



Risk Factors of Chronic Pain and its Mechanism

Andrew Williams*

Department of Anesthesiology, University of Michigan, Ann Arbor, United States

DESCRIPTION

Chronic pain relates directly to pain that occurs more than 3 to 6 months. In pharmaceuticals, since the emergence is frequently used to differentiate between acute and chronic pain. Pain that remains three months and six months after diagnosis are two most commonly used indicators, but some researchers and theorists assume the transformation from acute to chronic pain occurs at 12 months. Others describe acute pain as enduring less than 30 days, chronic pain as enduring more than six months, and sub-acute pain as that can last one to six months.

Chronic pain is differentiated from another type of pain is known as acute pain. Acute pain occurs when person is injured, such as a reduced the skin or a bone fracture. It doesn't last lengthy and dissolves once the body heals from what caused the pain. Chronic pain, on the other hand, persists long after person has recovered from an injury or illness. Chronic pain can occur for no particular reason.

Causes of chronic pain

Chronic pain is usually the consequence of an initial injury, such as a shoulder pain or a swollen lymph node. Chronic pain is associated with adverse health effects when nerves are harmed. The nerve damage amplifies and complicates the pain. In these cases, treatment of the underlying injury can be sufficient to alleviate the chronic pain. However, in some cases, people will experience chronic pain without any injury. The specific causes of chronic pain without injury are unidentified. Pain can be caused by a deeper health condition, such as:

Chronic fatigue syndrome: It is characterized by severe, sustained pain and fatigue, which is frequently accompanied by pain.

Endometriosis: A painful condition which occurs when the tissue inner surface develops outside of uterine cavity.

Fibromyalgia: Widespread muscular and skeletal pain.

Inflammatory bowel disease: A group of conditions characterized by chronic, painful inflammation of the digestive system.

Interstitial cystitis: A chronic condition characterized by stomach pressure and pain.

Temporomandibular Joint Dysfunction (TMJ): A condition that causes painful jaw pinning, popping, or holding.

Risk factors for chronic pain

If chronic pain can be caused by a wide range of diseases or injuries, there are several risk factors. Some risk factors are as follows:

Genetics: Some chronic pain causes, such as migraines are genetic.

Having obesity: Obesity can complicate certain painful health conditions, such as arthritis, by providing additional stress on the joints.

Age: Older people are highly possible to experience chronic pain from arthritis and neuropathic pain.

Having a previous injury: People are more possible to develop chronic pain if person suffered a traumatic injury.

Having a labor-intensive job: People work in a physically demanding job is more possible to develop chronic pain.

Experiencing stress: Chronic pain has been associated to both prevalent stress and post-traumatic stress disorder, according to analysis.

Smoking: If a person smoke is more probable to develop medical conditions that require chronic pain treatment.

Complications of chronic pain

Chronic pain complications usually include: Reduced quality of life, anxiety, nervousness, substance abuse difficulties, existing

Correspondence to: Andrew Williams, Department of Anesthesiology, University of Michigan, Ann Arbor, United States, E-mail: williams.a@gmail.com

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chronic disease complicates, suicidal behavior and suicide are more probable. Chronic pain has severe consequences. Because it's essential to seek medical treatment if person experiencing

chronic pain. There are various opportunities for pain relief and management.