



Women and Pain Management

Enjoy A Pain-free Life!



Chronic Pain Conditions

Chronic pain is the pain lasting for more than 6 months. It affects people's daily activities, reduces social engagement, and causes stress and depression. One-third of the world's population is in pain every day, and this is not just the elderly population. 1 in 5 chronic sufferers is under 30 years old.

A higher proportion of women experienced chronic pain and reported significantly higher pain intensity scores than men did worldwide. However, women are less likely to receive treatment.

● Fibromyalgia

Fibromyalgia is a condition that causes widespread pain, sleep problems, fatigue, problems with memory, concentration and thinking and mood issues. It affects approximately 2.7% of the world's population and commonly occurs in women.

Complications of fibromyalgia:

- More hospitalization
- Lower quality of life
- Higher rates of major depression
- Higher death rates from suicide and injuries
- Higher rate of other rheumatic conditions

● Osteoarthritis (OA)

Osteoarthritis (OA) is a chronic condition that can affect any joint, but it occurs most often in the hands, knees, hips, lower back and neck. The condition ranks fifth among all forms of disability worldwide.

Anyone who injures or overuses their joints, including athletes, military members, and people who work physically-demanding jobs, may be more susceptible to developing this disease as they age. And women are more likely to develop OA than men, especially after age 50, and report more severe pain scores than men. Currently, there is no cure for OA, but the symptoms can be relieved and controlled by physical therapy.

● Pelvic Pain

Pelvic pain is felt in the lower part of the tummy. It may be sudden and severe (acute pelvic pain) or last 6 months or longer (chronic pelvic pain).

Pelvic pain reduces the quality of life and interferes with the ability to work, exercise, or enjoy hobbies. It occurs in both women and men but is more common in women.

Pelvic pain in women can be caused by:

- menstrual pain
- problems affecting the female reproductive system
- Irritable Bowel Syndrome
- pregnancy



Menstrual pain

Menstrual pain or period pain is common and a normal part of the menstrual cycle. Severe period pain often comes alongside other symptoms such as tiredness, clumsiness, swollen stomach, tender breast, lack of concentration, etc. It also affects your work and makes it difficult to sleep.

Prevalence of Menstrual pain

Approximately 80% of women globally experience menstrual pain at some point in their lives. This is most common among young to mid-aged (18-44) women (93%-95%). The prevalence is highest in the Middle East regions (96%) followed by South & Central America (87%). (Source: Global Pain Index Report)

Severity of Menstrual Pain

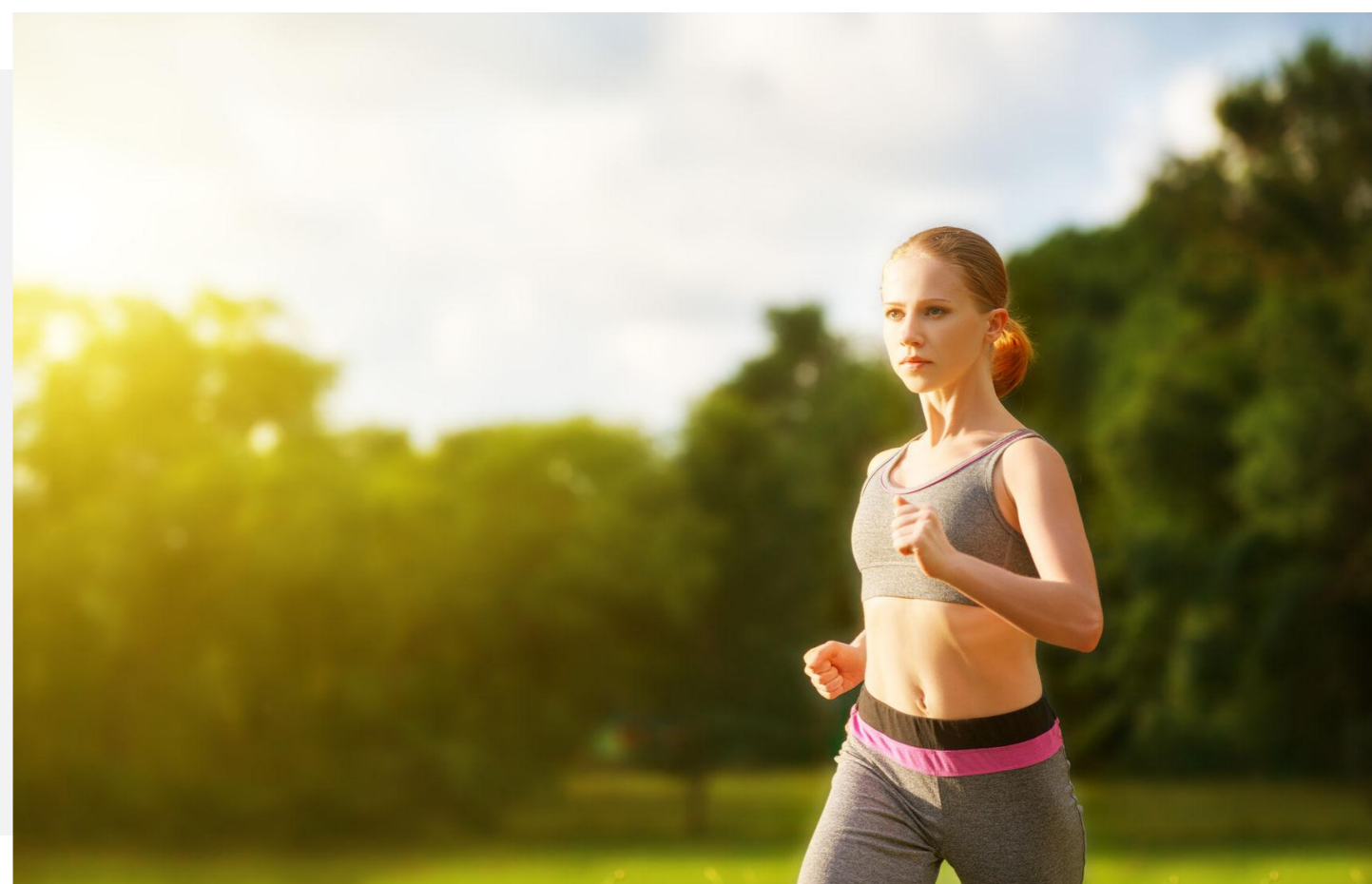
It's usually felt as discomfort and painful muscle cramps around the abdomen and can spread to the lower back and thighs. The pain sometimes comes in intense spasms, while at other times, it may be dull but more constant.

