

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:

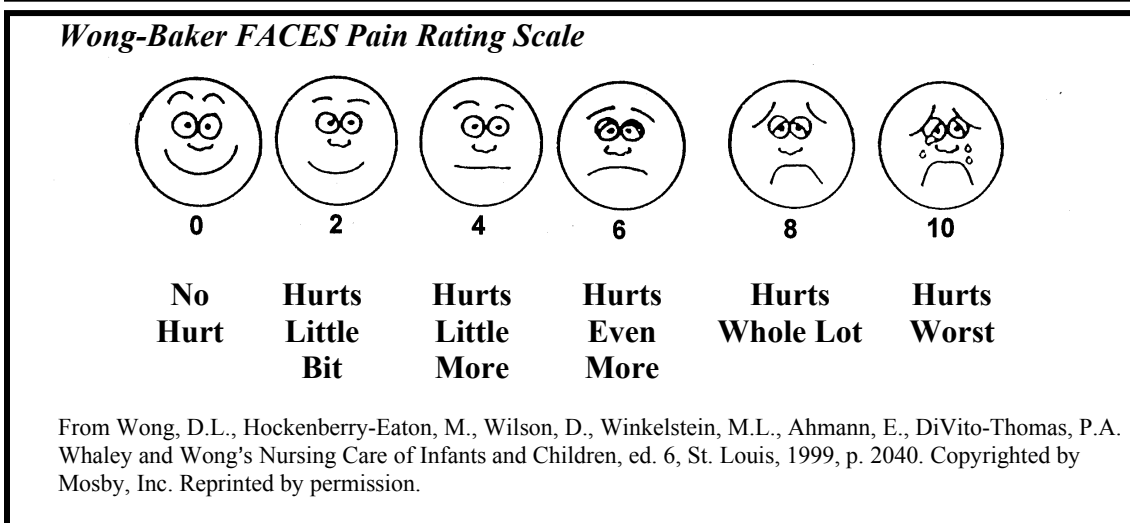
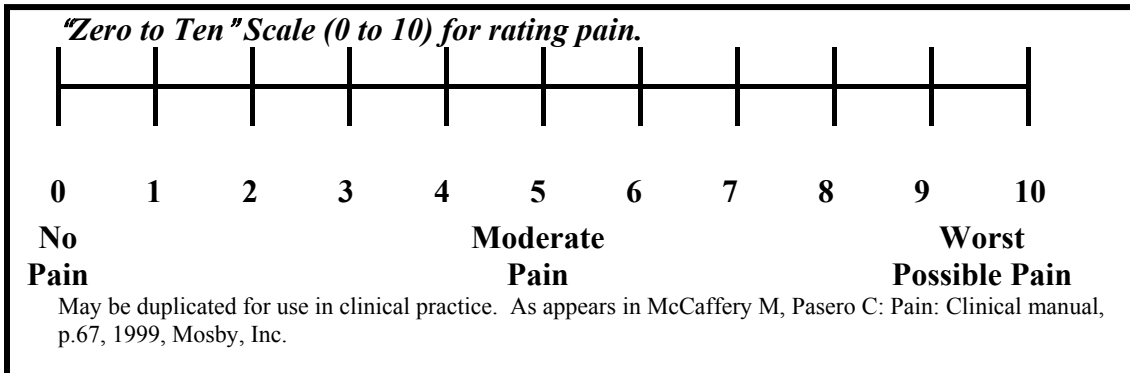
- **Where is your pain?** Point to the place on your body where it hurts.
- **Does the pain spread to other parts of your body?**
- **When did the pain start?**

Informações sobre a dor

A dor é a maneira de seu organismo enviar para o cérebro uma mensagem de que seu corpo está precisando de ajuda. Informe ao seu médico ou enfermeira que você está com dor, para que eles possam ajudá-lo a se sentir melhor. As perguntas abaixo podem ser feitas sobre a dor que sente:

