

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:

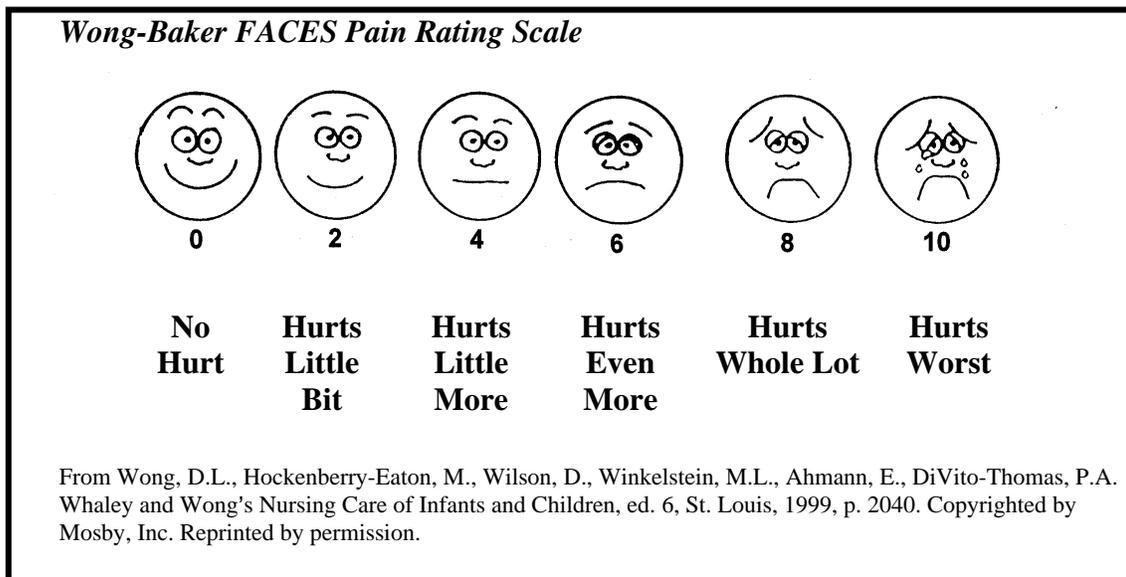
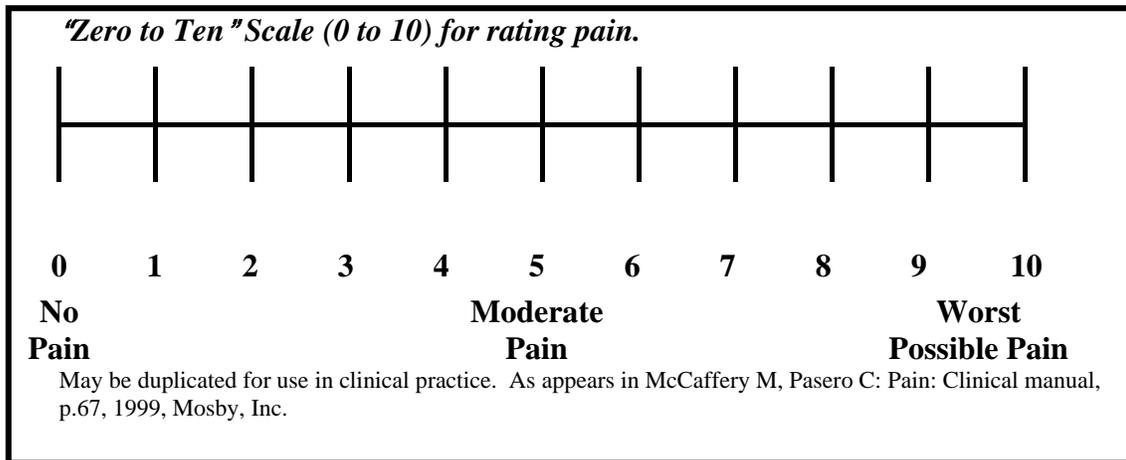
- **Where is your pain?** Point to the place on your body where it hurts.
- **Does the pain spread to other parts of your body?**
- **When did the pain start?**

Tungkol sa Inyong Sakit

Ang sakit ay isang paraan ng katawan upang magpadala ito ng mensahe sa inyong utak na kailangan nito ng tulong. Sabihin sa inyong doktor o nars ang tungkol sa inyong sakit para matulungan ka nilang maging komportable. Ito ang mga kuwestyon na maaaring itanong tungkol sa inyong sakit:

