

Basics of Pain Management

Third
Edition

Pain management specialty is growing and the need for a comprehensive book for beginners is increasing. This is the thoroughly revised and updated edition of the book, which is aimed at the beginners who wish to learn the basics of pain management and also for general physicians or family physicians for their daily practice. The book includes common painful conditions and their management. A few new chapters have been included in the third edition.

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Chinmoy Roy
Debjyoti Dutta
Kanchan Sharma**



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Management**





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Gautam Das

Preface to the Third Edition

We wrote this book for the first time in 2015 for primary care physicians. Primary care physicians are the first-line doctors who diagnose and treat patients suffering from pain. So, awareness amongst these doctors about recent advances in pain management is the priority.

But we noticed that the book is equally popular amongst doctors doing pain management fellowship or other training programs in pain management. So this book has been accepted as the introductory book in pain management by these budding pain physicians. Thus, we also added a new section for the budding pain physicians. It has chapters on the basics of interventional pain procedures.

This book is concise and straightforward from the first edition, which is the uniqueness of this book. Thus, there are no significant changes in other chapters. We hope that this new edition will also be loved by the budding pain physicians and primary care physicians like earlier editions.

**Gautam Das
Chinmoy Roy
Debjyoti Dutta
Kanchan Sharma**

Preface to the First Edition

Pain is accepted as a fifth vital sign in many countries like the USA after pulse, respiration, temperature and blood pressure. It plays an important role in making us aware that something wrong is going on in our body and we need to take care of it. The basic knowledge about the pathways of pain, modulation of pain and the pathophysiology of chronic and persistent pain is very important in understanding different kind of pain in a better way. But unfortunately, in our undergraduate and postgraduate curriculums, not much emphasis has been made on this important aspect.

Various studies have shown that chronic pain in the general population is more prevalent than diabetes and hypertension. If we are not treating pain properly, it leads to depression, anxiety, mood disorder, suicidal tendencies and flaring of diabetes, hypertension, etc. Thus, it affects the quality of life and complicates our personal as well as social life.

That is why we should create awareness not only among the general population but also among physicians of all specialties in order to help the sufferers and give them a pain-free quality life.

This book is written with the intention of creating awareness about the basic knowledge of pain management not only among the pain physicians but also among the physicians of each and every other specialty.

We have started with the anatomy of pain pathways and gradually covered various painful conditions. We have not gone into the details of pathology or management of all painful conditions; rather, we have focussed on the basic concepts. We have tried to compile things in a very short and crispy manner with illustrations and diagrams so that whosoever is reading this book can go through the chapters very quickly and grasp the subject as much as possible in a short span of time.

We hope we have done justice to our work and we would be more than happy if anyone who is going through this book is at least making one individual pain-free; and giving him the quality life which he deserves.

Gautam Das

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