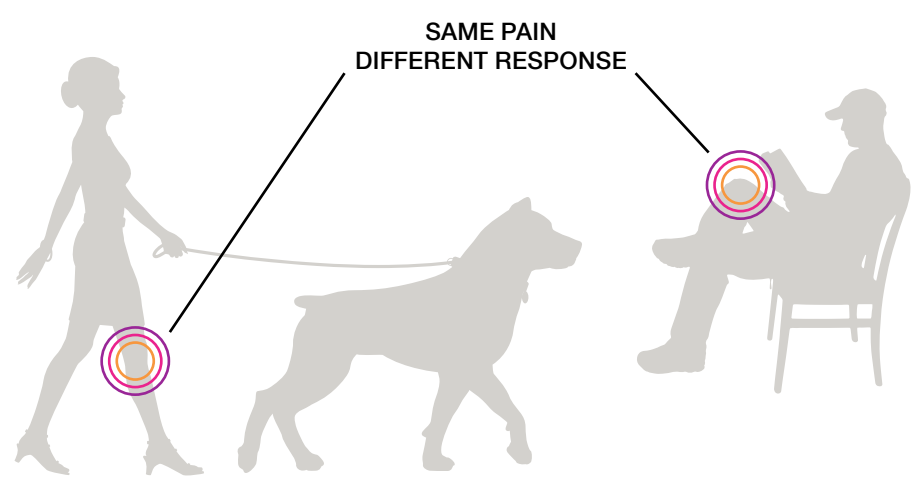


Women's Pain Update

Music, yoga and rose oil are among the remedies proven effective for women suffering with everything from fibromyalgia, backaches, menstrual cramps and labor pain, according to a review of new research related to women and pain by the American Society of Anesthesiologists® (ASA®). Every day we learn more about pain and gain new insights into managing it. Don't let pain stand in your way of living life to the fullest.

WOMEN Respond Differently TO PAIN

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

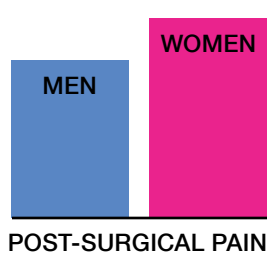


- 747 women and 48 men receiving treatment for fibromyalgia: researchers looked at sex differences in response to pain
- Men and women reported the same level of pain and function
- Men were more likely to view pain as being harmful
- Men were more likely to shun activity, thinking it would help them avoid pain

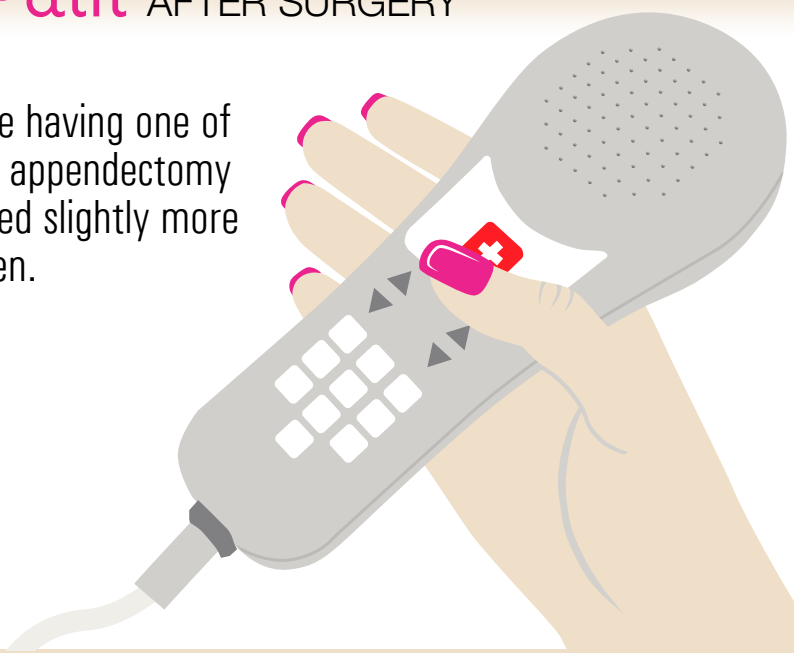
Source: *Clinical Journal of Pain*, Oct. 17, 2014.

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.



