Yoga Helps RELIEVE CHRONIC BACK PAIN

In a 12-week study, 23 women who practiced yoga reported that chronic back pain was nearly three times less than when they started. In the control group, pain actually increased in 20 women who did not do yoga.


Type of Anesthesia MAKES A DIFFERENCE

Nerve block and IV anesthesia may make recovery easier than general anesthesia. In a study of 67 women having surgery for breast cancer, those who had regional anesthesia with a nerve block had better results than those who had general anesthesia in the following areas:

- LESS PAIN AFTER SURGERY
- LESS NAUSEA AND VOMITING
- LESS MORPHINE NEEDED AFTER SURGERY
- FASTER RELEASE FROM HOSPITAL


Pain DURING PREGNANCY

More than 1 in 7 pregnant women are prescribed opioids for pain during pregnancy, according to a study of more than 350,000 women:

Most common reason is back pain


Help FOR PAINFUL PERIODS

Massaging rose oil into the abdomen can ease painful periods. Seventy-five women with painful periods were divided into three groups. All massaged their abdomens:

- 1/3 with rose oil
- 1/3 with unscented almond oil
- 1/3 used no oil

They reported how much pain they had before and after massage:

- In the first period, pain was reduced in the first group
- In the second period, women who used the rose oil experienced much less pain than those in the other two groups

Source: Pain Medicine, Oct. 2014.

Women's Pain Update

Music, yoga and rose oil are among the remedies proven effective for women suffering with everything from fibromyalgia, backaches, menopausal cramps and labor pain, according to a review of new research related to women and pain by the American Society of Anesthesiologists (ASA®). Every day we learn more about pain and gain new insights into managing it. Don't let pain stand in your way of living life to the fullest.

Women Respond Differently to Pain

While women are more likely than men to suffer from fibromyalgia, they don't report more pain from this condition – however, men are more likely to cope with pain by avoiding activity.


Women Report More Pain after Surgery

In a study of more than 22,000 people having one of 30 different types of surgeries – from appendix removal to knee replacement – women reported slightly more intense pain after surgery than did men.


More Pain After Surgery

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Source: Anesthesiology, May 2014.

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