

Is Chronic Pain Part of Normal Aging? We Say No...

September is National Pain Awareness Month. According to the U.S. Pain Foundation, chronic pain affects 50 million Americans in some way. For seniors, however, many believe their pain is a normal part of aging – just what happens as your body gets older. They often accept it or pull back from doing the things they enjoy most beginning a downward spiral of isolation, depression, and poor health outcomes. We say no; pain isn't a normal part of aging and the sooner you can holistically address it, the sooner you can get back to living the life you desire.

Pain is a constant conversation we have with clients at Lifesprk because so many seniors face it in the form of arthritis, cancer, chronic illness, headaches, back issues, and the list continues. But we've discovered that sometimes the pain's root cause goes deeper – they are pained by the idea that the medical diagnosis causing their pain is taking something away from them – their love of painting, going on walks, golfing, taking care of grandchildren, working on home improvement projects, whatever it might be – and their ability to live healthy, independent lives is at stake. The real issue, however, is that no one is addressing how to help them get that purposeful living back.

How can you move beyond the pain? Our Lifesprk Life Managers (registered nurses) have put together a few tips on what seniors and those caring for them should know about chronic pain and more importantly, how not to accept pain as a normal part of aging. [Read on for tips and resources.](#)

Reach out to Senior Care Navigation at 952-345-3317 or visit [Senior Care Navigation online.](#)