week to see any progress.

Not ready for the gym?

Exercise doesn't have to mean going to the gym or signing up for an exercise class. It might be that you do new activities whilst sat down, increase time walking around your house or go for a walk with friends. If you feel able to, it might be that you could dance to music in the house, or try some light gardening. Whatever you enjoy and gets your body moving will start to help.

Not ready to get active?

In fact, being inactive can sometimes lead to a cycle of more pain and loss of function. Being active helps to strengthen muscles, reduce

stiffness and is good for your mental health too. Once you start small amounts of exercise, it can help build your confidence and help you realise that you can do it. This increases not only your confidence that you can exercise despite chronic pain, but also your general sense of self-esteem, knowing that you are doing all you can to make your body as healthy as it can be.

There are lots of local groups and projects that can help make exercise affordable and fun: add link to leaflet - <https://remedy.bnssgccg.nhs.uk/media/2756/useful-information-to-help-people-get-active.pdf>

Some simple home exercises

Repeating an 'everyday' movement can help to build stamina. Try these movements and set a baseline.

1. Sit-to-stand: Get up from a chair as smoothly as possible, and then slowly sit down again. Repeat.
2. 'Walk on the spot': Lift each leg in turn. Choose how high to lift each leg and how fast to lift them. It is easier to start with a slow, small movement.
3. Step-ups: From the hallway, step up onto the first step with one foot and then the second. Step down again, using the same leg to lead down. Practice some with each leg leading, if you can.
4. Reaching up: Imagine you are reaching for something from a cupboard in front of you. Only reach as high as you can manage smoothly with good control of the movement.



GETTING ACTIVE

You can use this template to plan goals:

My current exercise baseline is

Activity type	Minutes

My activity and movement goals

Week 1	
Week 2	
Week 3	



HEALTHY EATING

These 6 practical tips cover the basics of healthy eating and can help you make healthier choices. You should also eat a wide range of foods to make sure you're getting a balanced diet and your body is receiving all the nutrients it needs. It's recommended that men have around 2,500 calories a day (10,500 kilojoules). Women should have around 2,000 calories a day (8,400 kilojoules).

1. Base your meals on higher fibre starchy carbohydrates

Starchy carbohydrates should make up just over a third of the food you eat. They include potatoes, bread, rice, pasta and cereals. It's best to choose higher fibre or wholegrain varieties, such as wholewheat pasta, brown rice or potatoes with their skins on.

2. Eat lots of fruit and veg

It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.

3. Eat more fish, including a portion of oily fish

Fish is a good source of protein and contains many vitamins and minerals. Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish.

4. Cut down on saturated fat and sugar

You need some fat in your diet, but it's important to pay attention to the amount and type of fat you're eating. There are 2 main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease. Sugary foods and drinks are often high in energy (measured in kilojoules or calories), and if consumed too often can contribute to weight gain. They can also cause tooth decay,

especially if eaten between meals.

5. Stay hydrated

You need to drink plenty of fluids to stop you getting dehydrated. The government recommends drinking 6 to 8 glasses every day. This is in addition to the fluid you get from the food you eat. All non-alcoholic drinks count, but water, lower fat milk and lower sugar drinks, including tea and coffee, are healthier choices.

6. Make time for breakfast

Some people skip breakfast because they think it'll help them lose weight. But a healthy breakfast high in fibre and low in fat, sugar and salt can form part of a balanced diet, and can help you get the nutrients you need for good health.



MENTAL HEALTH MATTERS TOO

Mental health directly affects our overall health and wellbeing, impacting our quality of life and our ability to work. Having good mental health helps us relax more, achieve more and enjoy our lives more.

In South Glos, the One You wellbeing team can help. The Five Ways to Wellbeing programme has lots of things you can do to improve your mental wellbeing every day and help you to cope during times of stress and difficulty. The Five Ways to Wellbeing include some of the most widely accepted and current approach to positively managing your own mental wellbeing.

You can see what is happening this month here - <https://southernbrooks.org.uk/wellbeing/>
The free NHS-approved "Mind Plan" can help you build an action plan to deal with stress and anxiety, boost your mood, improve your sleep and feel more in control.

Add top tips to cope with anxiety - <https://www.nhs.uk/oneyou/every-mind-matters/anxiety/>
Add top tips to cope with low mood <https://www.nhs.uk/oneyou/every-mind-matters/low-mood/>
Add 10 keys to happier living <https://www.actionforhappiness.org/10-keys>

Need support now?

24/7 Support & Connect

Vitaminds offer a free NHS confidential 24/7 helpline for people who live in Bristol, North Somerset & South Gloucestershire. The helpline is staffed by experienced counsellors, who you can talk to and they will listen. They will offer emotional support and can connect you to organisations available in the local area. If English isn't your first language we can arrange for a translator to support your call. For immediate emotional and practical support call 0800 0126549.

VitaMinds IAPT

If you are experiencing depression, anxiety, post-traumatic stress disorder, excessive worry or low mood, then VitaMinds can help. VitaMinds works in partnership with the NHS to offer a range of short-term psychological therapies known as IAPT (Improving Access to Psychological Therapies) to adults 16-years and over, who live and are registered with a GP in Bristol, North Somerset and South Gloucestershire. VitaMinds is a FREE service and you don't need to visit a GP to get help – simply call 0333 200 1893.

