

Mayo Clinic Minute: Helping older adults manage chronic pain

VIDEO	AUDIO
	Geriatricians like Dr. Brandon Verdoorn see the wide range of effects of chronic pain on older patients.
Brandon Verdoorn, M.D. Community Internal Medicine Mayo Clinic	“Anything from sleep disturbance to low mood, social isolation, functional limitations.”
	Minor, short-lived pain can be managed at home with ice, heat or over-the-counter medication. If you have severe pain, persistent pain or pain that affects function, you should see your health care provider to determine the underlying cause and develop a pain management plan.
	“That oftentimes involves nonmedication strategies.”
	That might mean physical therapy, exercise, massage or acupuncture. Medication strategies often are used, too — typically starting with lower-risk approaches like acetaminophen and topical medications, and reserving higher-risk medications for more difficult cases.
	“Talk to your health care provider. Work with them to figure out what is causing the pain and go through that process of trying different management strategies.”
	For the Mayo Clinic News Network, I’m Jason Howland.