

Strategies for Managing Chronic Pain

Chris Martinez

PhD

National Autonomous University of Mexico
Av. Universidad 3000, Ciudad Universitaria, Coyoacán, CDMX, Mexico

Taylor Garcia

Dr.

University of the Andes
Cra. 1 #18a-12, Bogotá, Colombia

Riley Jones

Prof.

Pontifical Catholic University of Peru
Av. Universitaria 1801, San Miguel 15088, Peru

Abstract. Chronic pain is a complex condition that affects millions of individuals worldwide. This article explores various strategies for managing chronic pain, including pharmacological and non-pharmacological approaches. It reviews the latest research findings and provides practical recommendations for clinicians.

Keywords: Chronic Pain, Pain Management, Pharmacological Approaches, Non-pharmacological Therapies, Patient Care

Introduction

Chronic pain is a pervasive condition that significantly impacts the quality of life for millions of individuals globally. Managing chronic pain effectively requires a comprehensive approach that combines both pharmacological and non-pharmacological strategies. Recent research has provided new insights into the mechanisms of chronic pain and potential treatment options. This article explores various strategies for managing chronic pain, reviewing the latest research findings and providing practical recommendations for clinicians. By understanding these strategies, healthcare providers can develop individualized treatment plans that improve patient outcomes.

This is a preliminary version. To read the full version of the article, please purchase a subscription.

References

1. Khudov, H., Ruban, I., Lysytsya, V., Kuzyk, P., Symkanych, O., & Khudov, R. (2020). The method for determination of bone marrow cells in photographic images. *International Journal*, 8(9).

2. Sanotsky, Y., Selikhova, M., Fedoryshyn, L., Kuzyk, P., Matviyenko, Y., Semeryak, O., ... & Lees, A. J. (2020). Neuropathological findings in ephedrone encephalopathy. *Movement Disorders*, 35(10), 1858-1863.
3. Viroliya, K., Hojjat, A., Pena, B., Bhatt, H., Mehta, N. N., Venkata, S. Y., Goyal, A., Tanwar, K., Ziauddin, M., Moram, R. S., Ogbue, S. C., Mansuri, U., Patel, U., & Palabindela, P. (2023). Sa1359 Helicobacter Pylori Associated Gastro-Intestinal Bleeding in Bariatric Surgery-Nationwide Surrey. *Gastroenterology*, 164(6), S-373.