



# Acute vs chronic pain

*The difference between acute vs chronic pain.*

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## Acute pain:

*Acute pain means that the pain is temporary. It may last from minutes to about three months or six months. This kind of pain tends to be related to tissue damage, such as an injury. Typically, it subsides after the injury heals.*

## Chronic pain:

*Chronic pain is longer in duration. It can be constant or irregular. Chronic pain is considered when continuing over many months or years. Such pain occurs often due to a health condition, such as arthritis, endometriosis, fibromyalgia, or even a spine condition.*

## Statistics:

*Chronic pain affects roughly 100 million American adults alone. This number is bigger than heart disease, cancer, and diabetes combined! But let's not forget that there is a large population of people missing in this equation - children. So by adding pediatric patients as well, the cost of treatment grows much higher.*

## Different kinds of pain:

- Acute pain
- Chronic pain
- Neuropathic pain
- Nociceptive pain
- Radicular pain

## Does pain serve any purpose?

*Pain serves as a warning sign that some sort of damage to your body occurred. Pain meant to be unpleasant, otherwise, you wouldn't take notice of the damage that occurs in your body. That would lead to more damage, and in some cases, it would eventually even lead to death. So, pain is your friend my friend! You must treat it as such.*

## Management of chronic pain:

*Unlike acute pain, chronic pain doesn't have a cure, and the only way to manage it is to learn to live with it.*