

Impact of chronic pain

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THEY say pain is inevitable, but suffering is optional. While you might hear this phrase occasionally from authors, life coaches or motivational speakers, it can also apply to health.



Pain is the most common symptom one will experience due to injury, disease and disorders.

Treatments such as chemotherapy can also cause pain, like aches in the muscles and joints, headaches and stomach pain.

Pain, which can range from mild to extreme, can be temporary and will disappear once you heal (acute pain) or it can last longer than three months or even years (chronic pain).

CHRONIC PAIN

Chronic pain can have a major impact on a patient's quality of life.

Apart from persistent discomfort, the physical and psychological changes associated with chronic pain can cause depression, sleep disturbances, changes in personality and disruption in relationships. The prevalence of chronic pain in Malaysia is about seven per cent, with higher proportions among older age groups. This means that almost a million Malaysians live with long-term persistent pain, with 82 per cent of sufferers indicating that pain interferes with their daily life.

Chronic pain becomes more common as people age, with 15.2 per cent of Malaysia's elderly suffering from it. Chronic pain is complex. It can take patients a long time to discover ideal pain relief methods that work for them.

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