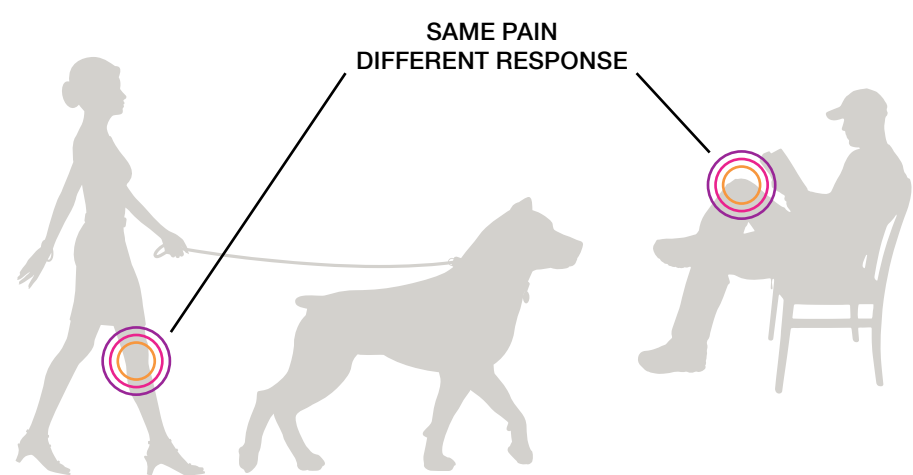


# Women's Pain Update

Music, yoga and rose oil are among the remedies proven effective for women suffering with everything from fibromyalgia, backaches, menstrual 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 the condition – however, men are more likely to cope with pain by avoiding activity.

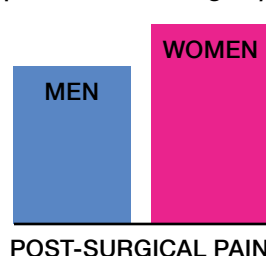


- 747 women and 48 men receiving treatment for fibromyalgia: researchers looked at sex differences in response to pain
- Men and women reported the same level of pain and function
- Men were more likely to view pain as being harmful
- Men were more likely to shun activity, thinking it would help them avoid pain

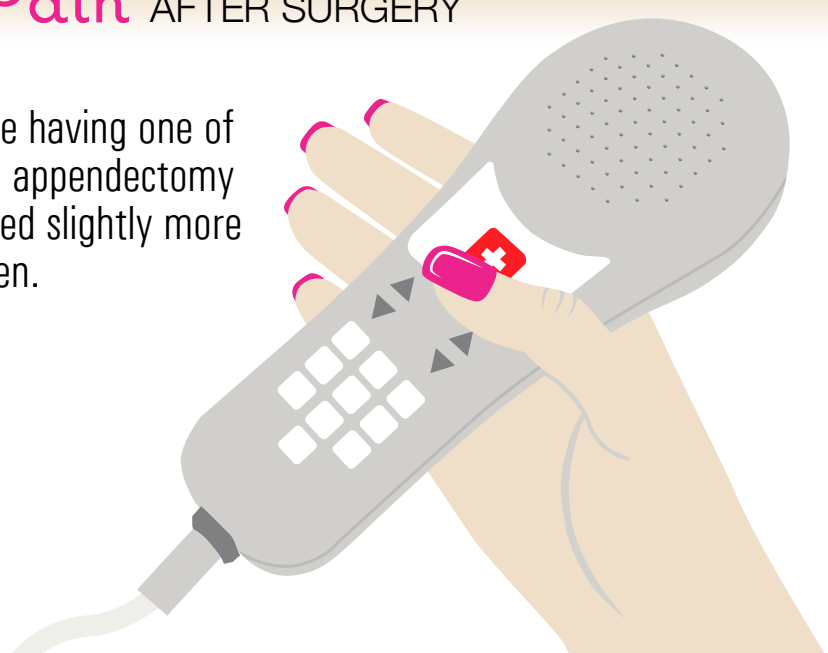
Source: *Clinical Journal of Pain*, Oct. 17, 2014.

## WOMEN REPORT More Pain AFTER SURGERY

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



Source: *Anesthesiology*, May 2014.



## Type of Anesthesia MAKES A DIFFERENCE

Nerve block and IV anesthesia may make recovery easier than general anesthesia.

