

Top 10 Most Common Pain Concern Fact Sheet



Physical Activity and Nutrition

Research indicates that staying physically active can help prevent or delay certain diseases, including some cancers, heart disease and diabetes, and also relieve depression and improve mood. Inactivity often accompanies advancing age, but it doesn't have to. Check with your local churches or synagogues, senior centers, and shopping malls for exercise and walking programs. Like exercise, your eating habits are often not good if you live and eat alone. It's important for successful aging to eat foods rich in nutrients and avoid the empty calories in candy and sweets.



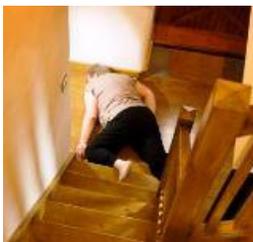
Overweight and Obesity

Being overweight or obese increases your chances of dying from hypertension, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems, dyslipidemia and endometrial, breast, prostate, and colon cancers. In-depth guides and practical advice about obesity are available from the National Heart Lung and Blood Institute of the National Institutes of Health.



Substance Abuse

Substance abuse usually means drugs and alcohol. These are two areas we often associate with many people, which they may abuse by self-medication using legal and illegal drugs and alcohol, which can lead to serious health consequences. In addition, many people may deliberately or unknowingly mix medications and use alcohol. Because of our stereotypes about substance abusers, many medical people fail to ask their patients about possible substance abuse.



Injury and Violence



Among seniors, falls are the leading cause of injuries, hospital admissions for trauma, and deaths due to injury. One in every three seniors (age 65 and older) will fall each year. Strategies to reduce injury include exercises to improve balance and strength and medication review. Home modifications can help reduce injury. Home security is needed to prevent intrusion. Home-based fire prevention devices should be in place and easy to use. People aged 65 and older are twice as likely to die in a home fire as the general population.



Osteoporosis

Osteoporosis, AKA low bone density, is often called a [silent disease](#) because it's common to have it and not known. But according to a [recent report](#), when people do have symptoms the most common one is terrible back pain. Sometimes osteoporosis ends up weakening vertebrae in the spine to the point that they fracture. And when these bones break, they can cause sharp back pain that doesn't go away—though sometimes there's no pain at all. Either way, after having several of these breaks, people may develop a curved spine and start to lose height. If you have bad back pain in your upper or middle back—or if you seem to have "shrunk" by an inch or more in the past year—talk to your doctor. You may need medication to reduce the risk of breaking more bones in the future



Arthritis

While any part of the body can be affected by arthritis, the lower back is especially vulnerable because it bears more of the body's weight, according to the Arthritis Foundation. There are many types of arthritis that can lead to pain, stiffness, and swelling, but [osteoarthritis \(OA\)](#) is the most common one. OA, the "wear and tear" kind of arthritis, occurs when the cartilage that cushions the ends of bones breaks down.

If you have arthritis, there's a wide variety of treatments that can help. Pain relievers, anti-inflammatories, heat and cold therapy, physical therapy, and even dietary changes may help.



Back pain: is one of the most common medical problems in the U.S. It can range from a dull, constant ache to a sudden, sharp pain that makes it hard to move. Back pain can start quickly if you fall or lift something too heavy, or it can get worse slowly.

Lower Back Pain: <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>

Foot Pain: <https://www.everydayhealth.com/foot-health-pictures/common-foot-problems.aspx>

Plantar fasciitis: Plantar fasciitis occurs when too much pressure on your feet damages the plantar fascia ligament, causing pain and stiffness.

Bursitis: Bursae are fluid-filled sacs found about your joints. They surround the areas where tendons, skin, and muscle tissues meet bones.

Knee Pain: <https://www.niams.nih.gov/health-topics/knee-problems>

Carpal Tunnel Syndrome: [Carpal tunnel syndrome](#)

Menstrual Cramps:

Migraine:

Urinary Tract Infection:

Prostate:

For more information on Medication and Addiction-Free Pain Relief
[Click Here](#)

