Pain has many types and causes. It may be chronic or acute, and a range of treatments, remedies, and management strategies can help. Learn more here.

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Pain can be chronic or acute, and it takes a variety of forms. People feel pain when specific nerves called nociceptors detect tissue damage and transmit information about the damage along the spinal cord to the brain. For example, touching a hot surface will send a message through a reflex arc in the spinal cord and cause an immediate contraction of the muscles. Your pain is real -- and you can do something about it!

Chronic pain sufferers are often met by misdiagnosis, insufficient medical treatment, and just plain disbelief. Pain-management expert Dr. Emile Hiesiger says physical pain is both real and treatable.

A noted neurologist at New York University School of Medicine, Dr. Hiesiger treats pain sufferers from all over the world and has become their champion in their fight to live without debilitating pain. Your Pain Is Real is the most complete, authoritative, and hopeful book on the subject of chronic pain relief ever published. Breakthrough pain (BTP) is the pain that occurs between regularly scheduled doses of pain medication. It is a distressing symptom requiring prompt treatment. (delhayat / Getty Images)

Most patients with chronic pain, including palliative care and hospice patients, are given medication to use as needed to treat breakthrough pain. Spontaneous pain is most often treated with a quick-acting, short-term pain medication given as soon as the pain comes. Adjuvant medications may also be tried to offer better pain control. Adjuvant medications include anti-depressants, anti-seizure, and other non-opioid medications that enhance the pain management of some patients.

Your Pain is Real book. Read reviews from world's largest community for readers. More than 50 million people currently suffer from chronic pain, and the...Â In this breakthrough book, he dispells the most common myths about pain and offers numerous practical tips and suggestions on how debilitating pain can be managed, even when the underlying causes -- cancer, osteoporosis, degenerative disease, or injury -- cannot. Authoritative, compassionate, and down-to-earth, Your Pain Is Real offers sound medical advice, a comprehensive program, and an optimistic outlook for gaining relief from pain that can often restrict and overshadow one's personal and public life. ...more. Get A Copy. Amazon.