Who to contact in a mental health crisis

If you are in crisis in the first instance contact

- the Samaritans phone 116 123 (this is a free call)
- the Intensive Support Team if you are currently being supported by Avon and Wiltshire Mental Health Trust phone 0117 378 4250
- your doctor (or out of hours service)

If you are concerned someone is in immediate danger contact the police or ambulance service on 999.

If you are depressed or anxious your doctor may be able to help you or refer you to other services, including specialist services for people experiencing severe mental ill health.



GABAPENTINOIDS

What are Gabapentinoids?

Gabapentinoids are medications used to help manage nerve pain, epilepsy, restless legs and anxiety. Pregabalin and gabapentin can be useful medicines for helping people with some long-term conditions. However when used for pain management, they do not work for most people. Gabapentinoids are not effective to manage acute, long term or chronic pain, and may lead to dependency.

You may have been started on Pregabalin/ Gabapentin in the past to see if it provides you reduction in pain signals. In the past few years our understanding of pain has developed and Gabapentinoids are no longer recommended for managing many long term pain conditions. Research and clinical evidence shows these medications are not as effective as previously thought.

How do they work?

Gabapentinoids are similar in structure to a substance called GABA (gamma amino butyric acid) that occurs naturally in our nervous system. GABA is a neurotransmitter. Neurotransmitters are chemical messengers that allow our nerves to communicate with one another. They are released to do their work by an electrical nervous impulse activating a 'switch' called a calcium ion channel. Gabapentinoids bind to calcium ion channels, which probably contributes to their effect on nerve transmission and reducing pain.

Gabapentinoids have a role in changing pain signalling, however this is only a small part of how we experience and live with pain. Some people find that these medications have an impact on their sleep, or emotions, but they do not remove the pain.

What are the concerns?

Gabapentin and Pregabalin can affect your

central nervous system, which can lead to side effects such as drowsiness and breathing problems. When taken with other medicines, such as opioid based painkillers, antidepressants or alcohol (even in small amounts) their effects can become even stronger. This can be a problem if your job required you to be alert or if you drive for example.

There is also good evidence that Gabapentinoids can lead to dependency and misuse. If misused, there is a risk of overdose and death. It is important for your doctor to be aware of any medication you take (including any over-the-counter products or illicit drugs) so that hazardous drug interactions can be minimised or avoided.

Why might I want to reduce?

Taking Gabapentinoids can cause some people more harm than good. Most people find that it does not make the pain better. If you are taking Gabapentinoids and still in pain, they are not working.

A trial reduction of Gabapentinoids should be considered every 6-12 months. A review and trial reduction can be useful:

- to assess the pain and impact on your day to day life
- to assess whether you are getting any benefit
- to review any side effects
- to ensure you are not experiencing any harms from the medication

The benefit from taking medication should always be more than any side effects or harms you may experience. It may be that medication cannot remove the pain you experience, but we can support you to make life better.

How much should I reduce?

Your DHI worker and GP or practice pharmacist

can help you with a personalised reduction plan. Your dose should be reduced gradually to minimise any withdrawal effects. It will also allow you to check if there is any change in your pain. We recommend keeping a weekly diary to see how any changes to your medication changes your side effects and pain.

If you are taking a small dose of Gabapentinoids and you feel you are experiencing benefits from the medication, you may be on the right medication for you. However if you are not benefiting from the medication, or taking a high dose, it is best that you reduce your medication.

What are withdrawal symptoms?

Withdrawal symptoms may occur when you have been taking a medication for some time and then stop it suddenly. These can be reduced or stopped from happening by reducing the dose slowly. The most common withdrawal effects are:

- Anxiety
- Difficulty sleeping
- Nausea
- Pain
- Sweating

If you do get withdrawal effects then do not reduce further. You may need to reduce more slowly or by smaller amounts to manage these effects. If withdrawal effects continue to persist then speak to your doctor or pharmacist.

Should I try a different medication to reduce my pain?

Evidence suggests there is no group or medication, which helps with long terms pain. 90% of people find that they get no benefit from taking strong medication. Although painkillers are good at helping with short-term pain related to injury or surgery, they do not help with pain that continues.

Anti-depressants can help with complex and chronic pain. Research shows that antidepressants can improve quality of life, pain and psychological distress. You can speak to your doctor about if you would benefit from trialling an anti-depressant as part of managing your long-term pain.

The one thing that is shown to consistently help with managing pain is exercise. It can help reduce pain, and improve quality of life both short term and long term. Research shows it does not matter what type of exercise you do, so increasing your activities will help. We understand it can be hard to be physically active when experiencing pain, so the exercise you choose should be sustainable.

How does Pregabalin and gabapentin affect you?

Are you currently experiencing any of these side effects:

- Headache
- Tiredness
- Poor memory
- Confusion
- Drowsiness
- Constipation
- Weight gain
- Dry mouth
- Unsteadiness
- Nausea

Does this medicine help you in your day to day life with...

- General activity
- Sleep
- Mood
- Anxiety
- Pain management

W: www.dhi-online.org.uk

T: 01225 478730

E: info@dhi-online.org.uk

A: Developing Health & Independence, 14 St. James' Parade, Bath, BA1 1UL

Charity No. 1078154 **Company No.** 3830311

