DR. MEDHA GUPTE PRADHAN, INTERVENTIONAL PAIN SPECIALIST .AS THERE IS A TREMENDOUS **PROGRESS** IN OUR KNOWLEDGEOF neurobiology and NEUROTRANSMITTERS, MY PRACTICE HAS EVOLVED TO A MORE HOLISTIC PRACTICE.

60 % OF SENIORS HAVE ACHES AND PAINS. ONE THIRD SUFFER SEVERE PAIN.THAT NEGATIVELY AFFECTS PATIENT AND FAMILY.

ACUTE VS. CHRONIC PAIN –

WHY WE HURT?—

OUR TREATMENT CONCEPTS OVER THE YEARS.

PAIN PAHWAY and Thalamic control SLEEP, EXERCISE, MEDITATION, and YOGA AND GOOD FOOD ALL DEPRESS RELAY OF –PAIN SENSATIONS

ANGER, FEAR LACK OF SLEEP ENHANCE THE PAIN SENSATION

INVESTING TIME AND EFFORT TO PROMOTE THE CORRECT THOUGHT PROCESS CAN GO LONG WAYS.

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THE MOST COMMON PAIN IN SENIORS IS BACK, LEG AND KNEE PAIN

CAUSES AND DIAGNOSIS WILL BE BRIEFLY DISCUSSED INCLUDING OSTEOARTHRITIS,DDD AND NEUROPATHY

TREATMENT--- INCLUDING EACH THERAPY AND ITS REASON WILL BE DISCUSSED.

BEST HELP IS THE SELF HELP

THE SELF HELP GUIDE

STRENGTH

GOOD POSTURE

Gait and balance

all SKILLS to avoid FALLS.

NIH WEBSITE RE. FALLS IN ELDERLY IS VERY HELPFUL,

If you are prone for a fall, attending a fall clinic and to learn avoiding damage to limbs and brain.

Tai chi will help too.

SUMMARY

1—Examine your surroundings for potential fall situations.

2—AVOID the bad guys causing inflammation and injury

3—Most importantly boost up the good habits of prudent eating, exercising and positive thinking,

SMILE , SOCIALISE AND SING TO BOOST FEELING OF WELL-BEING.

Thank you