The period varies with people's physical condition. Some people may feel little or no discomfort, while others may be more painful. 1 in 3 women scores their menstrual pain as very severe, the second highest across all pains.

Exercise makes menstrual pain worse?

THAT'S NOT TRUE. In fact, exercising is a great way to help manage menstrual pain.

Studies show that regular exercise can help to reduce menstrual pain. Exercise releases endorphins, which helps block the pain receptors in the brain and improve circulation, including in the uterus, thereby providing pain relief.



Pain Related to Childbirth

● Labor Pain

While delivering, the uterus contracts powerfully to squeeze the body out. These contractions are the main cause of pain. And this pain can be felt as strong cramping in the abdomen, sometimes the entire torso and pelvic area.

Reducing pain more effectively and safely during labor is the most wanted of every mom-to-be.

There are many pain relief options. When choosing a pain relief option, nearly all moms said the health and safety of themselves and the baby was an important factor in their decision.

“ Childbirth is painful. But it’s manageable.”



● Postpartum Low Back Pain

Low back pain (LBP) greatly impacts life as it can occur while walking, lifting, bending, or baby carrying.

The pain is common and intense in the postpartum period. More than 67% of the women experienced back pain directly after childbirth. The pain can last for 6 months but sometimes it may continue for up to a decade.

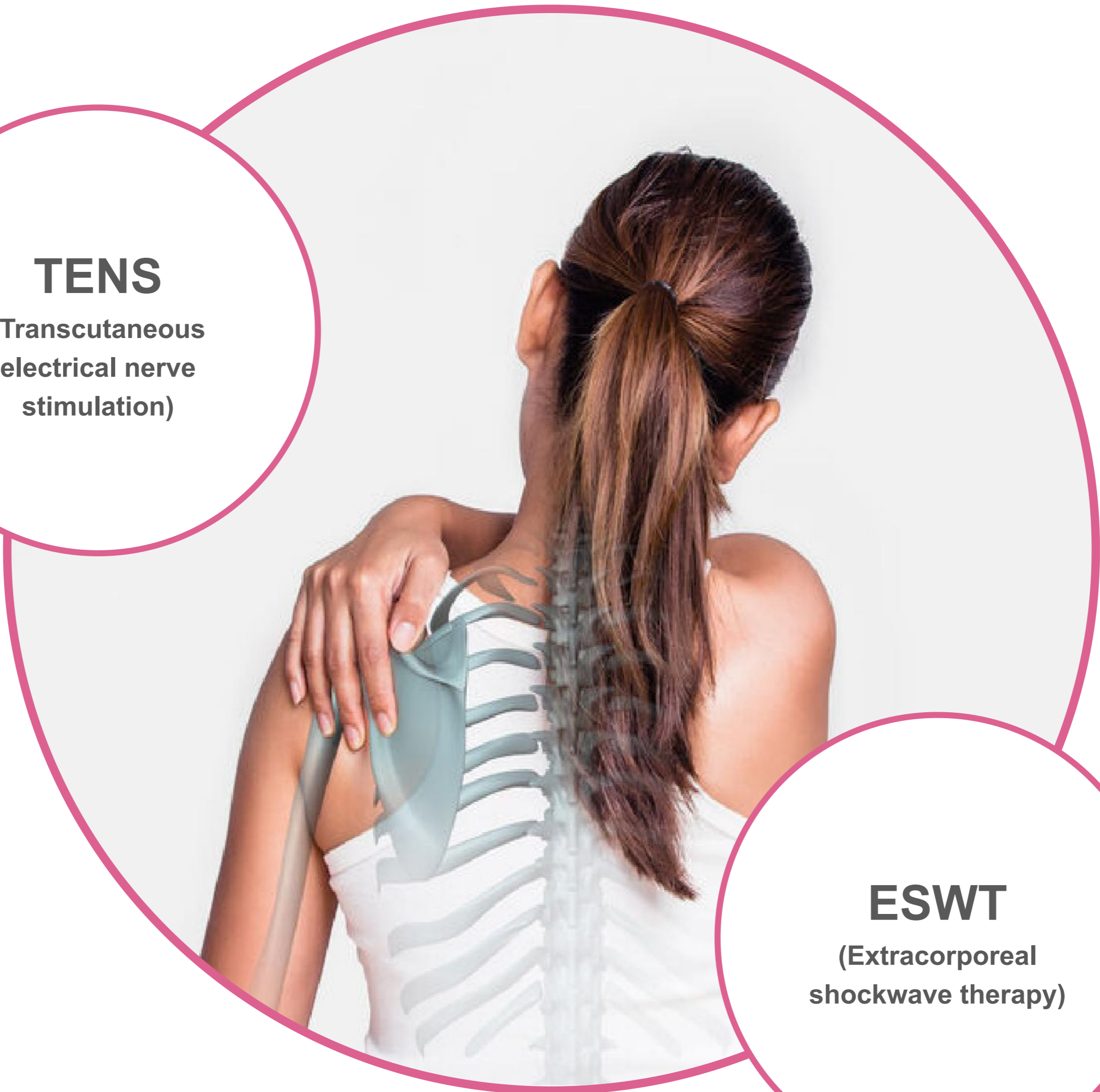
LBP seems to decrease over the postpartum period. However, while the majority of cases resolve within 6 months postpartum, 40% may continue to experience pain over 6 months. And women who experience LBP at 3 months postpartum were found to be at higher risk for chronic LBP. Of these women, only 6% recover within 6-18 months after childbirth.

The severity of postpartum LBP varies. Some can be treated with rest, exercise, and home treatments. If the pain progresses over time and develops a new symptom such as numbness or weakness in the legs, medical attention is required.

Leaving the LBP untreated after delivery may lead to chronic pain, affect daily functioning and reduce the overall quality of life.

Longest Pain Management Solutions

TENS
(Transcutaneous electrical nerve stimulation)



ESWT
(Extracorporeal shockwave therapy)

Non Invasive

Convenient

Economical

No Downtime

TENS Units



