

Alameda Alliance for Health

Manage Your Pain



Chronic Pain: A Guide for You

At Alameda Alliance for Health (Alliance), we are here to help you take charge of your health. Use this guide to learn how to care for chronic pain.

Pain is your body's way of telling you something is wrong. It can feel like aching, burning, stabbing, or throbbing. Pain can be acute (short-term) or chronic (long-term).

- Acute pain can last from **a few days to a few weeks**. It is often caused by an injury, illness, or surgery.
- Chronic pain lasts **more than three (3) months**. It can come and go or be there all the time. Common areas include your back, neck, joints, and head.

Caring for Chronic Pain

To feel better faster, take care of the pain as soon as it starts. Consider ways to manage pain that do not include opioids (strong pain medicine).

Examples include:



Other Medicines

These can include:

- Pain relievers such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen.
- Some medicines for depression or seizures can also help with nerve pain.



Talk Therapy

Seeing a therapist may help lower stress and anxiety that trigger pain. Talk therapy teaches techniques to change the way you think and behave.



Exercise

Exercise can make your body stronger and feel better.

The Alliance offers:

- Physical therapy
- Occupational therapy
- Water (aquatics) therapy



Acupuncture

Acupuncture is a treatment where very thin needles are placed on certain points of your body. This may help with many types of pain.



Chiropractic and Massage Therapy

Chiropractors adjust the spine or other parts of the body. This may help with back and neck pain.

Massage can relieve stress and relax painful muscles through pressure and touch.



Nerve Stimulation

This device sends a mild electric current through nerves to block pain signals. One common device is called Transcutaneous Electrical Nerve Stimulation (TENS).

You don't have to manage pain alone. Ask your doctor what works best for you.



Palliative Care

Palliative care is a special service that helps relieve symptoms such as pain, nausea, or anxiety that can happen when someone has a very difficult illness. A palliative care nurse or social worker can come to your home to talk to you and your family about your symptoms.

Palliative care services can be given to adults with the following diagnoses:

- Advanced cancer
- Congestive heart failure (CHF)
- Chronic obstructive pulmonary disease
- Liver disease

Work with your doctor to find out if you might need palliative care services.

Do you need more support?

For Alliance Group Care and Medi-Cal members:

Alliance Member Services Department

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

If you cannot hear or speak well (CRS/TTY): **711/1.800.735.2929**

For Alameda Alliance Wellness members:

Alameda Alliance Wellness Member Services Department

Seven (7) days a week, 8 am – 8 pm, including holidays

Toll-Free: **1.888.88A.DSNP (1.888.882.3767)**

If you cannot hear or speak well, use TTY or call **1.800.735.2929**

www.alamedaalliance.org



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