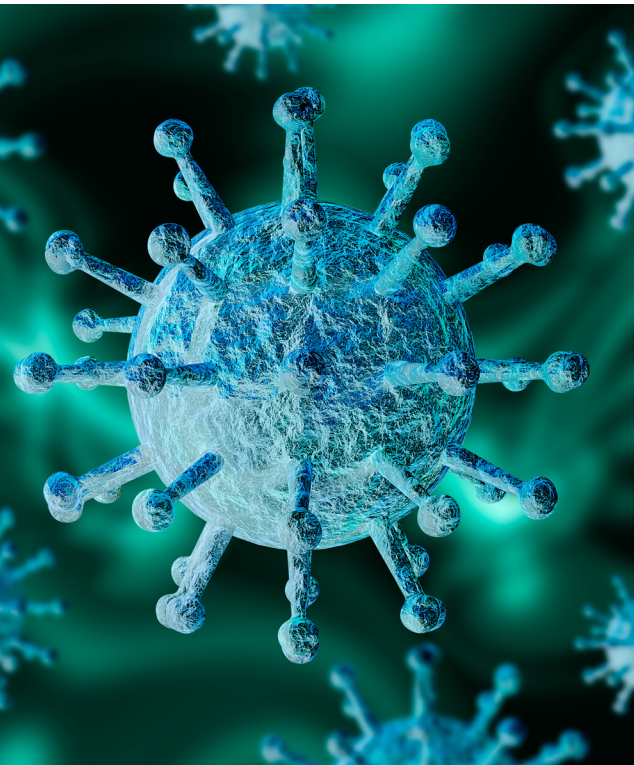




# Managing Chronic Pain Can't Wait for End of Pandemic

## 3 Tips for Finding Relief

Untreated pain can affect quality of life and be more debilitating during stressful times such as the COVID-19 pandemic. If you have pain that won't go away, don't suffer. **The American Society of Anesthesiologists offers three tips for finding relief:**



**1. Use telehealth.** See a pain management specialist face-to-face via video to ask and answer questions and formulate a pain management plan. No need to worry about traveling to appointments or sitting in waiting rooms. The Centers for Medicare & Medicaid and many health insurers now cover telehealth.



**2. Tell your pain medicine specialist about other health issues.** If you have put off seeing your primary care physician during the pandemic, mention any new symptoms or health issues during your pain telehealth appointment. Your pain medicine specialist can direct you to proper care as well as resources if you are struggling with stress or addiction, which have increased during the pandemic.



**3. Ask about long-lasting, minimally invasive techniques.** To reduce the number of office visits and keep you out of the hospital, ask your pain medicine specialist about office-based treatments to ease pain for six months or more. For example, rather than a series of injections requiring regular office visits, pain medicine specialists can perform procedures in one visit, such as implantation of a device to disrupt pain signals or radiofrequency ablation to silence nerves that bring pain signals from achy joints.

For more information about physician anesthesiologists, including those who manage pain, visit [asahq.org/MadeForThisMoment](https://www.asahq.org/MadeForThisMoment)