In most cases, pain can be treated easily at home. TENS (Transcutaneous electrical nerve stimulation) is a portable, effective, and easy-to-use device ideal for in-home care. Therapists can prescribe patients the device for managing symptoms and relieving pain easily and timely at home.

TENS works by delivering electrical impulses through pads placed near the area of pain to disrupt the transmission of pain signals to the brain and, in the meanwhile, encourage the body to produce more endorphins which are the natural pain killers.

Why adds TENS to your clinics?

- Provide the patient with an in-home pain relief option with fewer side effects compared to medication.
- Improve the efficiency and patient flow of your clinics.
- Keep your patients satisfied and safer with better service.
- Reduce cost and drive revenue for your clinics.

Longest TENS Units

Smart User App

Small & Portable

Preset Protocols

Affordable

EWST Devices



ESWT (Extracorporeal shockwave therapy) involves the delivery of shock waves, which are a form of energy that has biological effects described at the cellular, tissue, and organ level, to the injured soft tissue to reduce pain and promote healing.

ESWT is a proven safe and effective non-invasive option for both acute pain and chronic pain. It can be an excellent complementary approach for patients when rest, ice, therapeutic exercises, and other home treatments don't work.

Why adds ESWT to your clinics? Longest Powershocker Series

- Provide patients with access to non-invasive, no-downtime, safer, and more affordable pain treatment options.
- Reduce the need for surgery and other invasive treatments.
- Expand your services to accommodate wider treatment requirements.
- Treat the root, not just the pain. It promotes the healing of injured soft tissues.

Wide Preset Protocols

Stable Shockwave

Low-noise Treatment

Less Maintenance

More Affordable



Longest, a leading manufacturer in physiotherapy and rehabilitation, provides healthcare professionals and consumers with non-invasive solutions to various health problems to prevent unnecessary invasive procedures.

Our wide portfolio of performance-center solutions support health systems to better manage the growing rehabilitation needs, speed up workflows, reduce costs, and improve patient outcomes.

Together, we improve the lives of patients and their families.

www.gzlongest.com

**We strive to advance
the health, for all.**

We provide the best, because we care the most.

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