

A JOURNEY TO LEARN ABOUT

DANNI



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HOW TO USE THIS BOOK

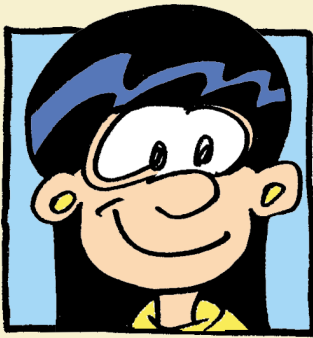
YOU ARE MOST LIKELY A PARENT OR CAREGIVER, FAMILY MEMBER, OR FRIEND, WHO IS INTERESTED IN THIS BOOK BECAUSE A CHILD YOU CARE ABOUT, HAS PAIN.

THIS BOOK WILL COVER SOME TOPICS ABOUT PAIN AND PROVIDE SOME COGNITIVE AND BEHAVIORAL STRATEGIES FOR HELPING THE CHILD IN YOUR LIFE WHO IS STRUGGLING WITH PAIN.

THE CONTENT IS ALSO RELEVANT TO A WIDE RANGE OF PRACTICE, BY DOCTORS, PHYSIOTHERAPISTS, PSYCHOLOGISTS AND MENTAL HEALTH PROFESSIONALS WORKING WITHIN INTERDISCIPLINARY PAIN PROGRAMS.

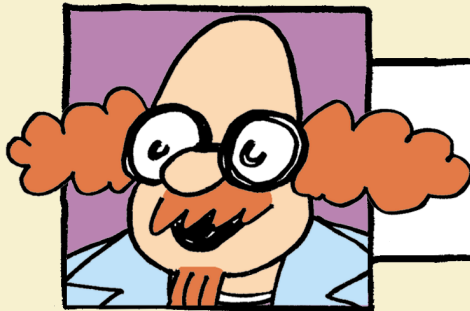
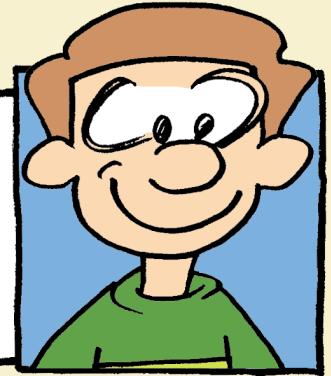
THE BOOK WILL HELP YOU TO UNDERSTAND PAIN BUT IT DOES NOT AIM TO SUBSTITUTE ANY TREATMENT OR HEALTH PROFESSIONAL.





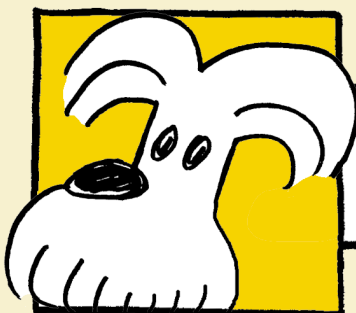
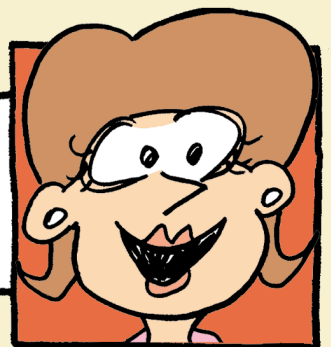
CLARA IS A VERY SMART GIRL WHO LOVES TO LEARN NEW THINGS. FRED IS HER BEST FRIEND.

FRED IS A 8-YEAR-OLD BOY WITH HEADACHES THAT OCCUR MOST DAYS OF THE WEEK. BECAUSE OF HIS PAIN, HE HAS MISSED DAYS OF SCHOOL THIS YEAR AND IS NO LONGER ABLE TO PLAY SOCCER. HIS PARENTS HAVE TAKEN HIM TO SEE A NUMBER OF SPECIALISTS AND HE HAS TRIED MANY DIFFERENT MEDICATIONS, BUT HE HAS NOT EXPERIENCED ANY IMPROVEMENT IN HIS PAIN.



PROF. DEXTER IS A VERY SMART SCIENTIST. HE CAN EXPLAIN A LOT OF THINGS. HE WORKS IN A BIG LABORATORY WITH HENRY, HIS SUPER COMPUTER.

DONA ANNA IS FRED'S MOTHER. SHE IS WORRIED ABOUT FRED'S PAIN. SHE IS DOING EVERYTHING TO HELP FRED.



DON IS FRED'S LITTLE DOG.



CLARA AND FRED ARE GREAT FRIENDS WHO LIVE IN THE SAME NEIGHBORHOOD.

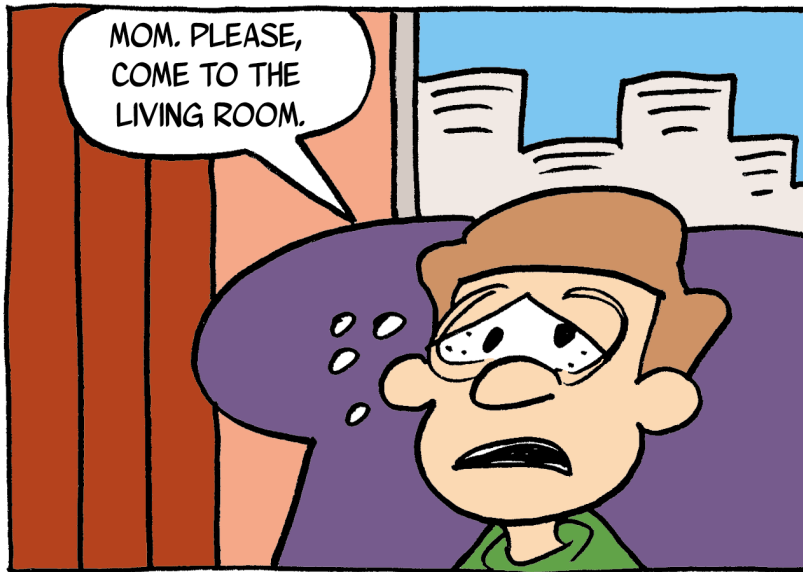
CLARA, FRED AND DON LIKE TO DO A LOT OF THINGS TOGETHER, AND TODAY WILL NOT BE ANY DIFFERENT.



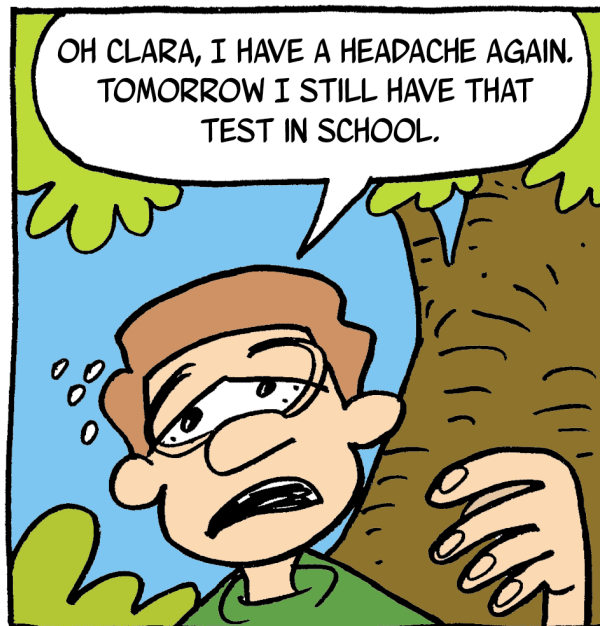
FRED!

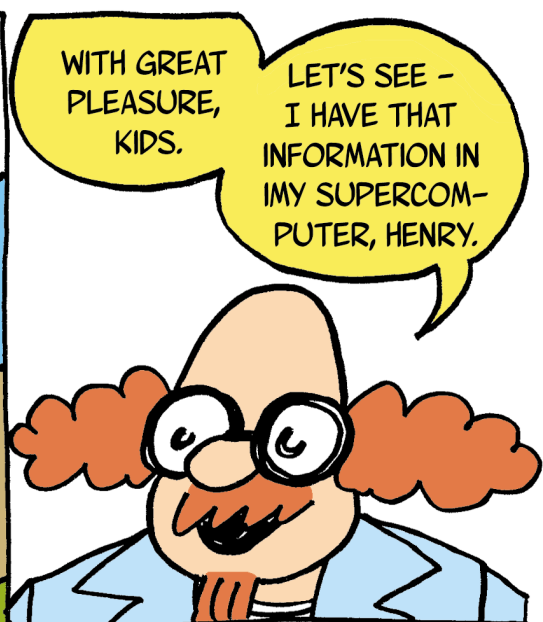
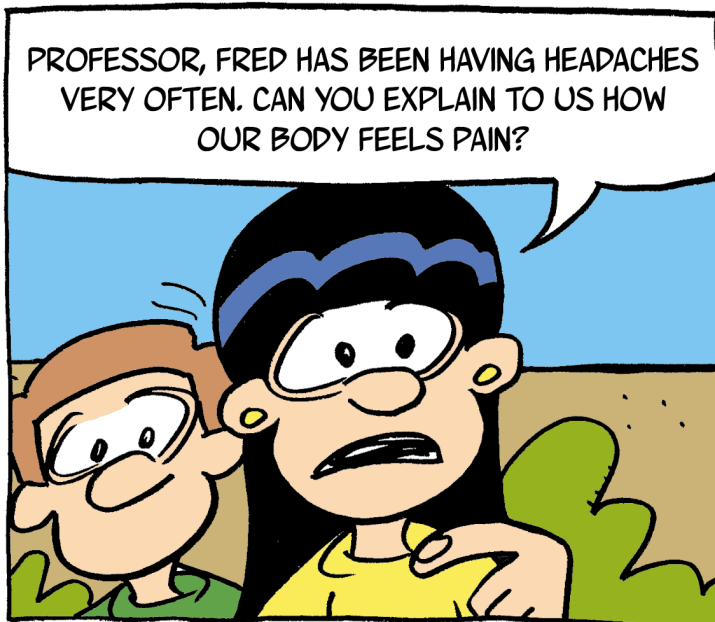
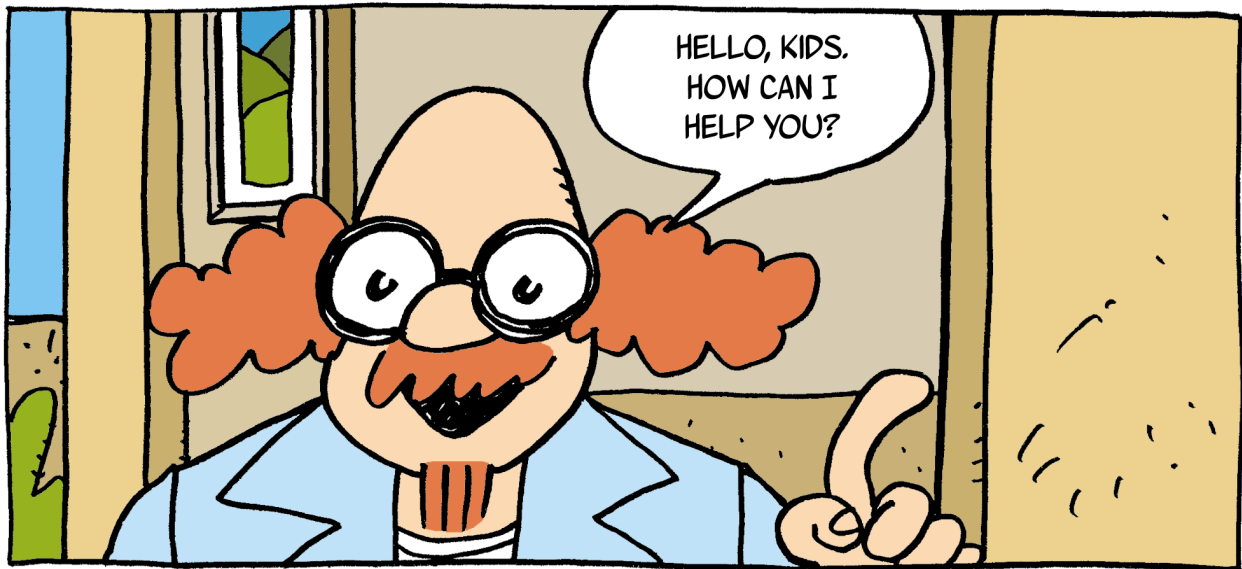
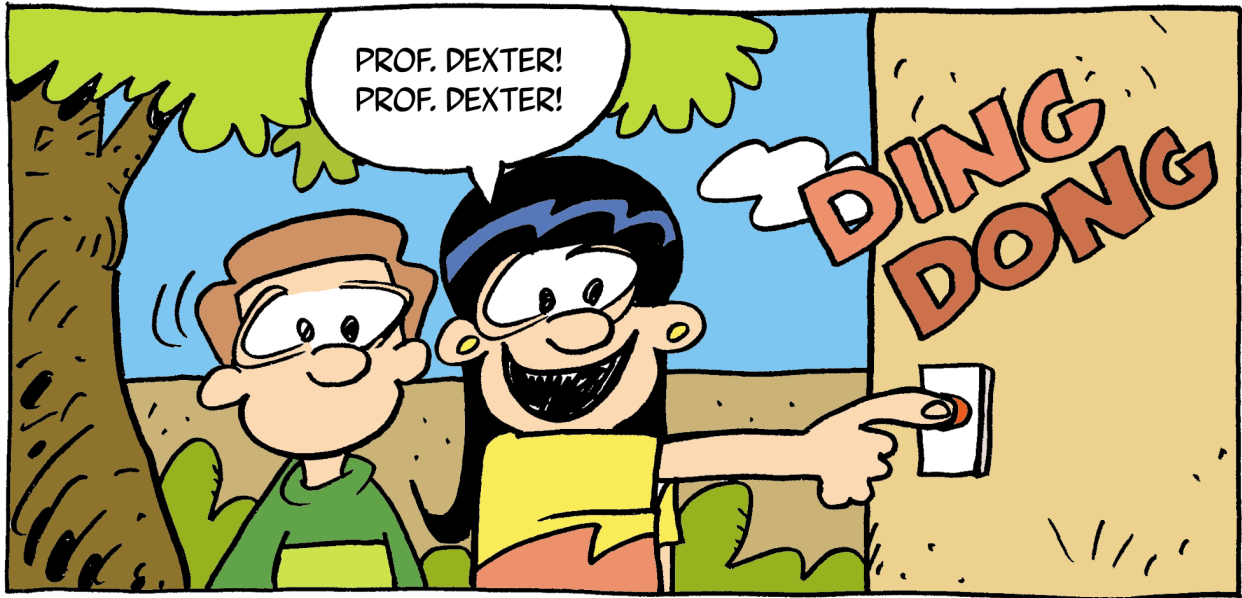


