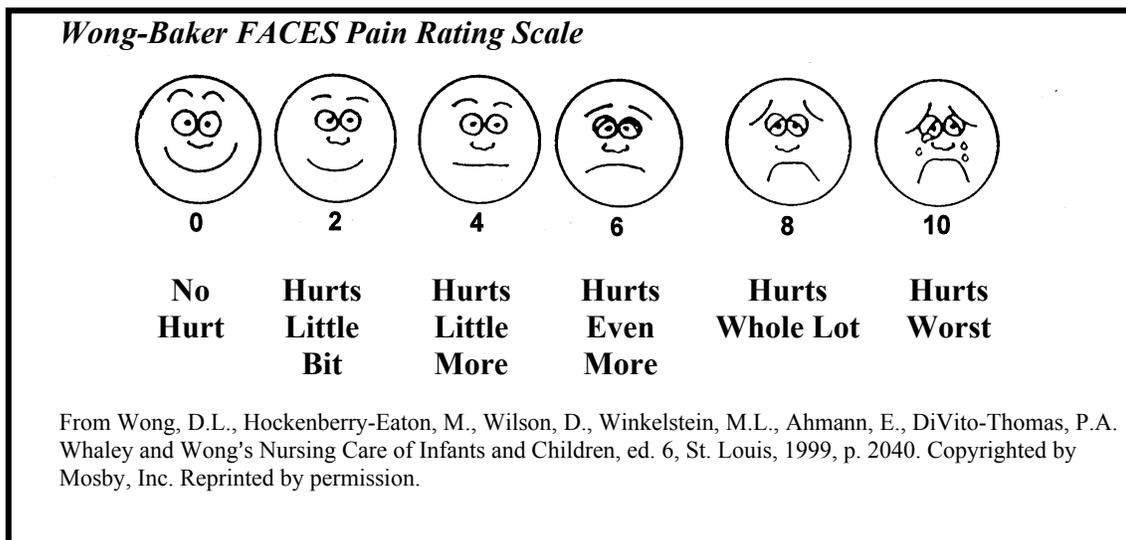
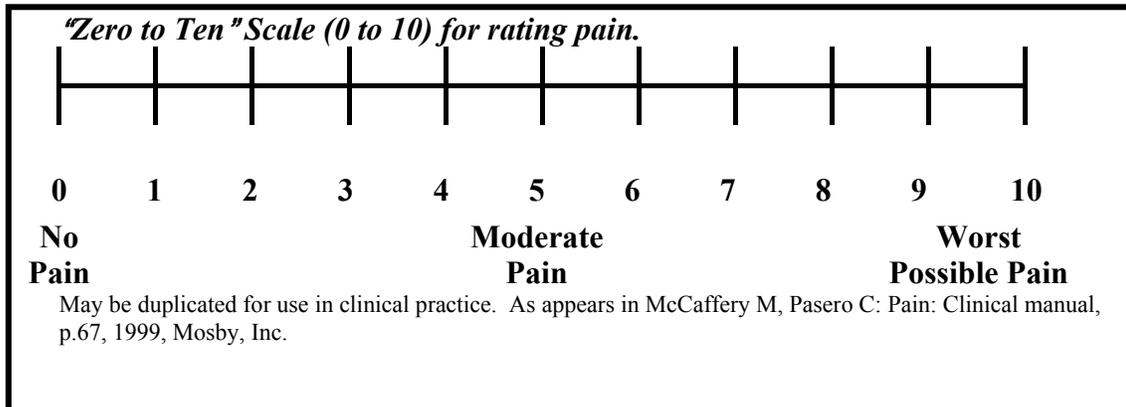


# About Your Pain

Pain is the body's way of sending a message to your brain that help is needed. Tell your doctor or nurse about your pain so they can keep you comfortable. These are questions you may be asked about your pain:

