

## Edi ia

Pain is more than just a feeling of discomfort. It can a ect the way you feel overall. It tends to resolve within a few weeks. Chronic pain is ongoing. According to the Centers for Disease Control and Prevention, pain is considered to be chronic when it lasts beyond 3 months [1]. Pain-relief methods range from at-home treatments and prescriptions to over-counter medications and invasive procedures, like surgery. Pain relief doesn't usually happen overnight, but it can. Each person's pain experience is unique to them. To treat the source of chronic pain, you may need to visit your doctor. Nociceptive pain is a nervous system response that helps protect your body. It makes you pull your hand back from a hot stove, so you don't get burned. Pain from a sprained ankle forces you to rest and give the injury time to heal.

caution as well. To get e ective pain relief, you rst need to nd the source of the pain. As previously mentioned, opioids are powerful pain relievers. Some are made from the poppy plant. Others are produced in a laboratory. ose are called synthetic opioids. You can take opioids to relieve acute pain, like a er surgery [3]. Or you can take them long term to manage chronic pain. ese drugs come in immediaterelease and extended-release formulas. Sometimes they're combined with another pain reliever, like acetaminophen. Antidepressants were designed to treat depression, but they can also help with chronic pain from certain conditions, like migraine and nerve damage. Doctors still don't know exactly how these drugs work to relieve pain. ey might reduce pain signals by acting on and increasing activity of chemical messengers (called neurotransmitters) in the brain and spinal cord. Drugs that treat seizures also do double duty by relieving nerve pain. Nerves damaged by conditions, like diabetes or shingles, and nerves that are over sensitized, like in bromyalgia, overreact and send too many pain signals. Doctors don't know exactly how anti convulsion work against pain. ey believe these drugs help block abnormal pain signals between the damaged nerves and the brain and spinal cord. People have been using cannabis to manage pain for thousands of **Open Access**