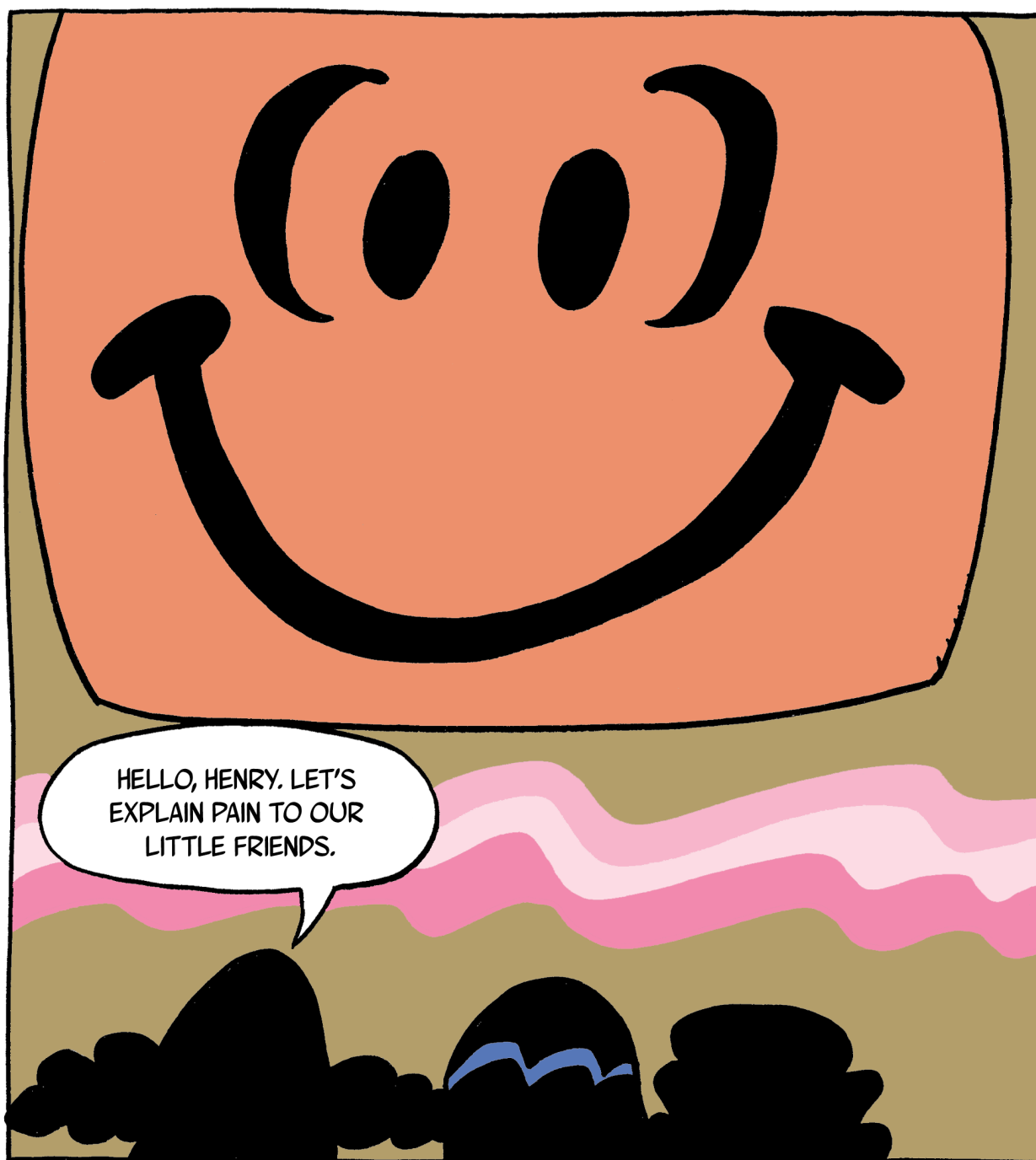
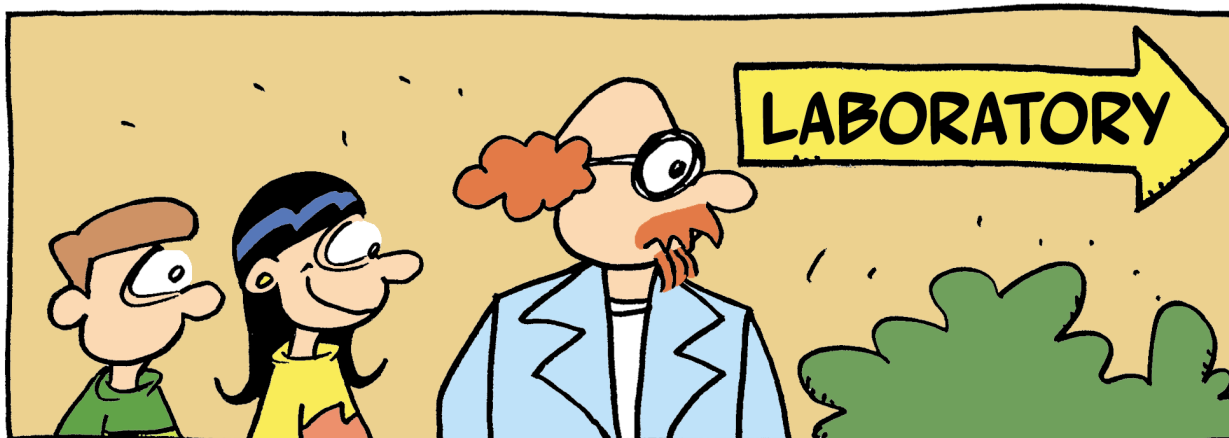
TODAY IS SUNDAY AND FRED IS AT HOME. FRED HAS A HEADACHE AGAIN.

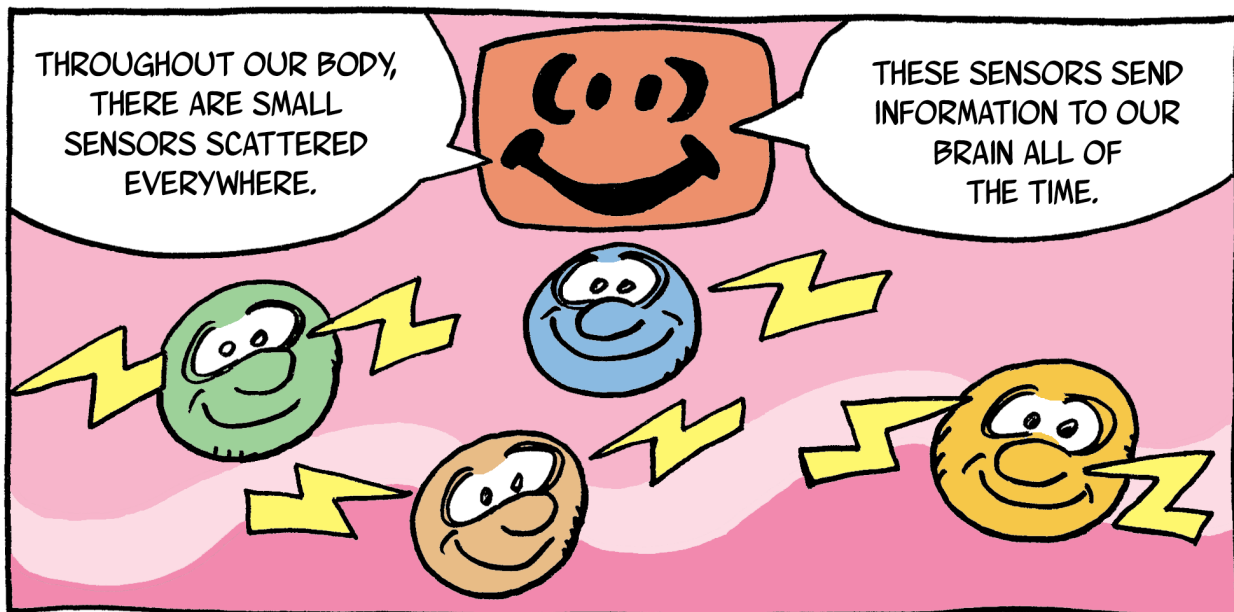
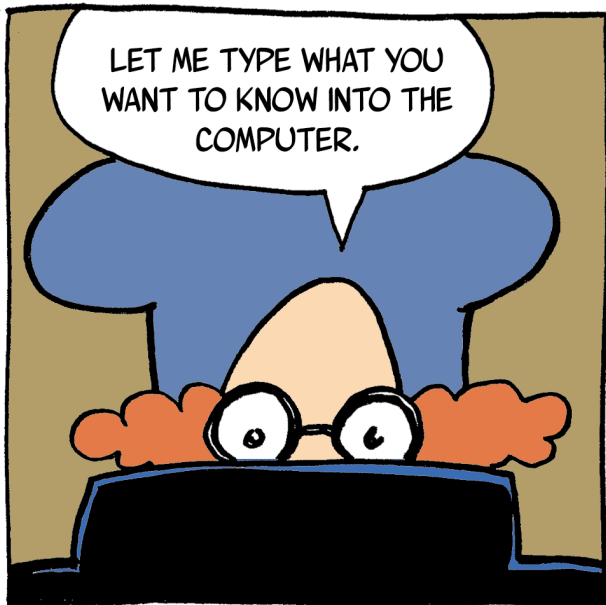


