Nearly 1 in 2 people (44.4%) consider themselves to be suffering from pain. 3.4% have an extreme pain problem.

1 in 5 people live with chronic pain

The best pain treatment uses a combination of the 4P's.

**Prevention**
Better Sleep  
Activity Pacing  
Splints or Orthotics  
Healthy Lifestyle

**Psychological**
Self-Management Education  
Counselling  
Relaxation Training  
Hypnosis  
Social Support

**Physical**
Exercise  
Physiotherapy  
Massage  
Acupuncture  
Chiropractic  
Electrical Devices

**Pharmaceutical**
Match medicine to the TYPE of pain. Medicine should make movement & sleep more comfortable, but may not eliminate pain.

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**DID YOU KNOW?**

- MRI, CT Scan, and X-ray can’t be used to diagnose pain.
- Different types of pain can overlap and change over time. Different types of pain need different treatments.
- Chronic pain can be due to a change in the sensitivity of the nervous system, an ongoing problem with body tissues, or both.

To learn more about services available in Saskatchewan Health Authority, visit: www.saskatoonhealthregion.ca/painmanagement