Yoga Helps RELIEVE CHRONIC BACK PAIN

In a 12-week study, 23 women who practiced yoga reported that chronic back pain was nearly three times less than when they started.

In the control group, pain actually increased in 20 women who did not do yoga.

DECREASES PAIN INCREASES SEROTONIN

Source: Journal of Evidence-Based Complementary & Alternative Medicine, July 2014.

HELP FOR PAINFUL PERIODS

Massaging rose oil into the abdomen can ease painful periods.

Seventy-five women with painful periods were divided into three groups. All massaged their abdomens:

1/3 with rose oil
1/3 with unscented almond oil
1/3 used no oil

They reported how much pain they had before and after massage:

Pain was reduced in the first period, but there wasn't much difference between the groups.

In the second period, women who used the rose oil experienced much less pain than those in the other two groups.

Pain DURING PREGNANCY

More than 1 in 7 pregnant women are prescribed opioids for pain during pregnancy, according to a study of more than 530,000 women.

Most common reason is back pain.

A study of 57 million pregnant women found those who overused or abused opioids were:

Five times more likely to die in the hospital.

Their babies were twice as likely to be stillborn, be born early or have poor growth before birth.

Source: Anesthesiology, Dec. 2014.


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WOMEN RESPOND DIFFERENTLY TO PAIN

While women are more likely than men to suffer from fibromyalgia, they don’t report more pain from this condition — however, men are more likely to cope with pain by avoiding activity.


WOMEN REPORT MORE PAIN AFTER SURGERY

In a study of more than 22,000 people having one of 30 different types of surgeries — from appendectomy to knee replacement — women reported slightly more intense pain after surgery than did men.


Your family history makes a difference

A large study of 1.2 million pregnancies found those with a family history of abnormal opioid use were:

Less likely to be treated for pain

Less likely to die in the hospital.

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Type of Anesthesia MAKES A DIFFERENCE

Nerve block and IV anesthesia may make recovery easier than general anesthesia.

In a study of 118 women having surgery for breast cancer, those who had regional anesthesia with a nerve block fared better than those who had general anesthesia in the following areas:

LESS PAIN AFTER SURGERY
LESS Nausea and Vomiting
Faster Release From Hospital

Source: Anesthesiology, March 2014.

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