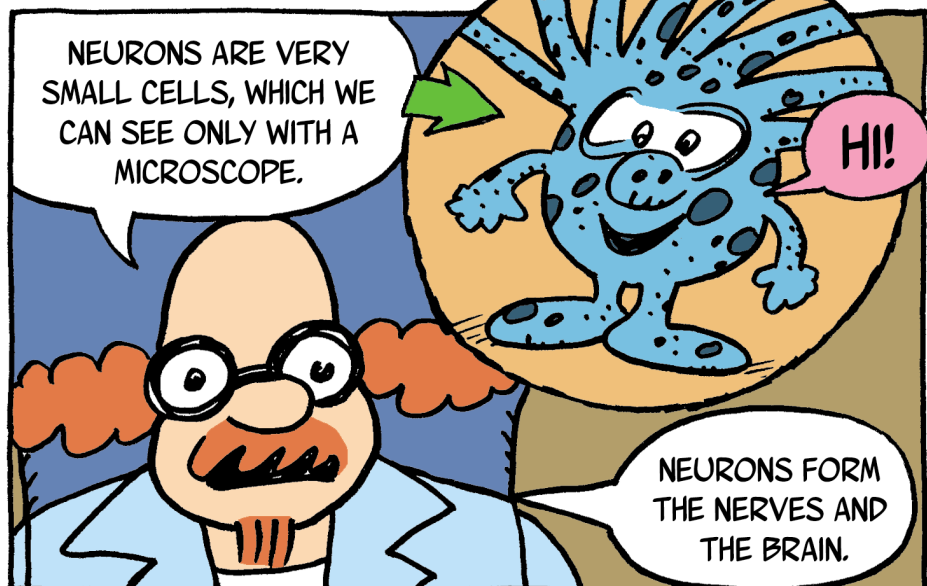
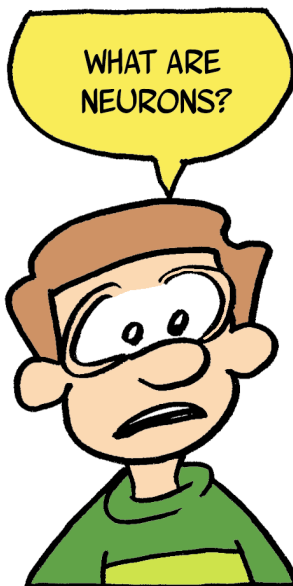
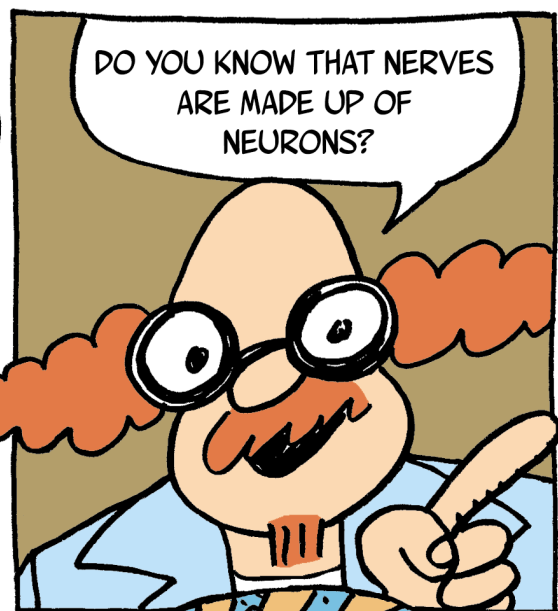
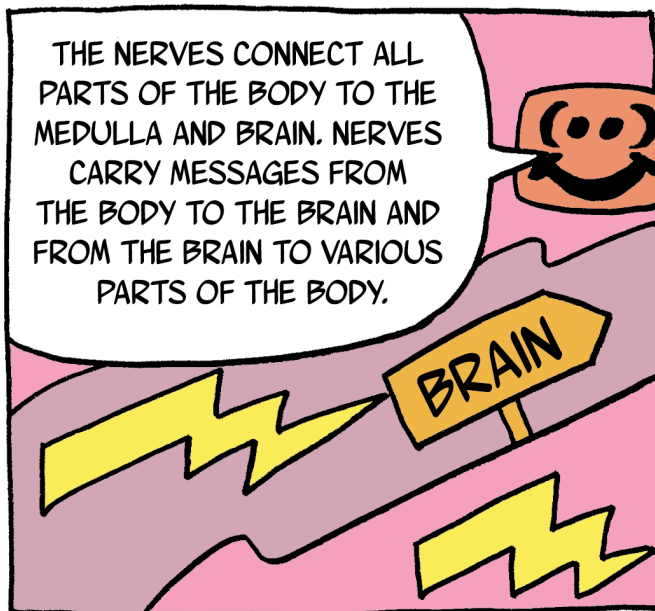
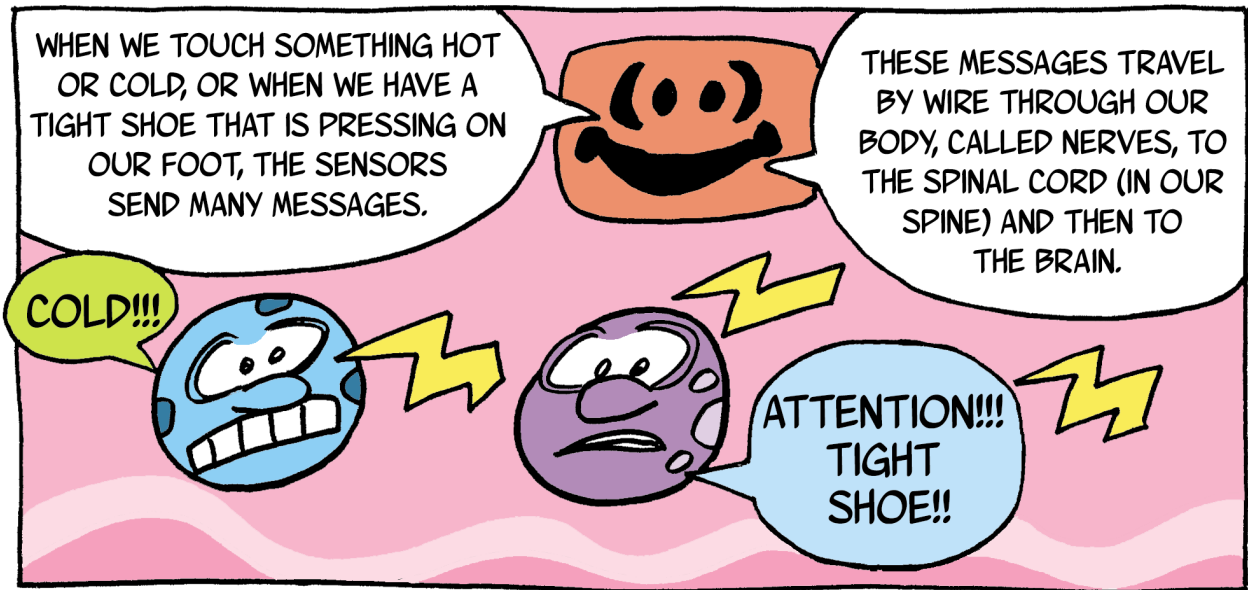


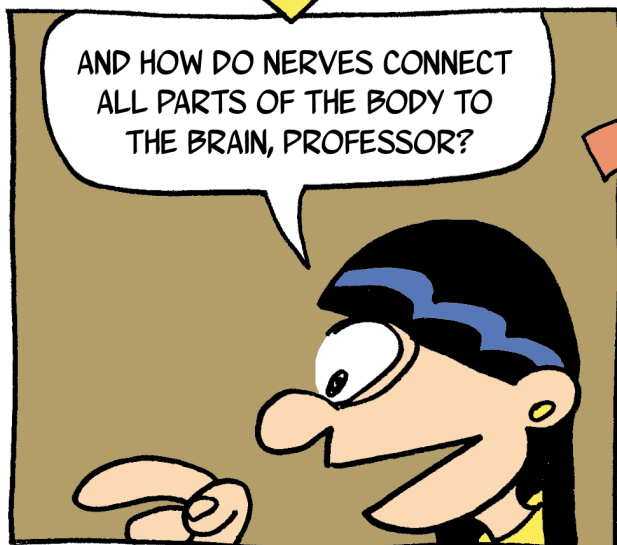
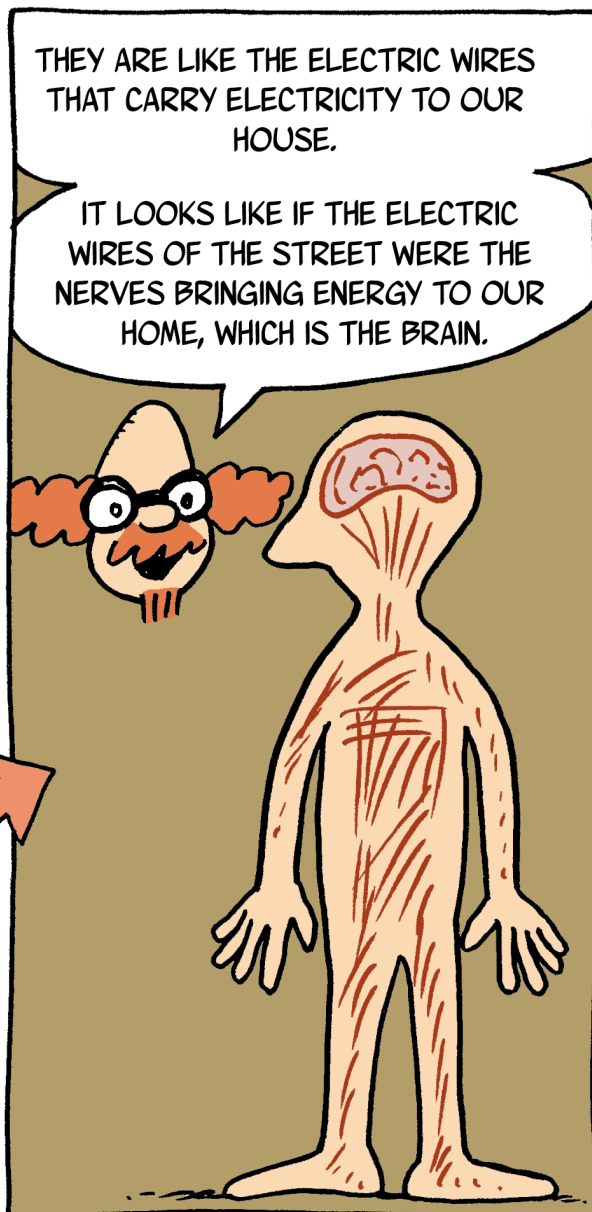
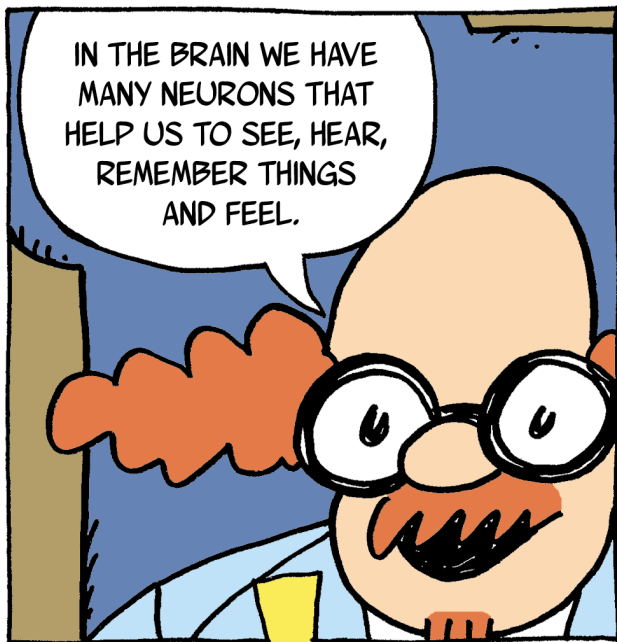


