



FEATURE ARTICLE FROM ALWAYS BEST CARE

Half of Older Americans Slowed by Bothersome Pain

Pain reduces the quality of a person's life by preventing him or her from performing the activities of daily living. Pain is the reason many people slow down as they age. Even simple tasks, like getting dressed or cooking a meal, can be unbearable.

Now a new study shows about half of older Americans struggle with bothersome pain.

The report, published in *PAIN*[®] magazine, says that 18.7 million Americans experienced bothersome pain in the past month. Specially trained researchers interviewed patients in their homes in the community and in residential care facilities. As part of the interview, researchers assessed the cognitive and physical performance of study participants.

The researchers discovered that about half of all older adults live on their own in the community. They found that many people suffer pain in multiple areas of their bodies, especially in the back, hips, and knees. The number of people living with pain did not differ with age among participants aged 65 and older – a 66 year-old is as likely to suffer pain as someone who is 85. The prevalence of pain was higher among women and obese individuals, and in those with musculoskeletal problems or depressive symptoms.

Reduce your risk for chronic pain as you age by eating a nutritious diet, exercising, and seeing your doctor regularly. Contact your nearest Always Best Care office by calling toll-free 1-855-470-CARE (2273) to learn more.



Always Best Care Senior Services

Always Best Care Senior Services (www.alwaysbestcare.com/) is based on the belief that having the right people for the right level of care means peace of mind for the client and family. Always Best Care Senior Services has assisted over 25,000 seniors, representing a wide range of illnesses and personal needs. This has established the company as one of the premier providers of in-home care, assisted living placement assistance, and skilled home health care in the United States.

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