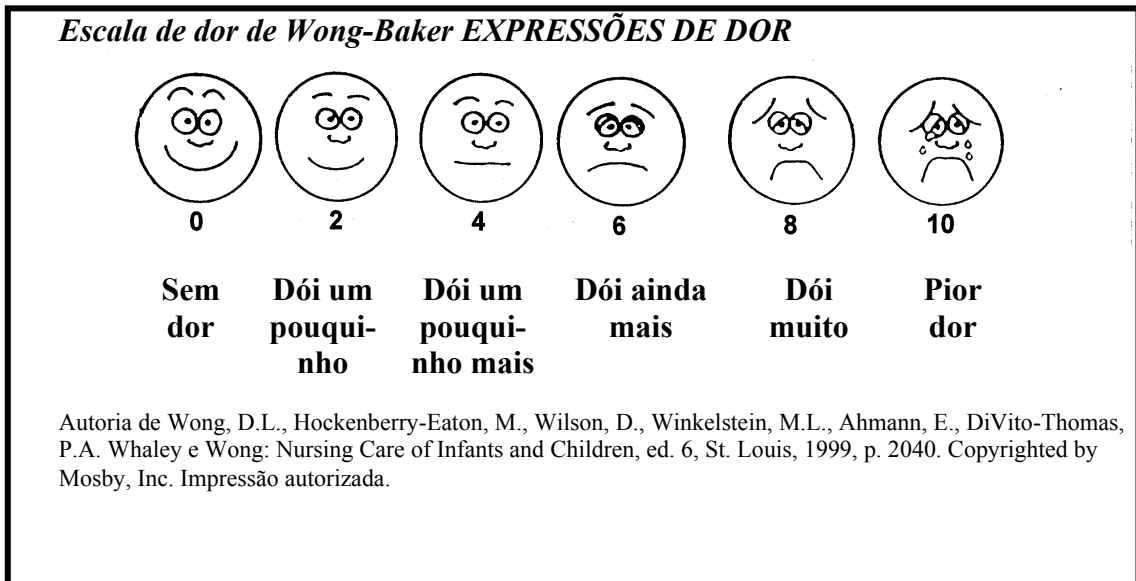
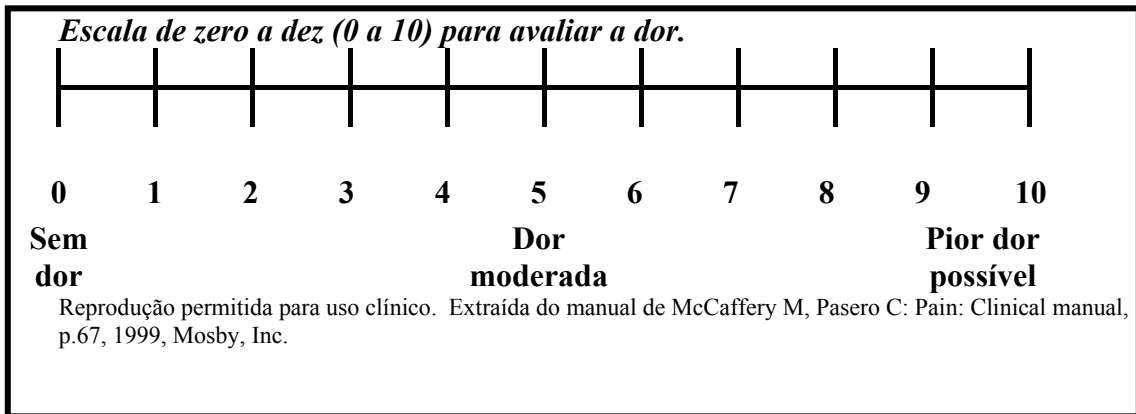
- **Aonde você sente dor?** Aponte o lugar do seu corpo que dói.
- **A dor se espalha para outras partes do corpo?**
- **Quando a dor começou?**

- **How much does it hurt?** Point to a number or face that shows us how much pain you are having.



- **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?

- **Qual é a intensidade da dor?** Aponte o número ou a figura que melhor descreva a intensidade da dor que você está sentindo.



- **Como você descreveria a dor que você sente?** Você sente queimação, formigamento ou dor? A dor é fraca ou forte? É constante ou vai e volta?
- **A dor piora em algum período do dia?** De manhã? À noite?
- **O que faz a dor melhorar?** O que faz a dor piorar? O que você faz para tentar aliviar a dor? O medicamento ajuda a melhorar a dor? A dor é mais forte quando você está fazendo alguma atividade ou quando está deitado?

- **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.

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- **A dor interfere em outras funções de sua vida?** A dor que você sente torna difícil dormir, se alimentar ou cuidar de você mesmo ou dos outros? A dor faz com que você fique aflito, chore ou fique menos paciente?

Converse com seu médico ou enfermeira sobre a dor que você sente. Fale sobre suas preocupações e esclareça suas dúvidas.

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About Your Pain. Brazilian Portuguese.