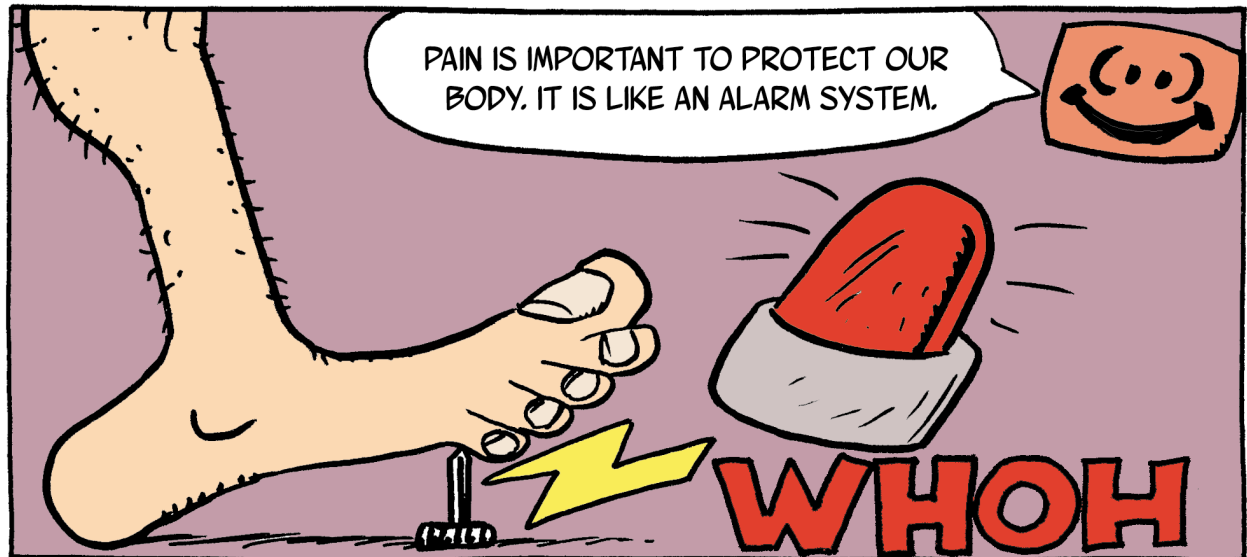
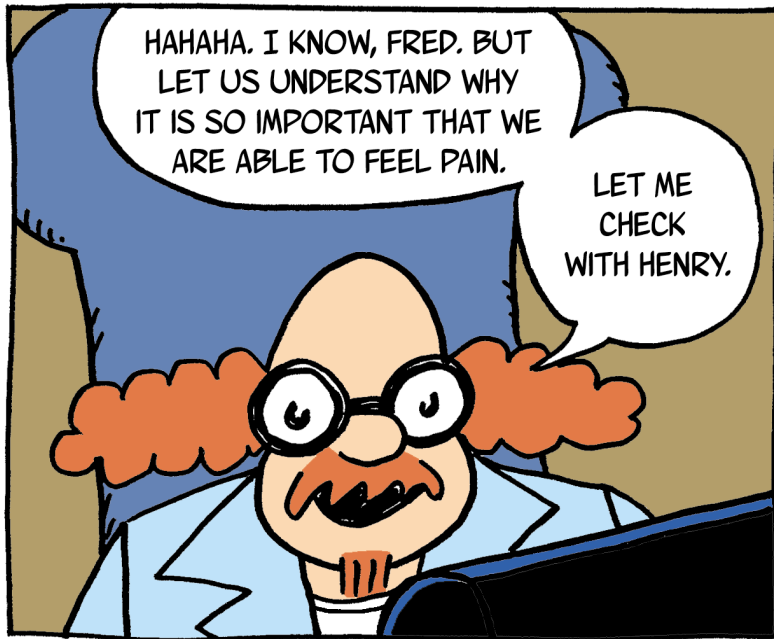


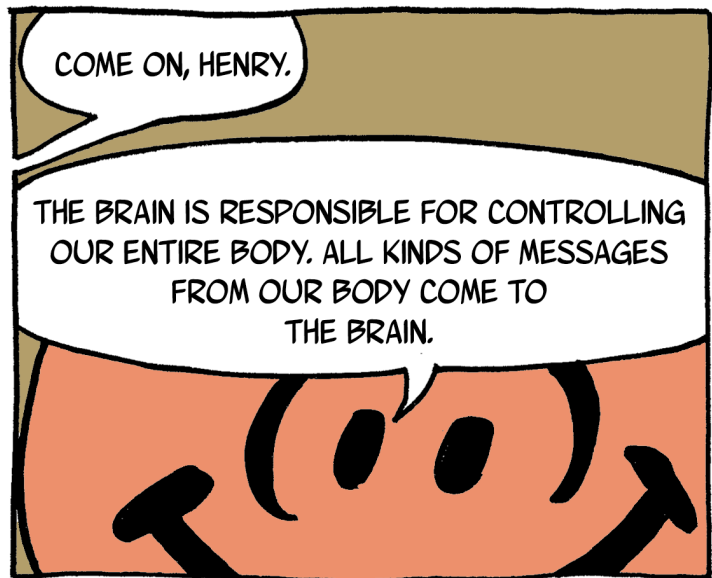
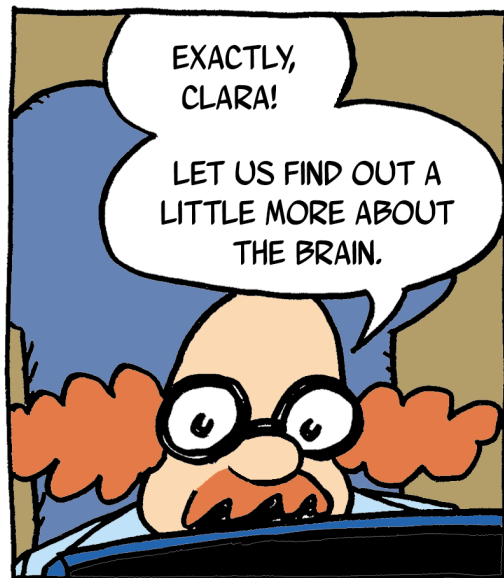
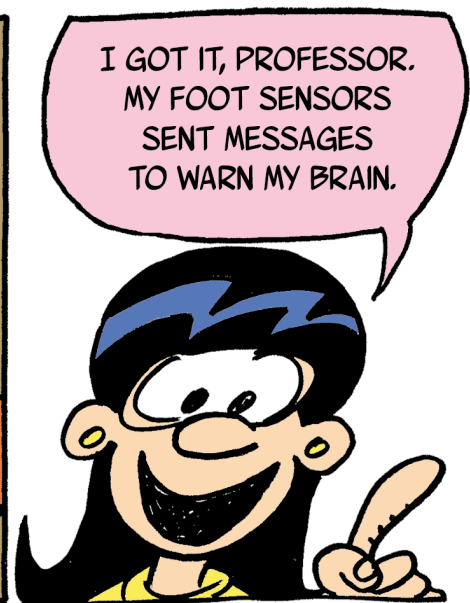
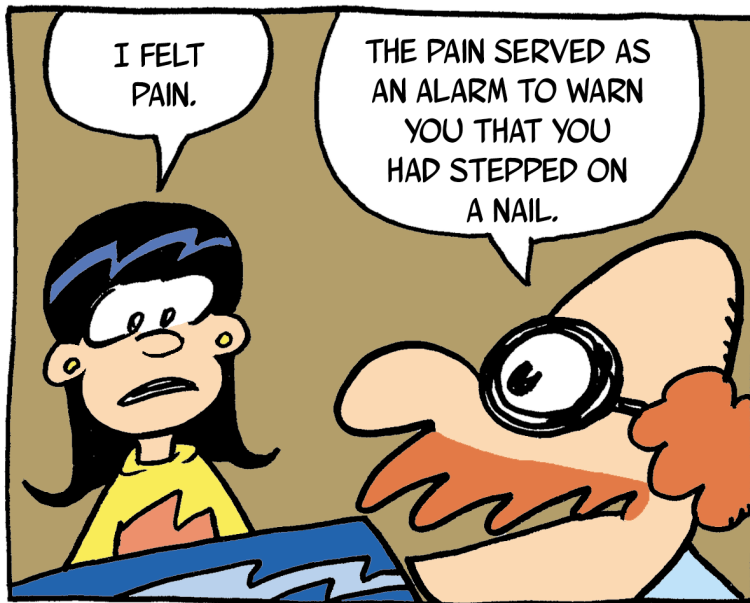


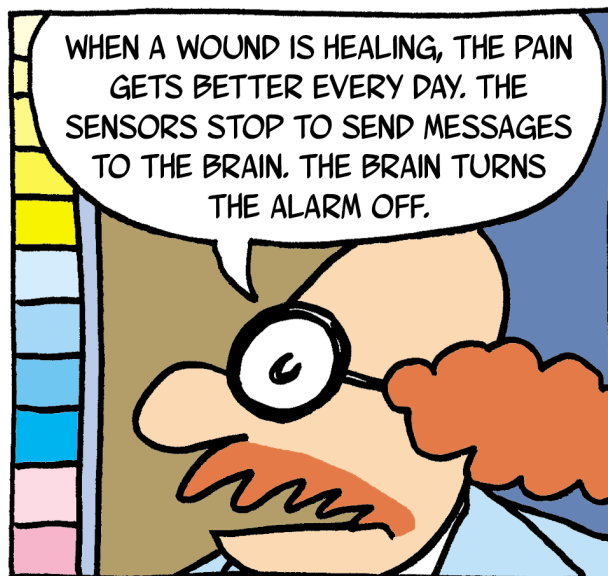
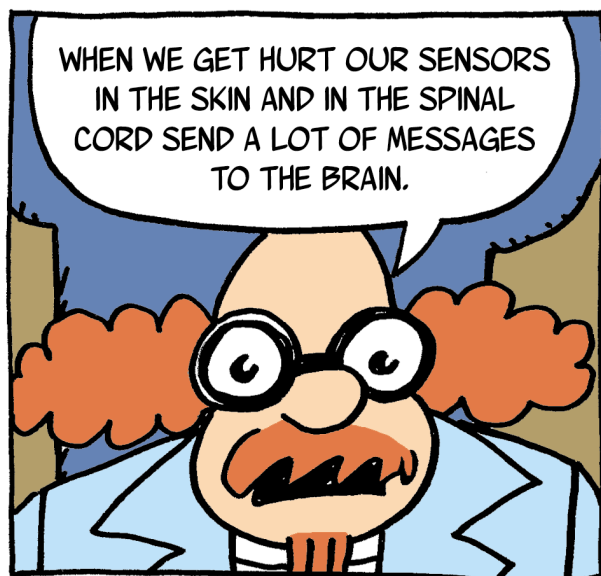
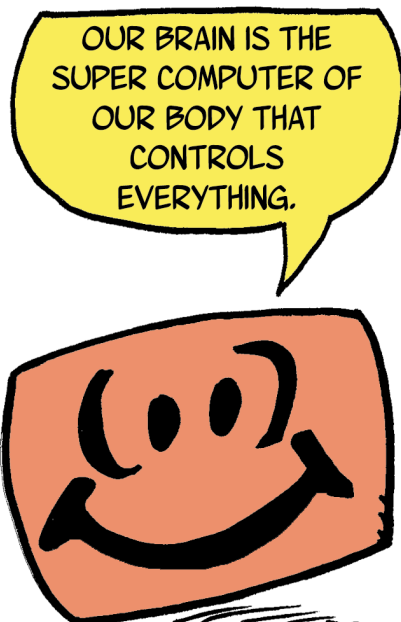
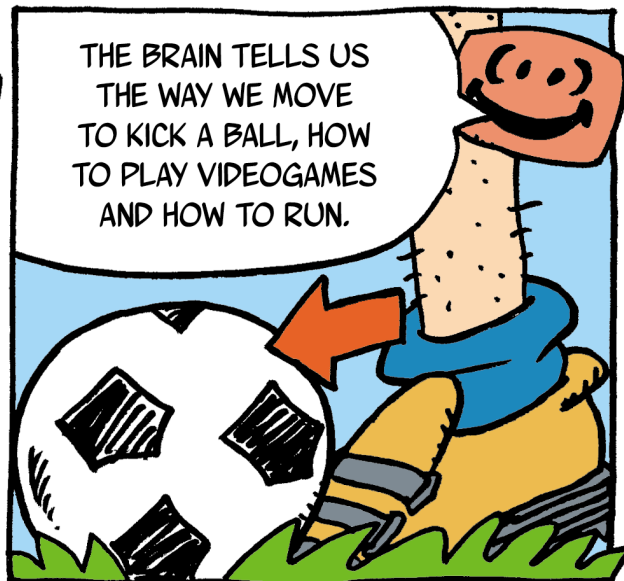
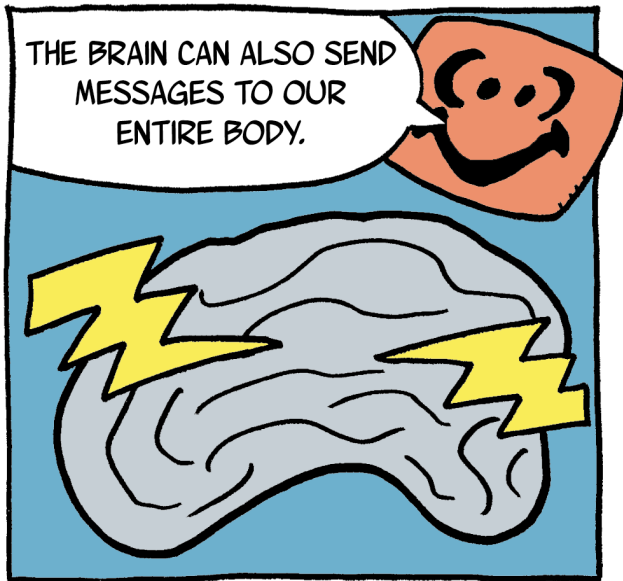


