

PAIN MYTHS & FACTS:

WHAT EVERYONE SHOULD KNOW ABOUT HOW PAIN WORKS

MYTH



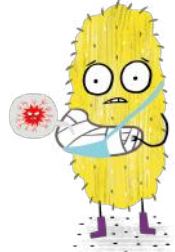
Kids' pain experiences don't matter
...they forget them anyway.

FACT



Wrong!
Our early pain experiences have **long term** impact. They change the way we experience pain and how we feel about healthcare into adulthood.

MYTH



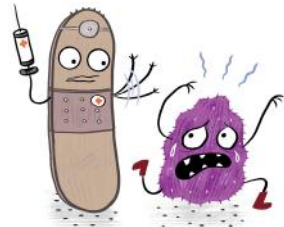
Pain = how much damage there is to your body.

FACT



Nope... **MANY** things, including your thoughts, feelings, stress level, and what's going on in the world around you matter too.

MYTH



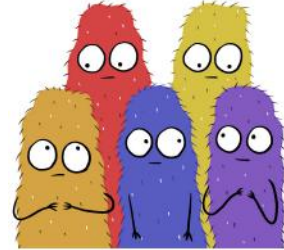
There is **nothing** we can do to prevent the freakout around needles for kids or adults.

FACT



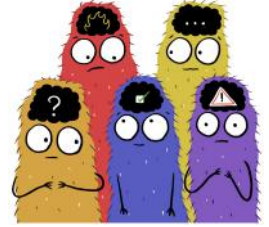
Nope. There are simple, effective, **research proven strategies** that make needle pokes and other procedures a lot easier and more comfortable.

MYTH



Pain is the same for everyone.

FACT



Pain is **DIFFERENT** for everyone. It's even different for the same person, depending on what's going on in their world. It depends on **MANY** things, including past pain experiences, genetics, stress, mood, culture, etc.

MYTH



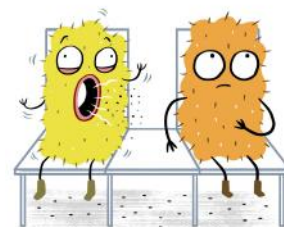
Needle anxiety is **rare**. I'm the **only one** I know who has it.

FACT



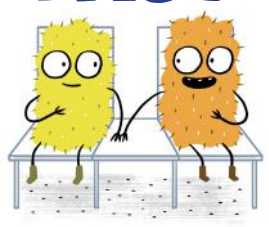
Unless you're a hermit who lives in the woods, this is **impossible**. **25% of adults, 50% of teens, and 63% of kids** are freaked out by needles... we just **don't talk about it** enough (yet!)

MYTH



People who are scared of needles just need to **suck it up** ...it's no big deal.

FACT



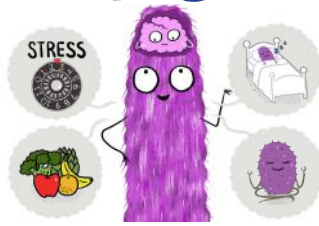
It is a **REALLY BIG deal!** It's a fear that likely developed in childhood, is **VERY** common, and can have a major impact. People need skills and support...not shame.

MYTH



Medication is **always** the solution to pain.

FACT



While meds can often be useful, there are many **other** things that help too. Lowering stress, sleep, and other **self regulation strategies** can make a very big difference.

MYTH



If psychological techniques like **mindfulness** and **stress management** work for my pain, it means my pain **isn't real**.

FACT



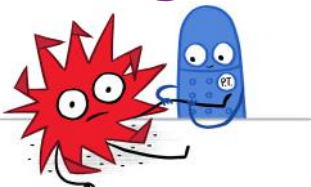
NOOOOOOOO! It means you're doing a **great job taking care of yourself** and that you understand pain is a biological, psychological, **AND** social experience. By changing our psychological state, we change our **VERY REAL** pain experience.

MYTH



I can't function or **do anything** until my pain is gone.

FACT



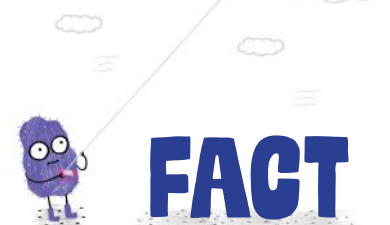
Unfun reality: Finding ways to get back to normal life and activities needs to happen **BEFORE** the pain goes away. It's about learning new **coping strategies**, new **habits**, and **changing the way you think about pain**.

MYTH



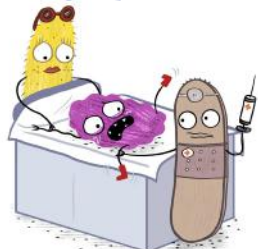
I am **always** going to feel as **bad** as I do right now.

FACT



Your brain and body are **always** changing, so **pain can change too**. With the right kind of intervention, there is great research evidence that **you can feel a whole lot better**.

MYTH



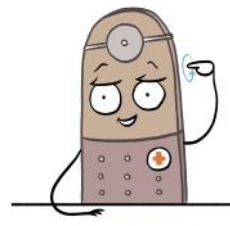
It's O.K. to **hold my kid down** for needle pokes.

FACT



Nope, nope, and NOPE. Research is clear that holding down kids (particularly on their backs) is a recipe for **medical trauma**. There are great **comfort positioning techniques** that allow for kids to be both safe and comforted.

MYTH



If I say **anything** about what works for me or my child for pain management, medical providers will be **mad and insulted** and might **not** want to care for me.

FACT



You and your medical team have the **same goal...** to create a **good healthcare experience** for you & your kiddo. Collaboration makes that happen. You combine their medical expertise **AND** your expertise in you and your child.

