

Pain Concern Leaflets

Pain Concern publishes a range of evidence-based leaflets written by experts to help people live as full a life as possible despite pain. This is a list of our printed leaflets. You will find additional PDF leaflets on our website. *Please see overleaf for details of how to order leaflets for your patients.*



Antidepressants

Many people living with long-term pain are worried about using medicines like antidepressants. This leaflet how these medicines work and what you might expect.

Bladder Pain Syndrome

This leaflet is designed to help you understand Bladder Pain Syndrome. It covers what can help and how to adjust to long-term pain.

Complex Regional Pain Syndrome (CRPS)

This leaflet is produced jointly with CRPS UK. It is designed to help you understand, live and cope well with CRPS.

Gabapentin and Pregabalin

The leaflet will give you some background about Gabapentin and Pregabalin and help you to understand how to use them in the way that's best for you.

Getting a Good Night's Sleep

Sleep problems are a problem for many people living with pain. This leaflet explains how to make simple changes to make it easier to get a good night's sleep even with pain.

Manage Your Pain

Our essential booklet clearly explains the basics of pain management, including tips on becoming more active and keeping pain flare-ups at bay. Also available as a Welsh-language version (Rheoli Eich Poen).

Managing Emotions

Chronic pain can give rise to difficult feelings and thoughts. This leaflet looks at how this can affect your life and how to address these emotional effects of pain.

Managing Healthcare Appointments

This leaflet aims to help people in pain to make the most out of consultations with healthcare professionals. Every patient should receive this leaflet along with their appointment.

~~Managing Your Medications – Leaflet Discontinued~~

~~Medications can form an important part of managing chronic pain. This leaflet explains how to make informed decisions along with a healthcare practitioner to find.~~

Neuropathic Pain

What is neuropathic pain? What causes it and how can it be managed? This leaflet explains the condition and provides information on the treatment options available.

Opioids

Opioids are a group of medicines that come from the extract of poppy seeds or other medicines that work in the same way. This leaflet addresses what to expect from treatment, how to take opioids and possible side-effects, with useful sections on tolerance, risk of addiction and driving.

Parenting a Child or Young Person with Chronic Pain

Tips from parents, healthcare professionals and young people on managing the challenges of parenting a child or young person with long-term pain.

Stress, Pain and Relaxation

This leaflet is designed to help you understand what stress is, why is it important to be able to relax when you have chronic pain and provides some relaxation exercises for you to try.

Vulval Pain

This leaflet is designed to help you understand vulval pain. It covers what can help and how to adjust to long-term pain.

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We welcome your order

To order please fill out your details below and email your request to order@painconcern.org.uk

Or post this form to: Pain Concern, 62-66 Newcraighall Road, Edinburgh EH15 3HS, T: 0300 102 0162.

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