





- **What makes the pain feel better? What makes the pain feel worse?** What have you done to try to relieve the pain? Does the medicine make it feel better? Does it hurt more when you are active or lying still?
- **Does the pain affect other parts of your life?** Does it make it hard to sleep, eat, or care for yourself or others? Does it cause you to be upset, teary or less patient?

**Talk to your doctor or nurse about your pain. Share your concerns and ask questions.**

- **¿Qué alivia el dolor? ¿Qué lo empeora?** ¿Qué ha hecho para intentar aliviar el dolor? ¿Los medicamentos alivian el dolor? ¿Duele más cuando está activo o cuando está recostado?
- **¿El dolor afecta otros aspectos de su vida?** ¿Le dificulta dormir, comer o cuidar a otros o a sí mismo? ¿Le hace estar disgustado, lloroso o más impaciente?

**Hable con su médico o enfermera sobre su dolor. Comparta sus inquietudes y haga preguntas.**

About Your Pain. Spanish.

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