

# PREP WORK

Spend some time preparing for your doctor appointment to ensure that you communicate your condition to your physician as effectively as possible.

**DESCRIBING PAIN:** *Achy, Burning, Stabbing, Piercing, Raw, Cramping, Throbbing, Tiring, Heavy, Tender, Shooting, Sickening, Gnawing, Heavy, Hot, Sharp, Splitting, Exhausting, Dull, Radiating.*

## FOR BETTER OR FOR WORSE

Are there activities that make your pain better or worse?

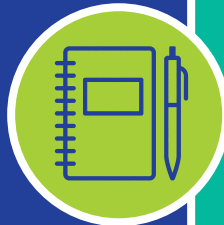
What time of day is your pain better or worse?

What have you tried so far to help? (eg. medications, creams, physical therapy, surgery, etc.)

Does it seem like something specific triggers your pain?

## FIVE WAYS TO HELP DESCRIBE YOUR PAIN

1. Keep a pain journal
2. Focus on the sensation
3. Understand the pain scale
4. Describe your limitations
5. Keep track of when it gets better or worse



## DAILY LIVING QUESTIONNAIRE

- Are you able to work?
- Are you able to engage in social activities?
- Can you exercise?
- How is your sleep?
- Are you able to shop for and prepare meals for yourself?
- Are you able to do chores like laundry and cleaning?
- Are you able to drive?
- Are you able to manage your medication schedule?
- Are you able to pay your bills?
- Are you able to dress and bathe?
- Can you climb stairs?

**Be Honest.**

### ABOUT THE AUTHOR:

Max Warfield was born in Ridgefield, Connecticut, now making his home on the southern shores of Lake Ontario.



A correspondent for the *Lockport Union Sun & Journal* and the *Niagara Gazette*, Warfield has also written and published numerous novels.