

# Your Logo Here

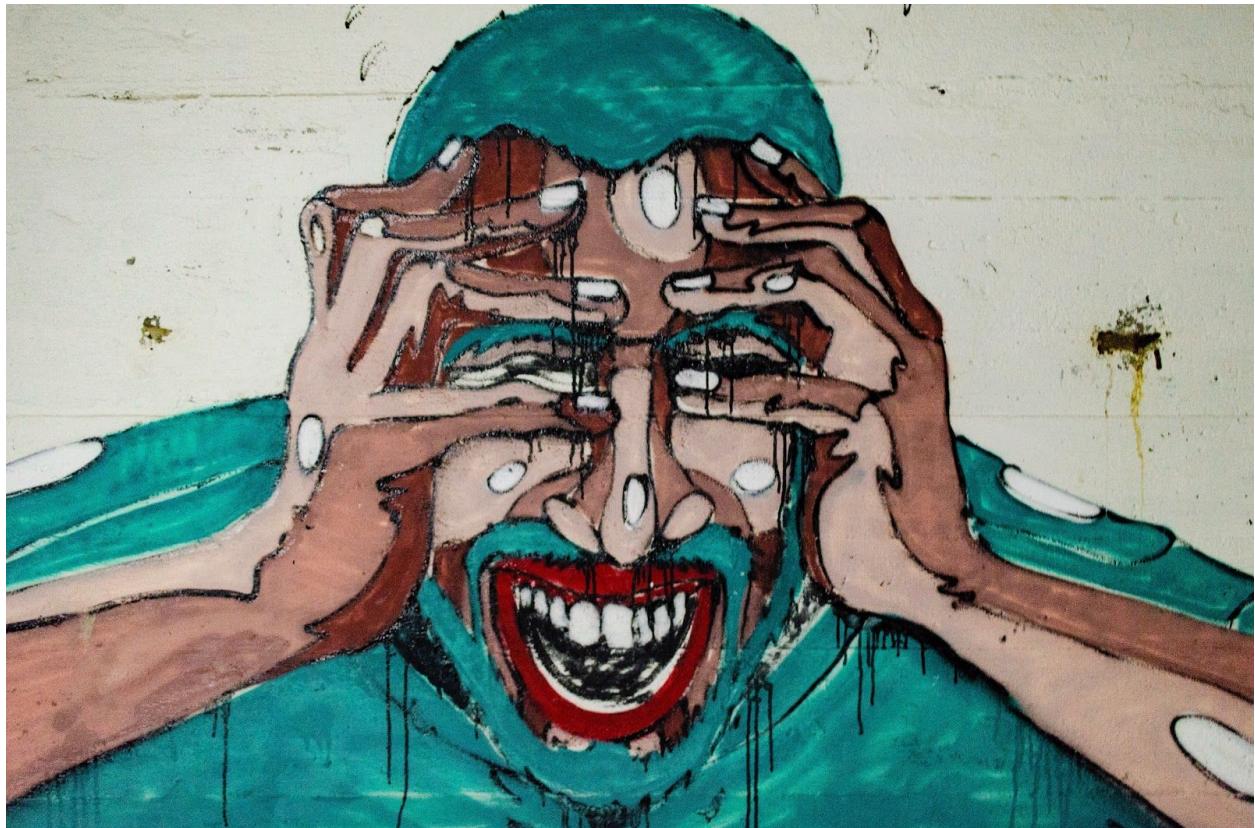
## Chronic Pain

When pain won't stop, we call it chronic pain. It doesn't matter what is causing the pain - back pain, knee pain, tummy pain - it takes over your life. It affects everything you do. The way you think, the way you move, the way you behave. But there is hope, as long as you are willing to keep your mind open to the different treatment options available. To deal with it, we need to look at the problem from different angles, such as how it affects your body but also how it affects your mind. Numerous health professionals should be involved in your care such as your GP, a physiotherapist or psychologist.

If you are suffering from chronic pain, do not suffer alone. Book in to see us for a chat, so we can tailor your treatment according to the problem you may have. Otherwise have a read of the information below for some background on chronic pain and some ideas about what you can do, to make a difference.

Button - Book An Appointment

[INSERT BOOKING LINK](#)



## What Is Pain?

What is pain and why do we have it? What are the different types of pain? If pain is a problem in your life, no matter what is causing it, it is important to understand it fully. If we understand it fully, we are more likely to be able to control it. Having that sense of control can make a huge difference to someone who has a long term illness. The Hunter Integrated Pain Service has provided a great video that nicely explains what pain is. Click [here](#) to watch.

## Keeping Active With Chronic Pain

When pain is a part of your life, doing physical activity may not make sense, but the reality is you must keep active. The reason is that it will keep your muscles, heart and lungs all healthy as well as support your mental health. [This article](#) and video give a good insight into why you should keep active. If you have any questions about how we

can help you from this point of view, pop in to see us for a chat as we have many options that are likely to be available to you under medicare.

## **Helping You Sleep With Chronic Pain**

If you have had periods of life where you don't sleep, you know that the world is not a good place the following day. Lack of sleep makes everything worse in life. If the lack of sleep is caused by pain, then there are two problems to deal with. There are many things that you can try to help improve your sleep. Often they seem like trivial lifestyle changes, but if done together can all add up to improve your sleep quality. [This article](#) has a video that gives useful tips for improving your sleep.

## **Don't Suffer In Silence - Speak to Your GP**

You are not alone. Just remember that. Every part of your health needs to be supported when you suffer from chronic pain. Medicare enables you to see different health professionals at subsidised rates. By listening to you and identifying your needs, we can work out who are the best people to be part of the team that supports you. Click here ([INSERT BOOKING LINK](#)) to make an appointment with one of our GPs and ask for a care plan.

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