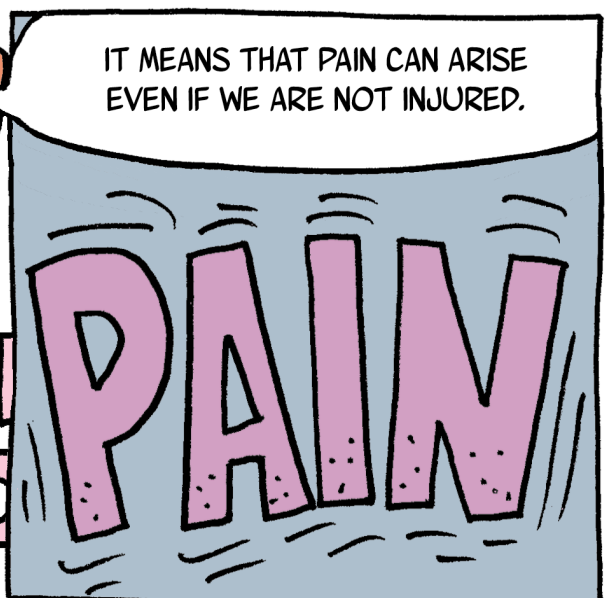
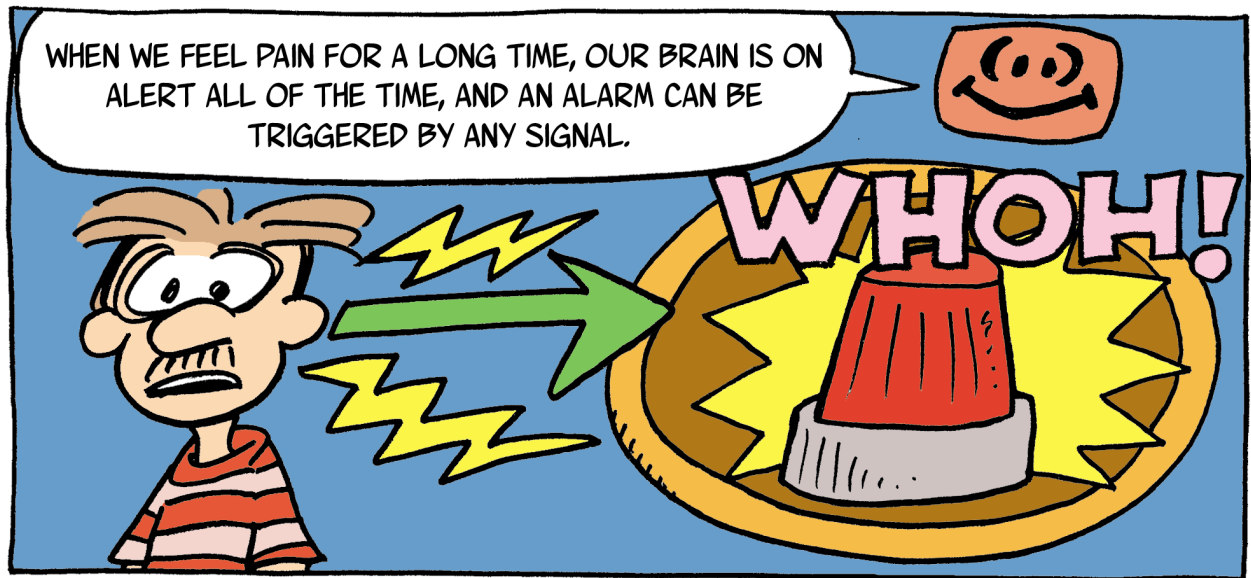


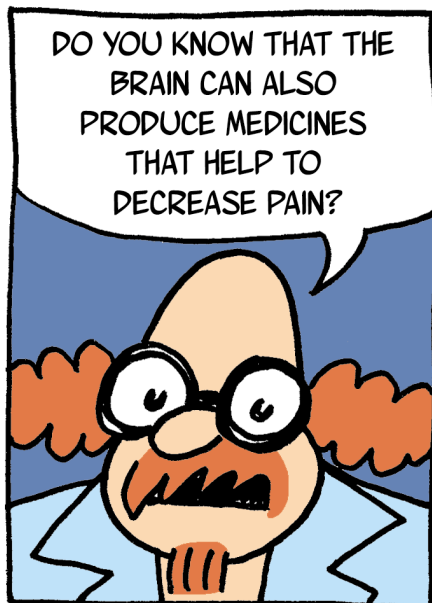


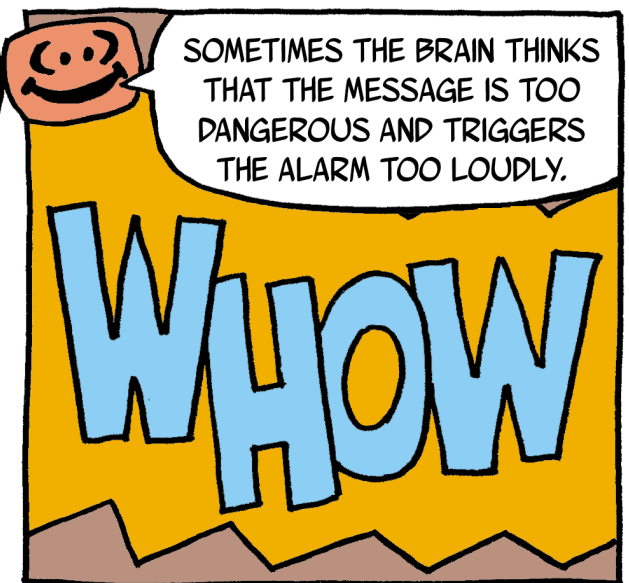
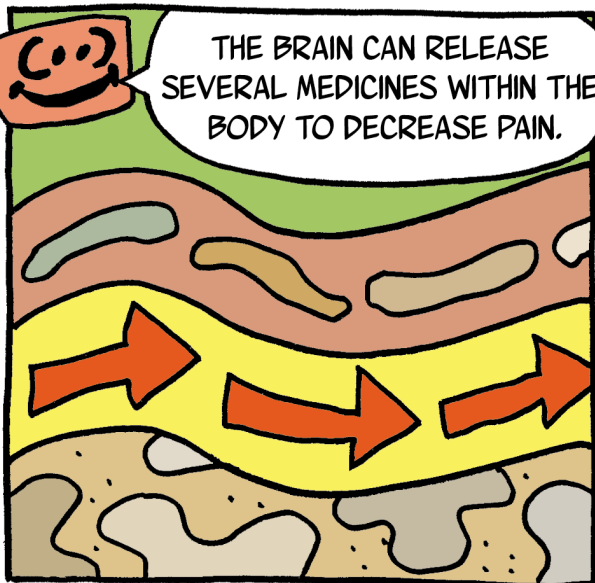
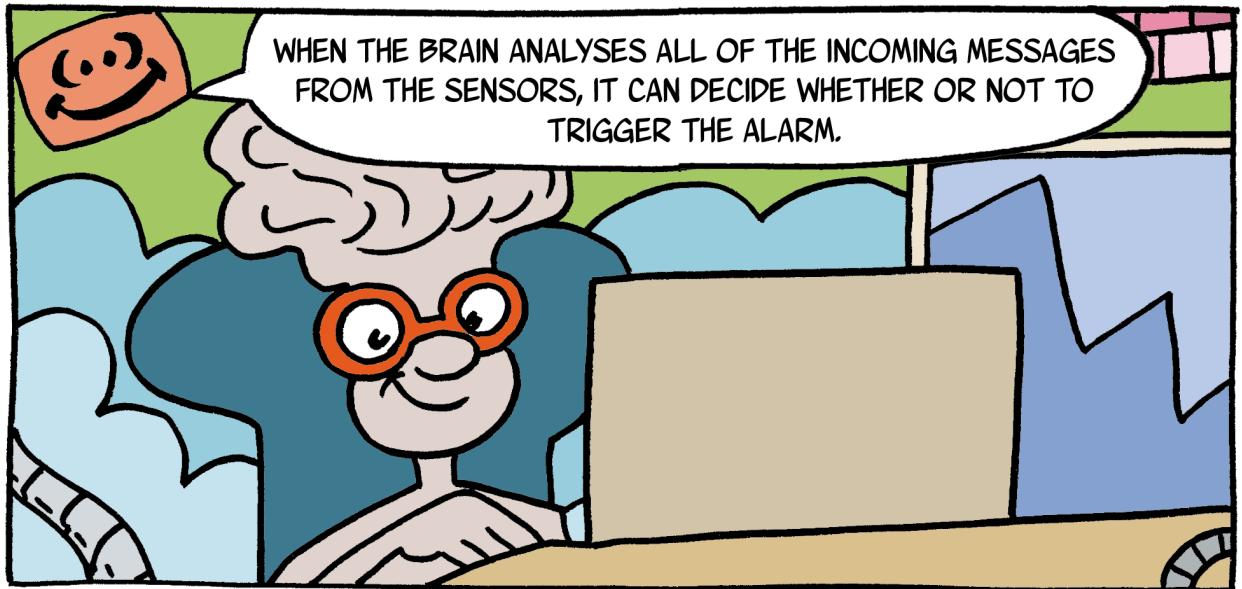
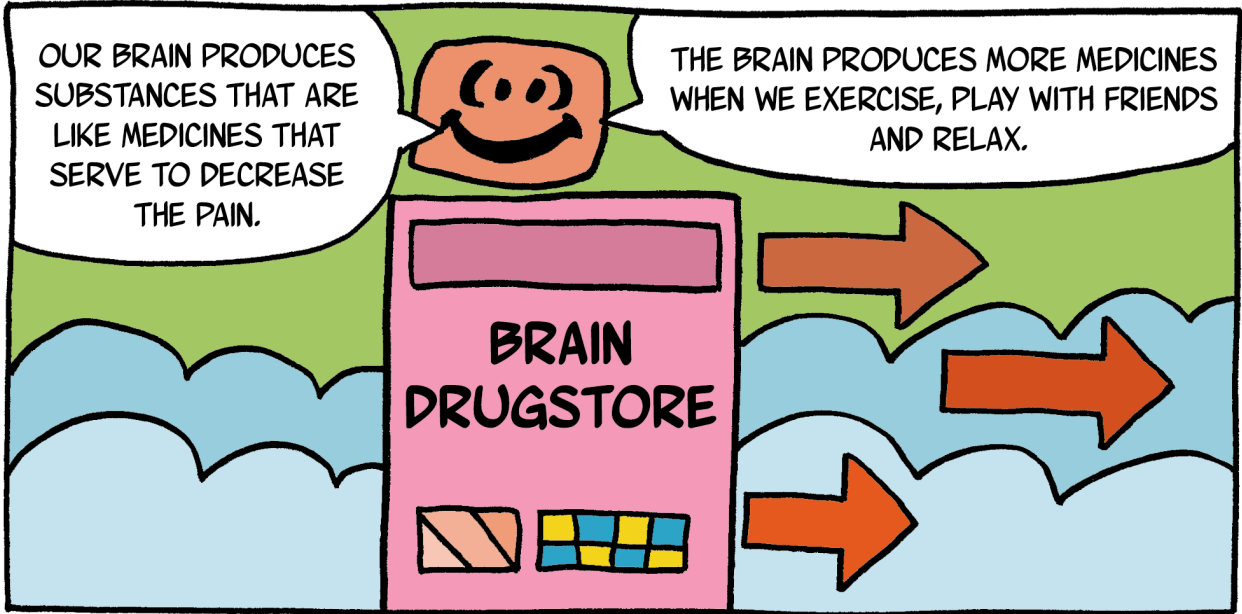