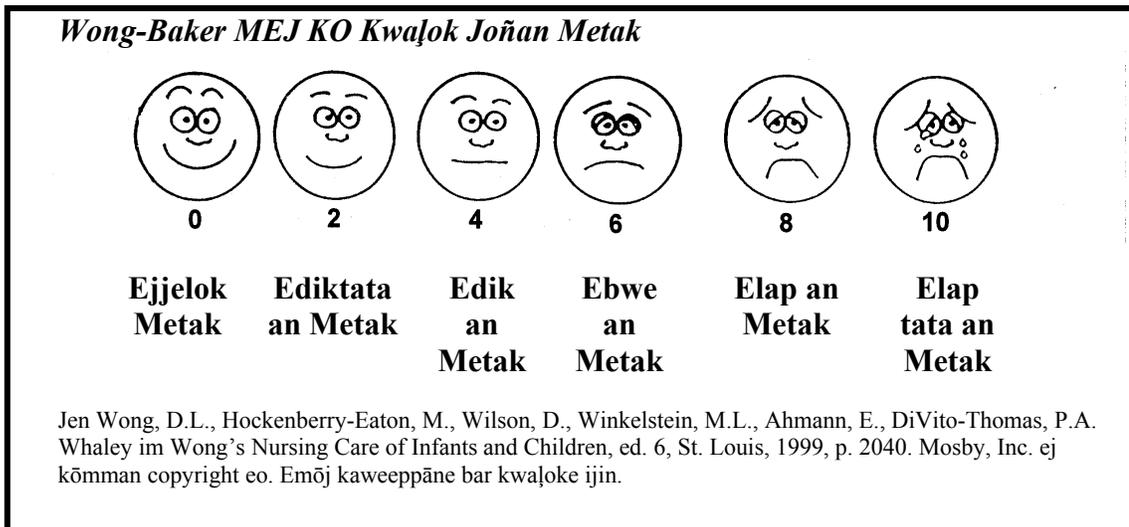
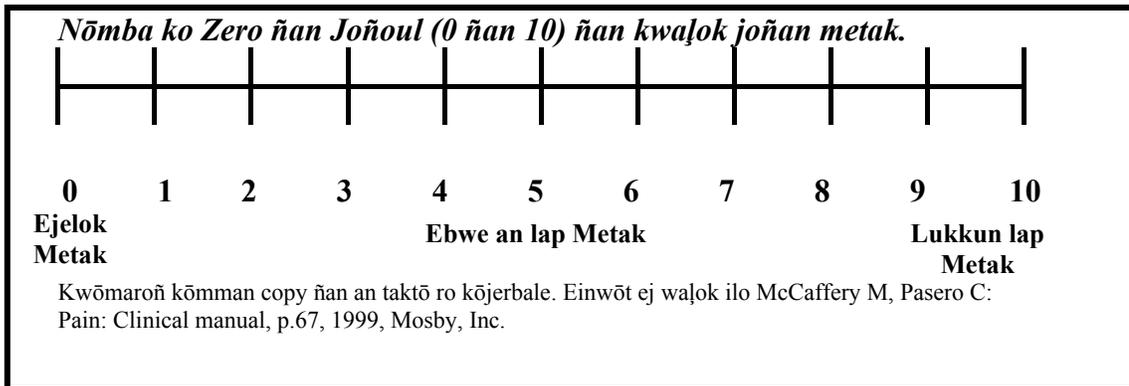
- **Where is your pain?** Point to the place on your body where it hurts.
- **Does the pain spread to other parts of your body?**
- **When did the pain start?**
- **How much does it hurt?** Point to a number or face that shows us how much pain you are having.



# Jekjek in Am Metak

Metak ej wawein an ānbwinūm ennan ibben kemlij eo Am ej aikwōj jibañ. Kenono ibben dakto ak nurse eo Am kin am metak bwe ren jiban iok. Jet kajitok ko remaron kajjitōk ibbam kin jekjekin Am metak.

- **Ej metak ia?** Jitōñ lok tu ia ilo ānbwinūm ej metak.
- **Ej ke walok metak eo ilo bar jet jikin ilo ānbwinūm?**
- **Ekar jino metak jen naat?**
- **Ewi joñan an metak?** Jitōñ juōn nōmba ak pija ijin ej kwalok joñan am metak.



- **What does it feel like?** Does it burn, tingle or ache? Is it dull or sharp? Is it constant or does it come and go?
- **Is it worse at any time of the day?** Morning? Evening?
- **What makes the pain feel better? What makes the pain feel worse?** What have you done to try to relieve the pain? Does the medicine make it feel better? Does it hurt more when you are active or lying still?
- **Does the pain affect other parts of your life?** Does it make it hard to sleep, eat, or care for yourself or others? Does it cause you to be upset, cry, or to be less patient?

**Talk to your doctor or nurse about your pain. Share your concerns and ask questions.**

- **Endiet an Metak?** Ej ke bwil, kurkur, ak metak? Ekōb ke ak ekañ an metak? Ej ke bedwot im jab jako ak ej etal-itok?
- **Ewor ke ieen ej likkun kajoer an Metak?** Ilo Jibboñ? Ilo Jota?
- **Ta ej komman an metak eo eman lok? Ta ej kōmman an nana lok?**  
Ewor ta kwar komane nan kajeon bobrae an metak? Uno ko rej jiban? Ej ke laplok an metak ilo Am makitkit ke ilo Am babu?
- **Metak in ej ke jelet iok ilo wawein ko jet?** Ej kōmman an abañ am kiki, mōñā, ak aban am kejebarok iok make ak kejebarok ro jet? Ej ke kōmman bwe kwōn inebata, jañ, ak, jaje kottar?

**Kenan iben taktō ak nurse eo am kin an metak. Kwalok inepata ko am im kajjitōk-kajjitōk.**

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About Your Pain. Marshallese.