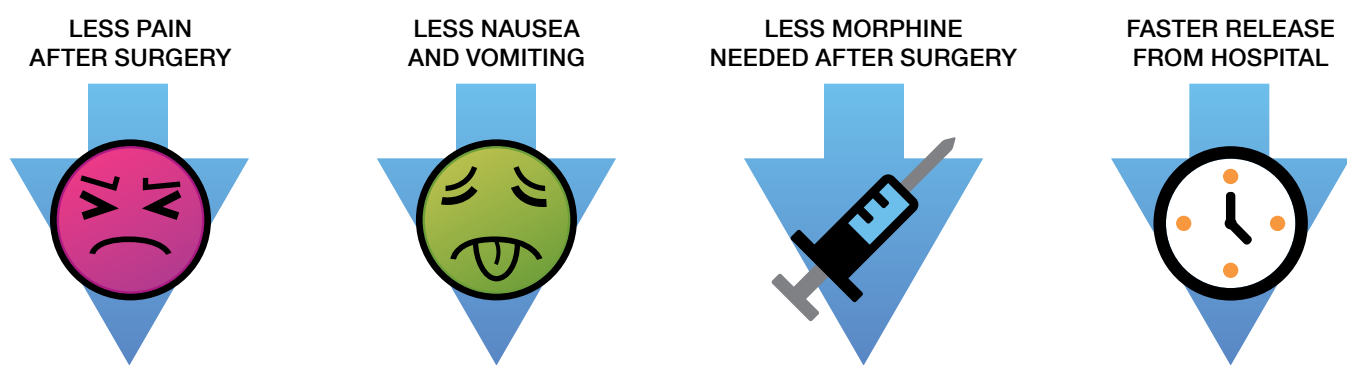
Source: *Anesthesiology*, May 2014.



Type of Anesthesia MAKES A DIFFERENCE

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

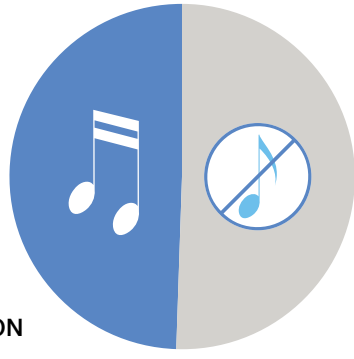
In a study of 64 women having surgery for breast cancer, those who had regional anesthesia with a nerve block fared better than those who had general anesthesia in the following ways:



Source: *Anesthesiology*, March 2014.

Music CAN HELP DURING LABOR

- LESS PAIN
- LOWER ANXIETY
- BETTER BLOOD FLOW AND FETAL HEART RATE
- LESS NEED FOR PAIN MEDICATION AFTER THE BIRTH



156 women giving birth were randomly assigned: 77 listened to music during labor, 79 did not. Those who listened to music:

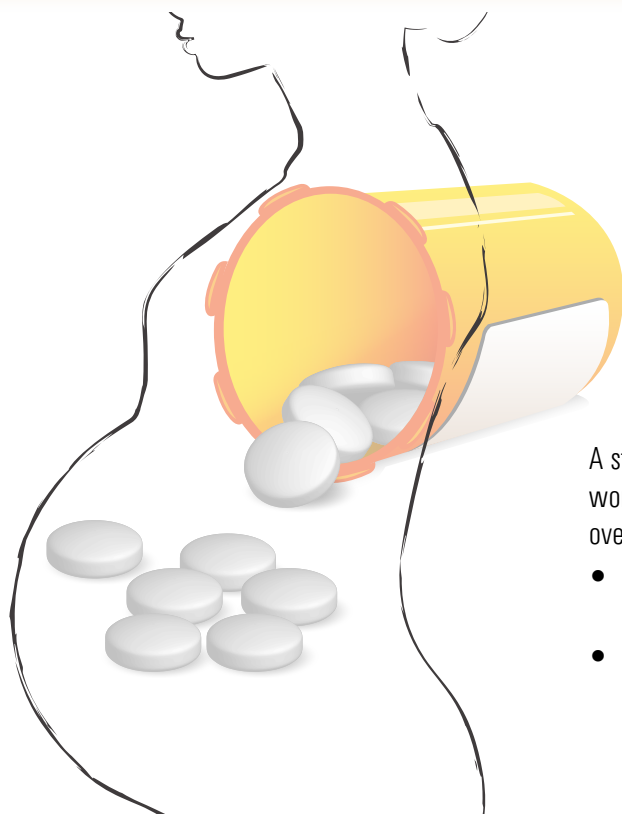
- had less pain and anxiety at all stages of labor
- had better blood flow and their babies had better heart rates
- needed less pain medication after the baby was born

Source: *Gynecologic and Obstetric Investigation*, Sept. 16, 2014.

Pain DURING PREGNANCY

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

Most common reason is back pain



DRUG WARNING

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.

Help FOR PAINFUL PERIODS

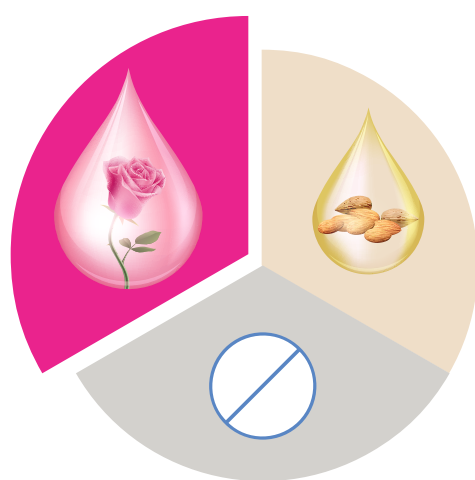
Massaging rose oil into the abdomen can ease painful periods

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



Source: *Journal of Obstetrics and Gynaecology*, Sept. 25, 2014.

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



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