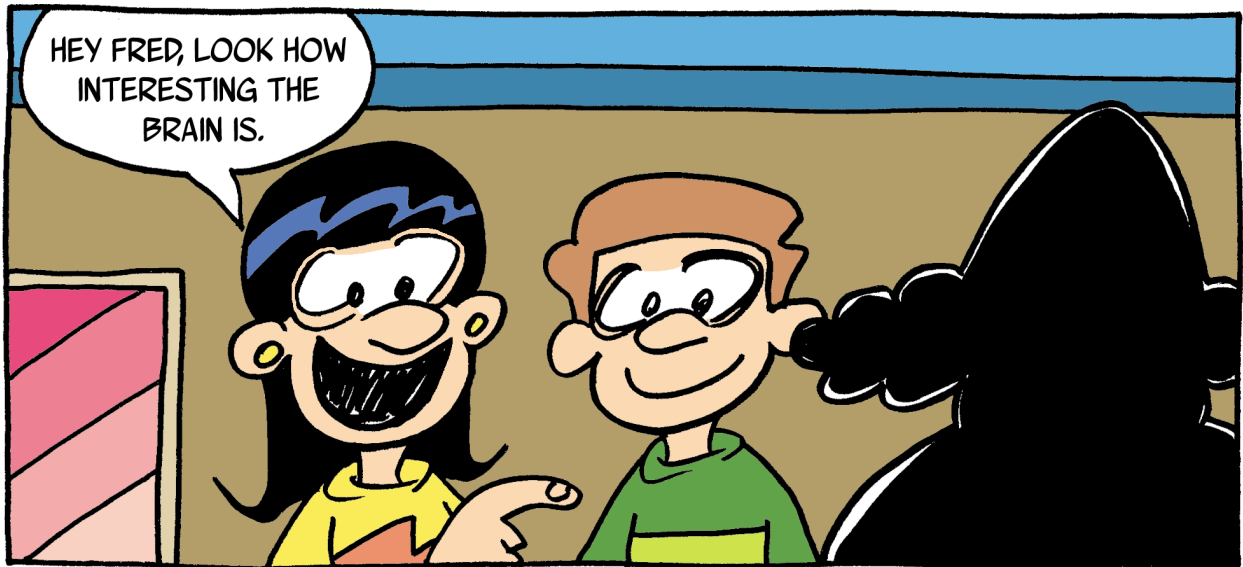


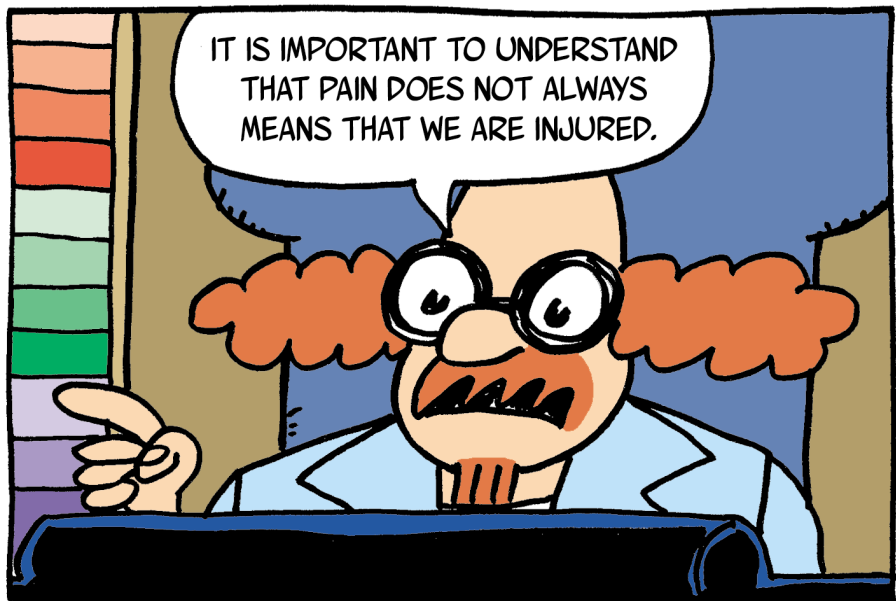
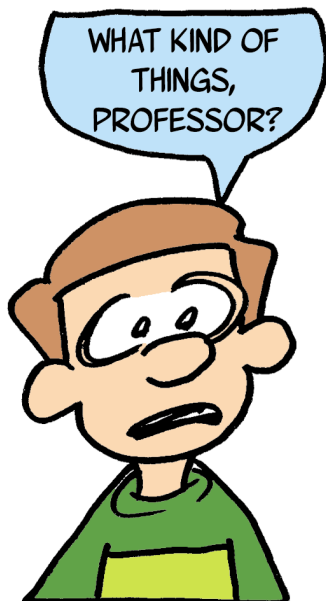
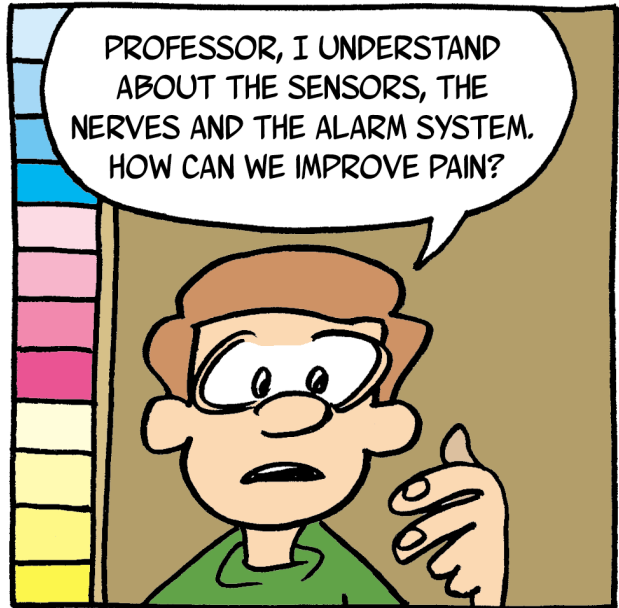




