

Download Managing Pain In The Older Adult

If you're not taking a statin now, you may well be soon. These medications are commonly prescribed to lower "bad" LDL cholesterol and have been shown to reduce the risk of heart attack, stroke, and death. For older adults who live independently, chronic pain can have devastating and widespread effects, threatening the quality of life, imposing steep economic and social costs, and leading to personal strain. Education about safe pain management will help prevent undertreatment of pain and the resulting harmful effects. Safety includes the use of appropriate tools for assessing pain in cognitively intact adults and cognitively impaired adults. Otherwise pain may be unrecognized or underestimated. Use of analgesics, particularly opioids, is the foundation of treatment for most types of pain. Toothache Home Remedies You can also try home remedies for toothache relief too: Avoidance - Do not chew on the side where the pain is located. Avoid extremely hot or cold beverages and don't chew ice.