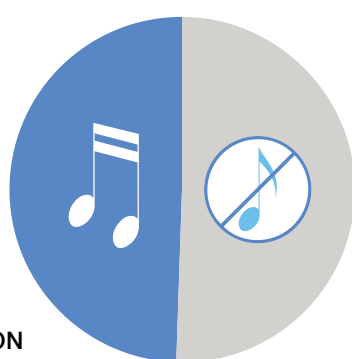
In a study of 64 women having surgery for breast cancer, those who had regional anesthesia with a nerve block fared better than those who had general anesthesia in the following ways:



Source: *Anesthesiology*, March 2014.

## Music CAN HELP DURING LABOR

- LESS PAIN
- LOWER ANXIETY
- BETTER BLOOD FLOW AND FETAL HEART RATE
- LESS NEED FOR PAIN MEDICATION AFTER THE BIRTH



156 women giving birth were randomly assigned: 77 listened to music during labor, 79 did not. Those who listened to music:

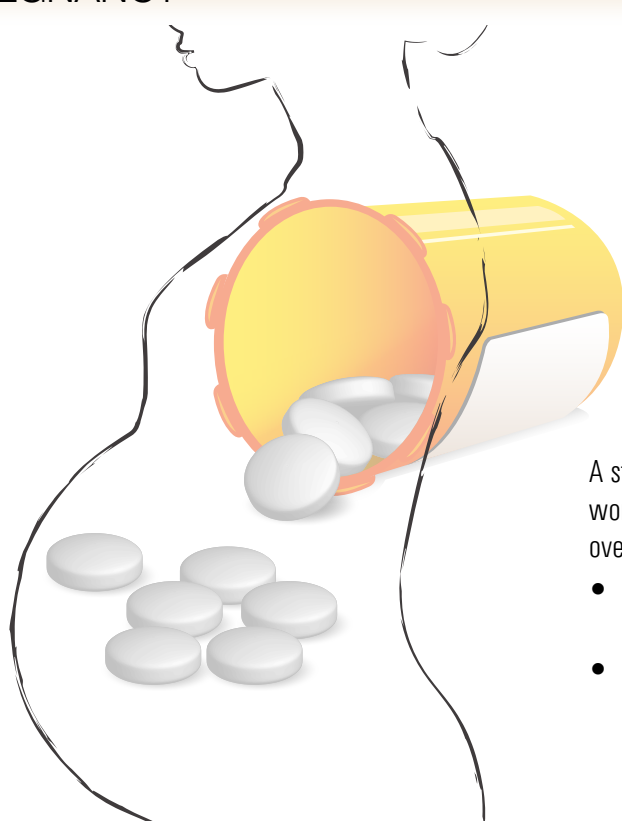
- had less pain and anxiety at all stages of labor
- had better blood flow and their babies had better heart rates
- needed less pain medication after the baby was born

Source: *Gynecologic and Obstetric Investigation*, Sept. 16, 2014.

## Pain DURING PREGNANCY

More than 1 in 7 pregnant women are prescribed opioids (narcotics) for pain during pregnancy, according to a study of more than 530,000 women

Most common reason is back pain



### DRUG WARNING

A study of 57 million pregnant women found those who overused or abused opioids were:

- Five times more likely to die in the hospital
- Their babies were twice as likely to be stillborn, be born early or have poor growth before birth

Source: *Anesthesiology*, Dec. 2014.

## Help FOR PAINFUL PERIODS

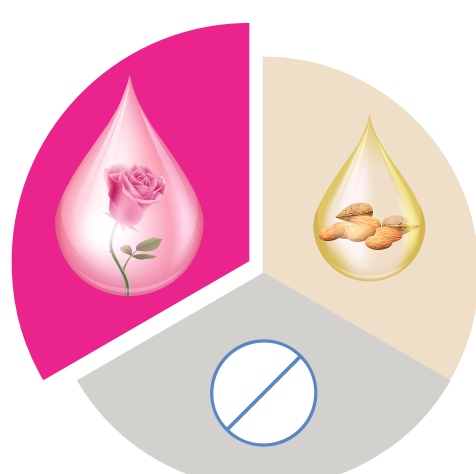
Massaging rose oil into the abdomen can ease painful periods

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:

- Pain was reduced in the first period, but there wasn't much difference between the groups
- In the second period, women who used the rose oil experienced much less pain than those in the other two groups



Source: *Journal of Obstetrics and Gynaecology*, Sept. 25, 2014.

## 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



Source: *Journal of Evidence-Based Complementary & Alternative Medicine*, July 2014.