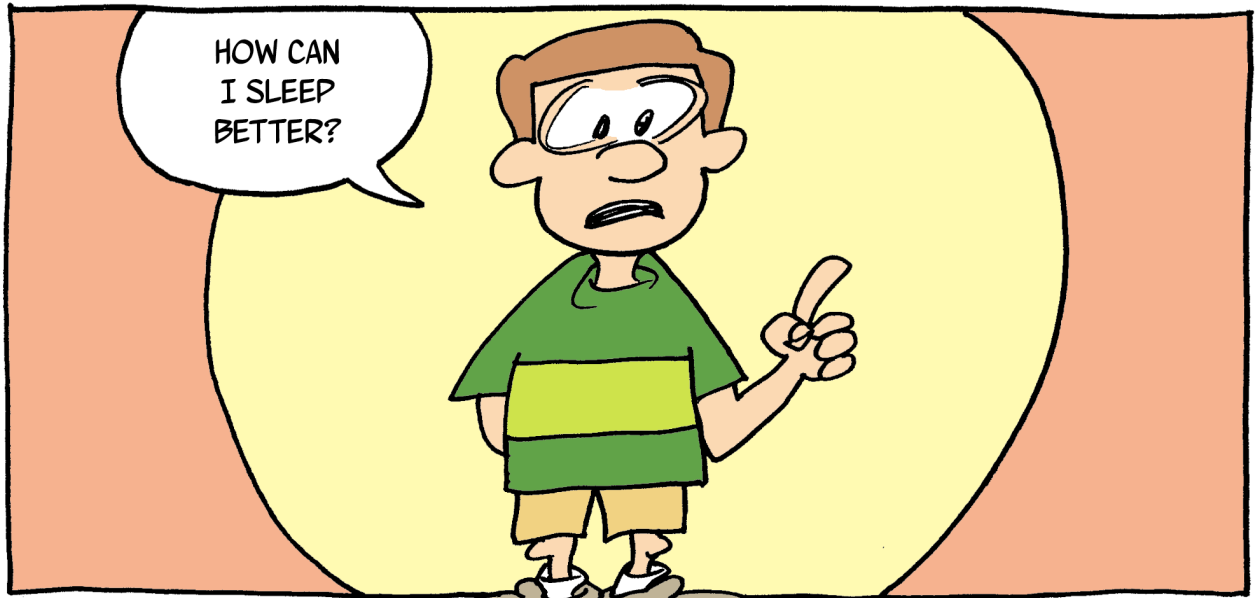


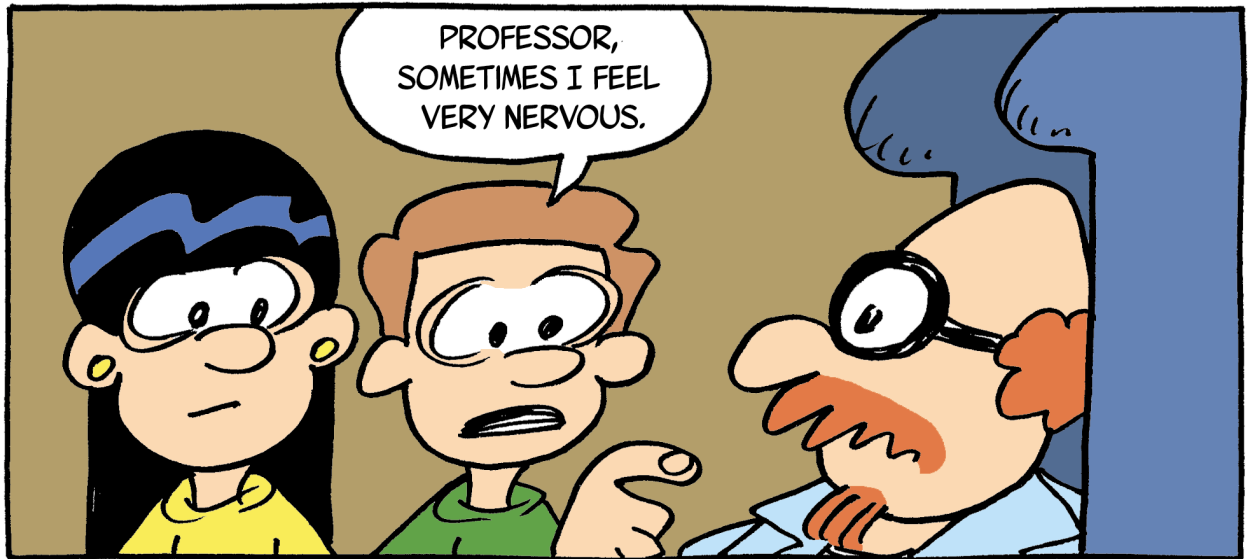


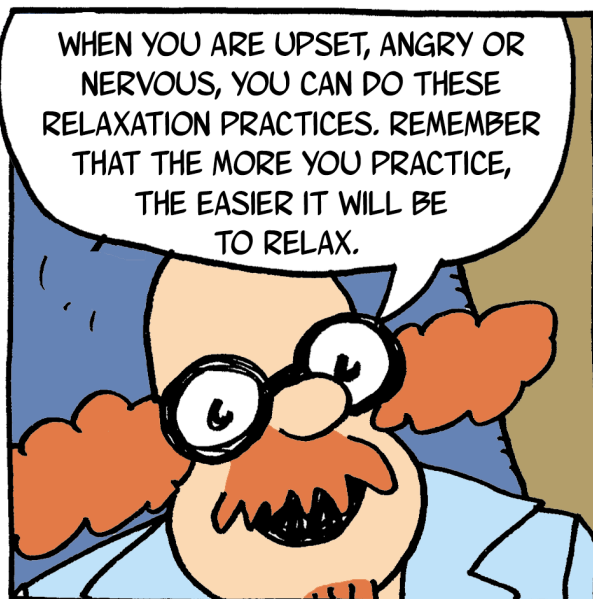
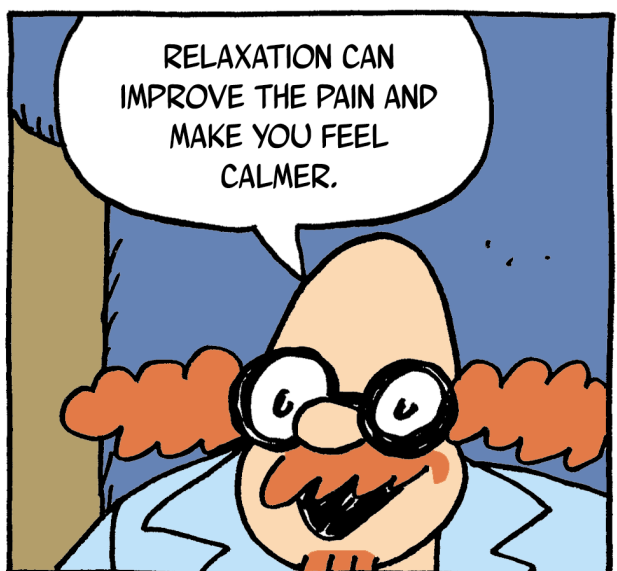
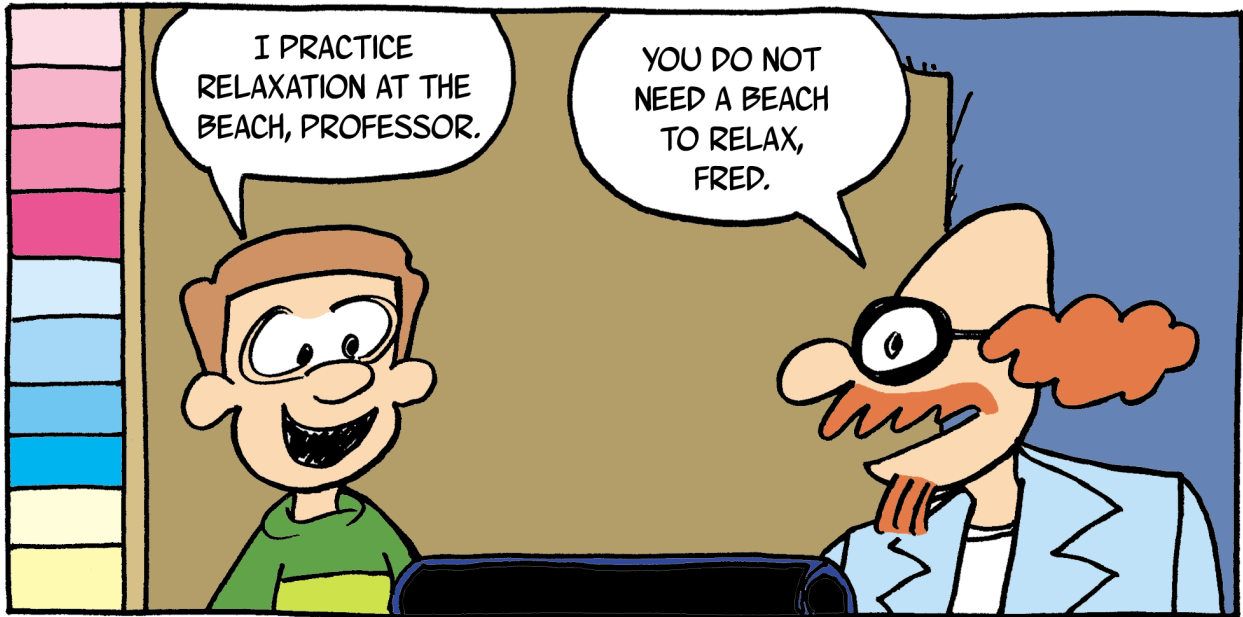


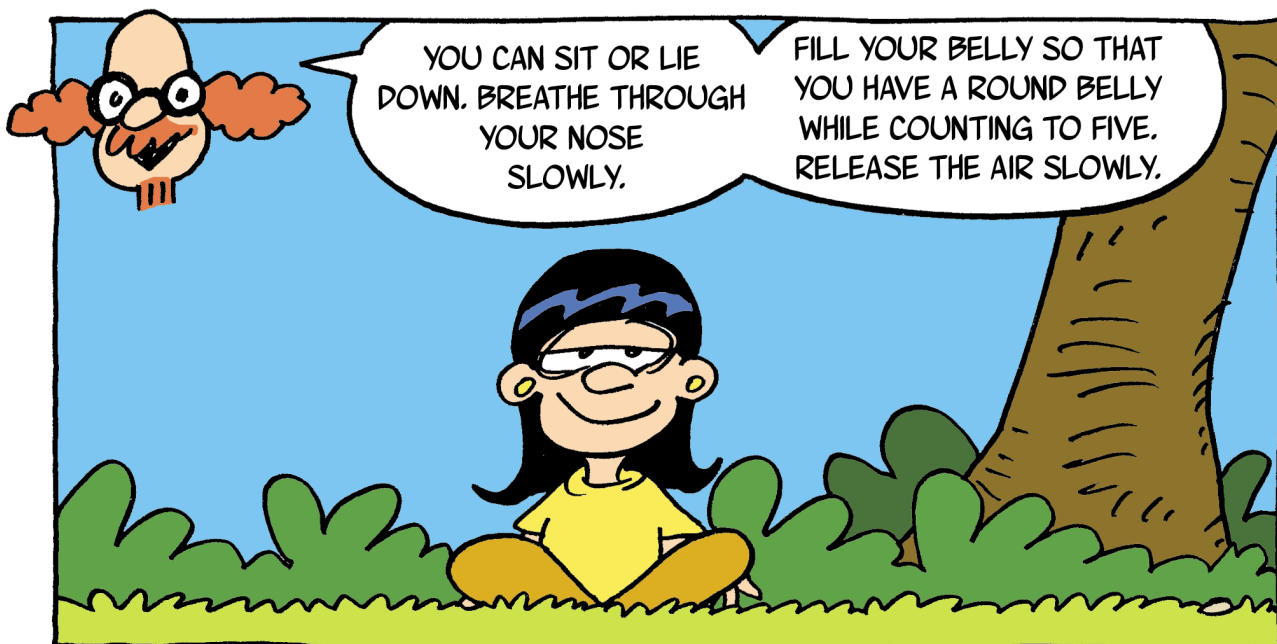
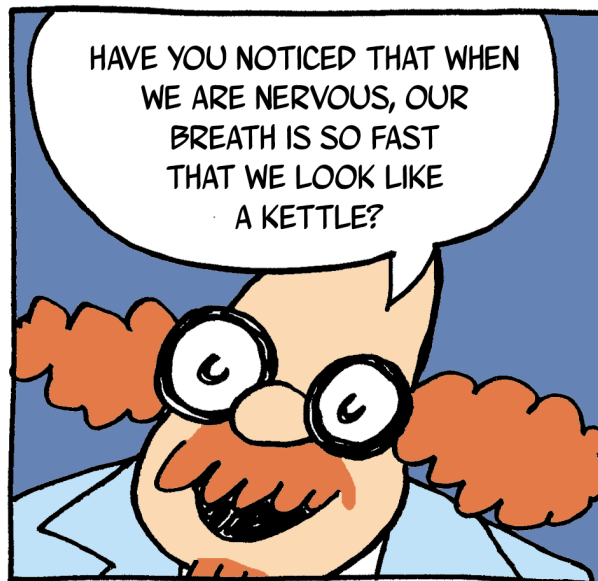
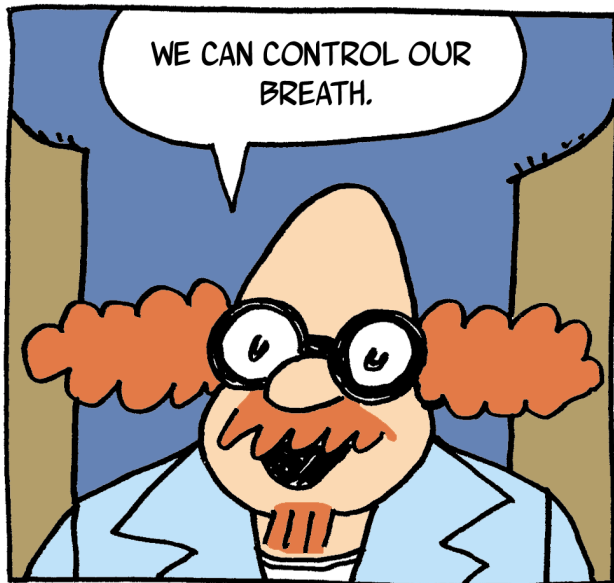


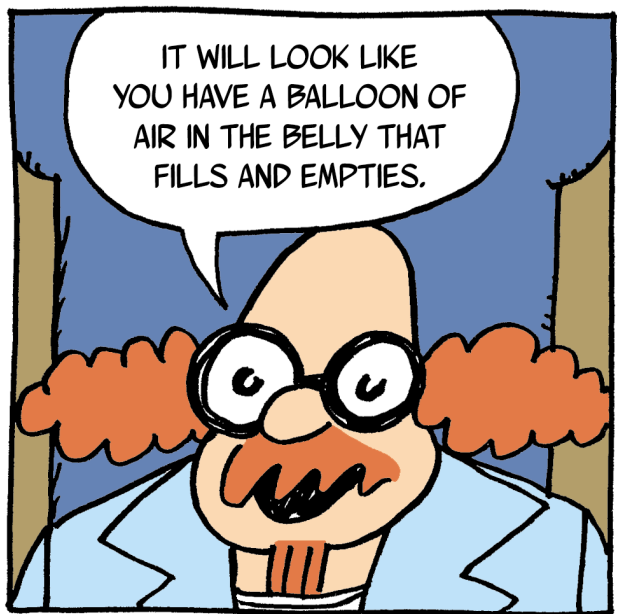
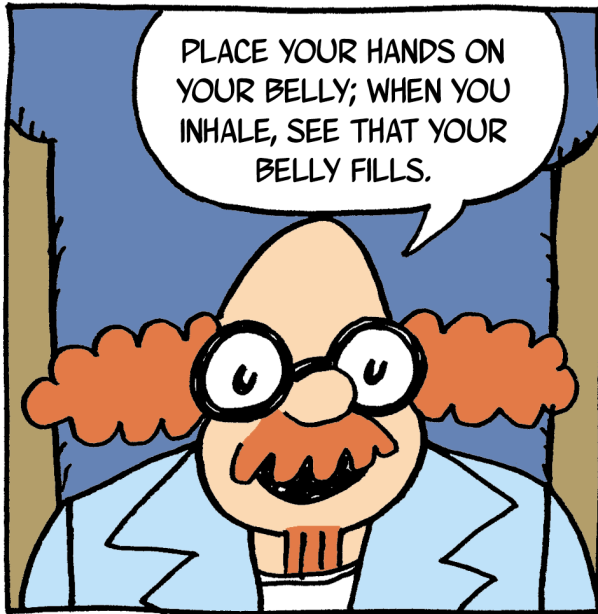














EXERCISES MAKE OUR BODY STRONGER
AND ALSO HELP TO CONTROL OUR
ALARM SYSTEM.

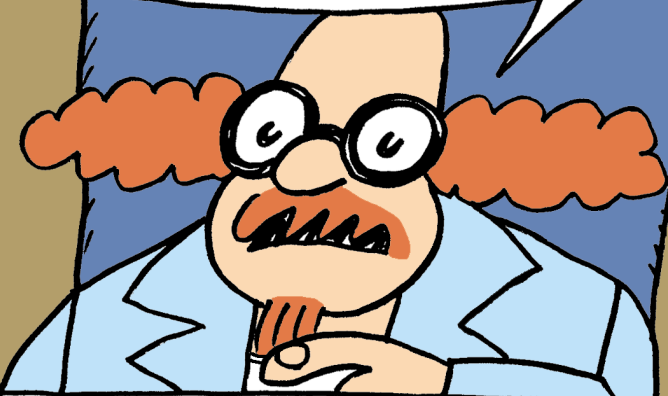


WHEN WE EXERCISE, WE PRODUCE
MANY MEDICINES THAT RELIEVE
PAIN.

WHEN I HAVE PAIN,
I DON'T FEEL LIKE
DOING ANYTHING.



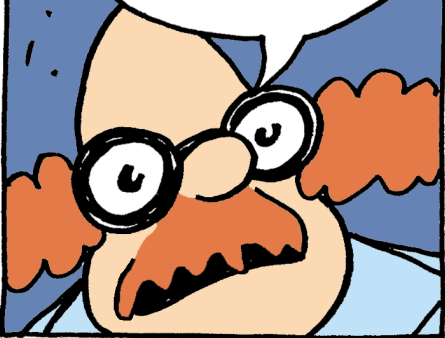
SOMETIMES THE PAIN CAN BE SO INTENSE THAT
IT DOES NOT LET US DO ANYTHING. BUT AT
OTHER TIMES, WE CAN STILL DO MANY
THINGS. EVEN GO TO SCHOOL.



THIS HAS HAPPENED TO ME, BUT I
TRIED TO GO TO SCHOOL EVEN
THOUGH I WAS FEELING PAIN. WHEN
I GOT TO SCHOOL, I HAD SUCH A
GREAT TIME THAT THE PAIN
PASSED.