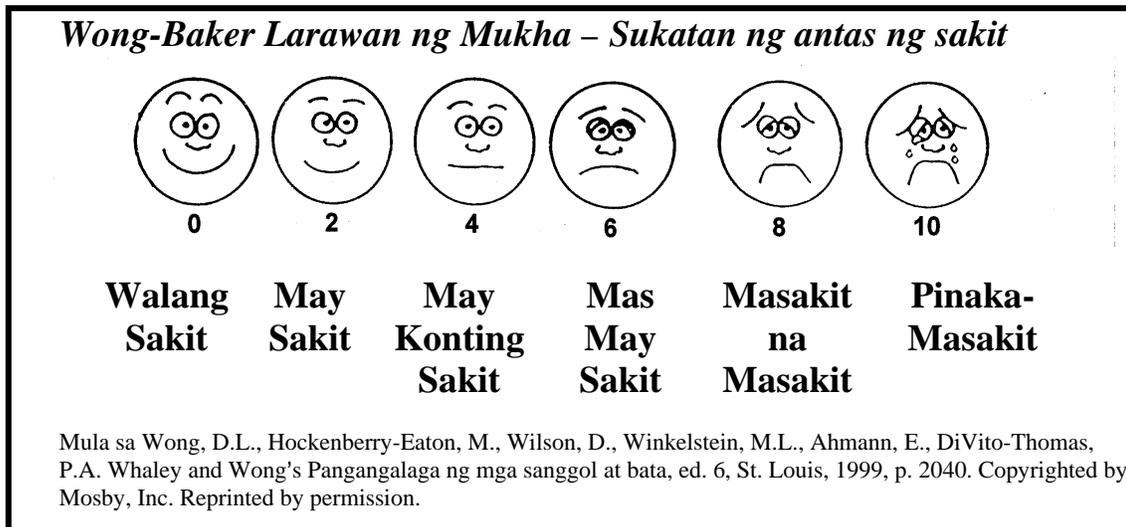
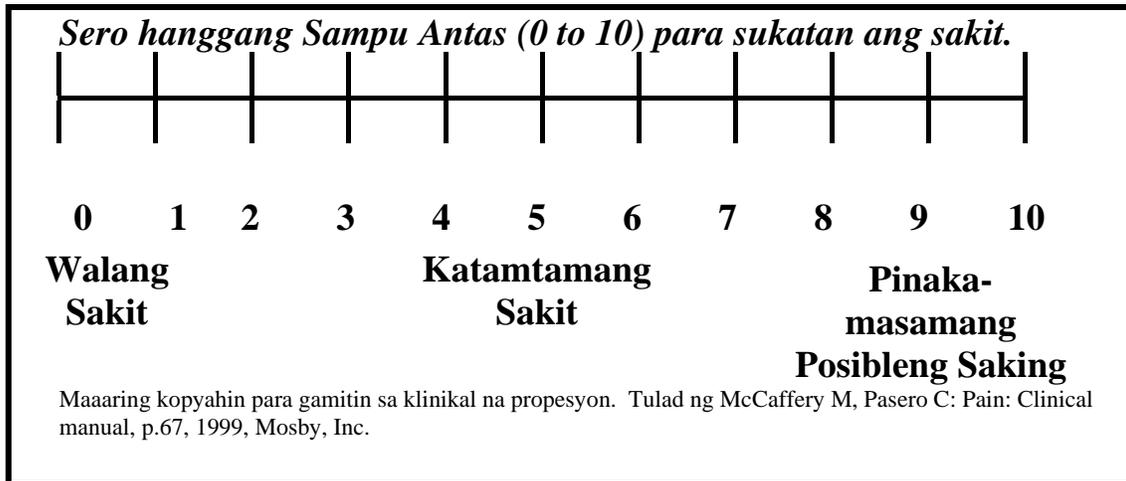
- **Saan kayo nakakaramdam ng sakit?** Ituro ang bahagi ng inyong katawan na masakit.
- **Kumakalat ba ang sakit sa ibang bahagi ng inyong katawan?**
- **Kailan nagsimula ang sakit?**

- **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?

- **Gaano kasakit ito?** Ituro ang numero o larawan na nagpapakita kung gaano kasakit ang sakit na inyong nararamdaman.



- **Ano ang pakiramdam nito?** Ito ba ay nag-aapoy, nangingilig o kumikirot? Bahagyang kirot ba o masidhi? Palagian ba ito o pasumpong-sumpong?
- **May mga oras ba na mas malala ito?** Sa umaga? Sa gabi?

- **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.

- **Ano ang nakakapagpagaan sa sakit? Ano ang nakakapagpalala sa sakit? Ano ang nagawa na ninyo upang maibsan ang sakit? Nakakatulong ba ang gamot upang mapagaan ang sakit? Mas sumasakit ba ito kapag kayo ay aktibo o nakahiga?**
- **Naapektuhan ba ng sakit ang ibang bahagi ng inyong buhay? Mas mahirap bang matulog, kumain o alagaan ang inyong sarili o ibang tao dahil dito? Nababalisa ba kayo dahil dito, naiiyak o mas umiiksi ang pasensya?**

Kausapin ang inyong doktor o nars tungkol sa inyong sakit. Ibahagi ang inyong mga pag-aalala at mga katanungan.

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About your pain. Tagalog.