WE SHOULD ALWAYS
TRY TO KEEP UP WITH
OUR ROUTINE BY GOING
TO CLASSES, PLAYING
SPORTS AND MEETING
OUR FRIENDS.



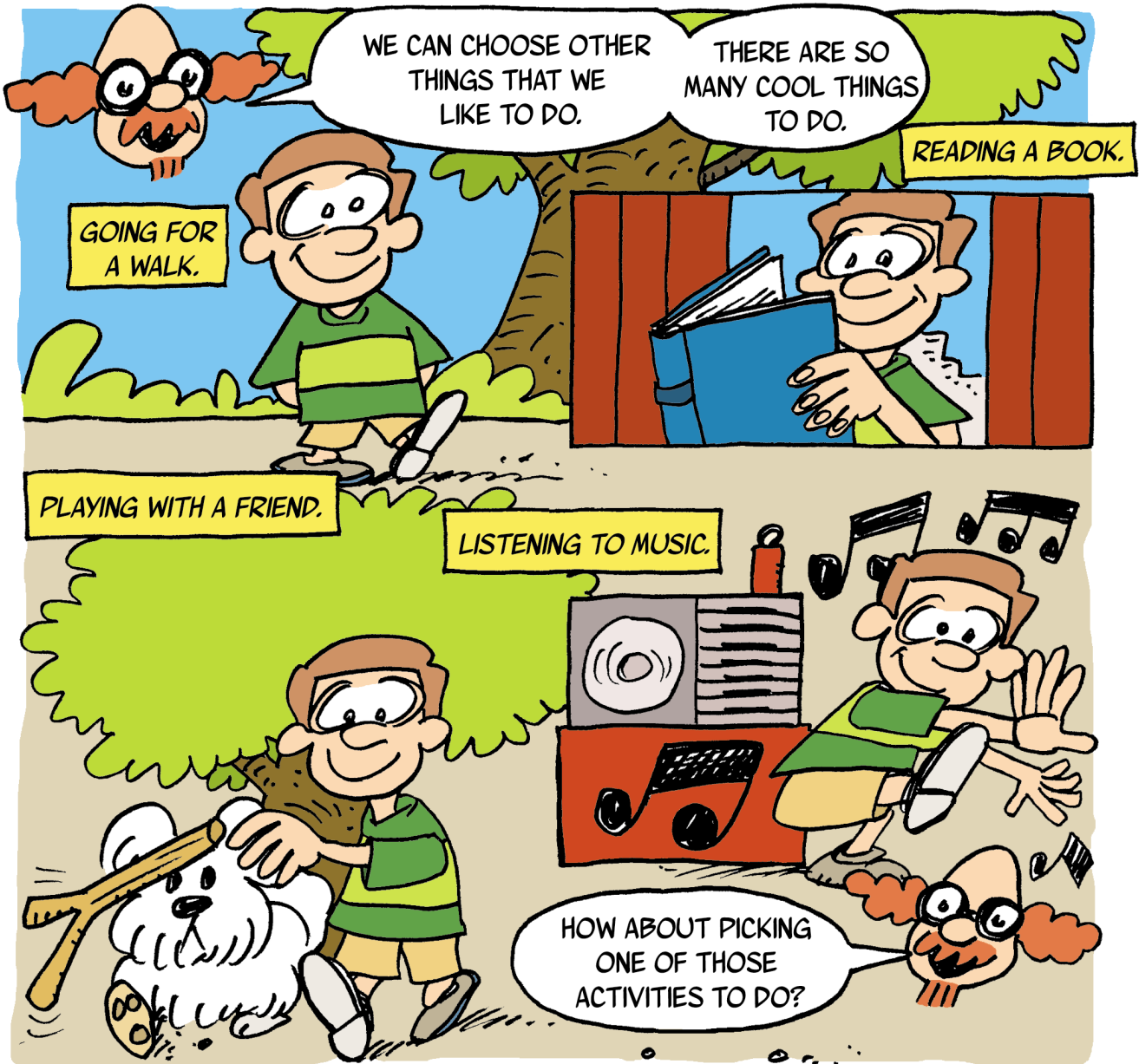
WHEN WE ARE IN PAIN, WE CAN TRY TO
DO OUR ACTIVITIES IN SMALL
AMOUNTS.

IMAGINE THAT YOU HAVE TO
EAT A WATERMELON. NO ONE
CAN EAT AN ENTIRE
WATERMELON AT ONE TIME.





IT IS IMPORTANT THAT WE GET BACK TO DOING OUR USUAL ACTIVITIES IN SMALL AMOUNTS.





NOW I KNOW A LOT OF THINGS ABOUT PAIN. WHEN I GET HURT MY SENSORS SEND MESSAGES TO MY BRAIN. WHEN WE FEEL PAIN FOR A LONG TIME OUR ALARM SYSTEM CAN RING ALL THE TIME.

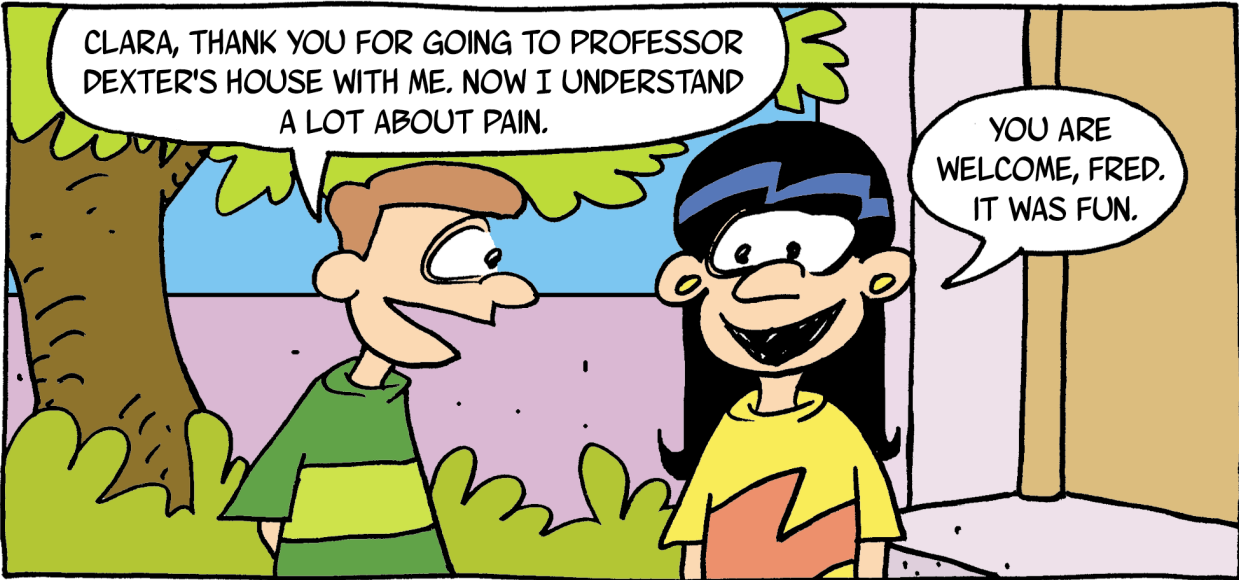


WE MUST GO HOME, CLARA. WE NEED TO STUDY FOR TOMORROW.



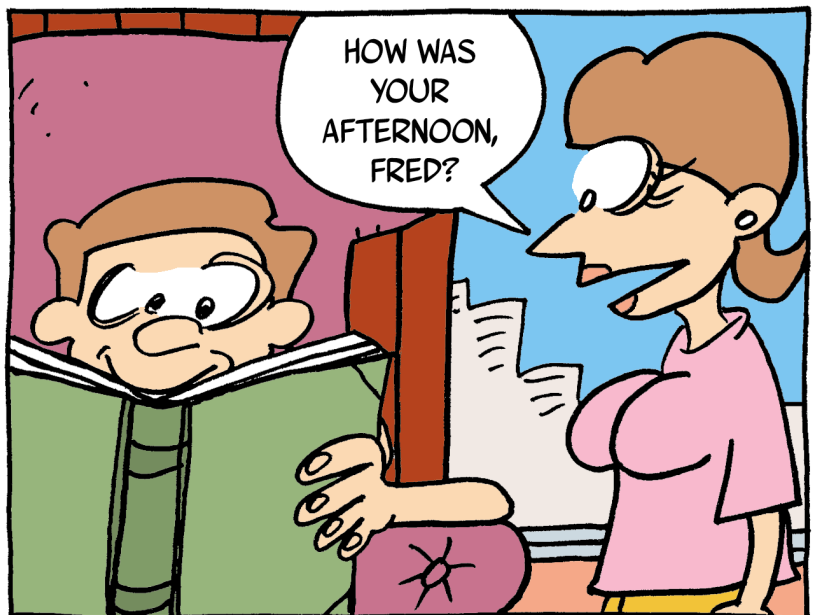
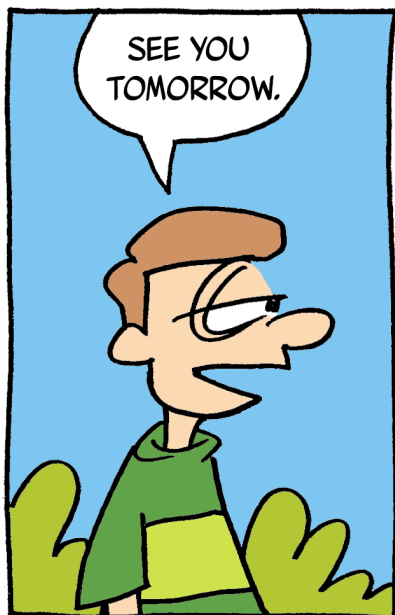
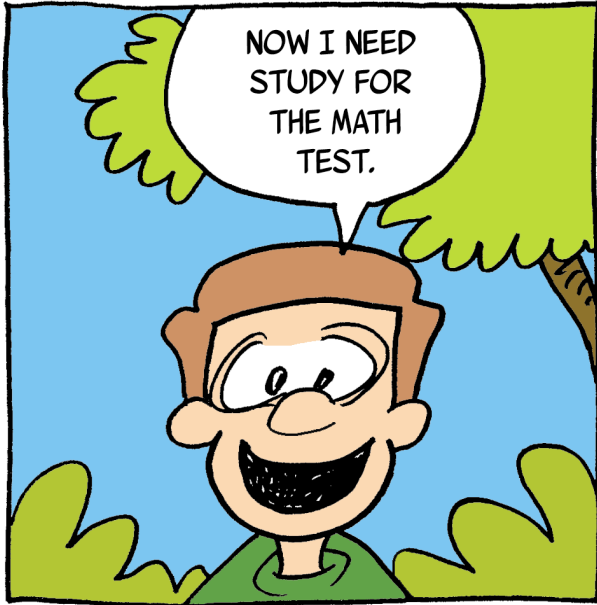
BYE, PROFESSOR!

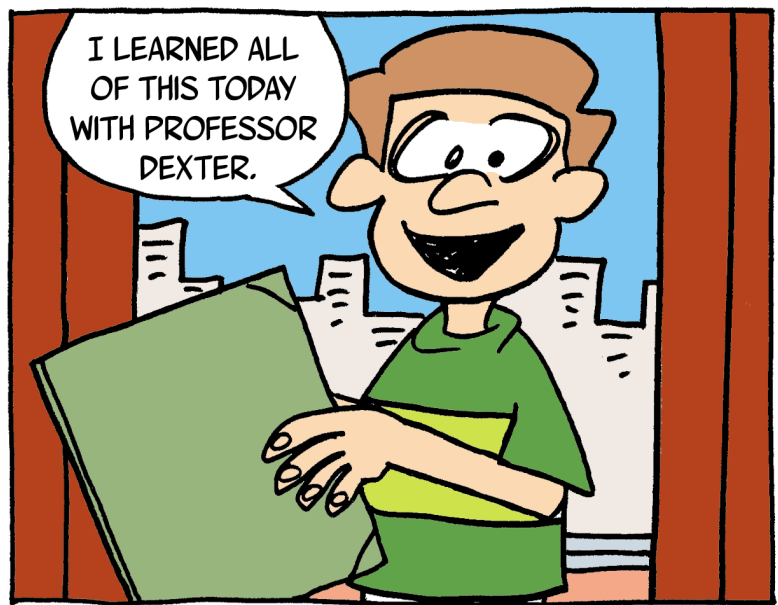
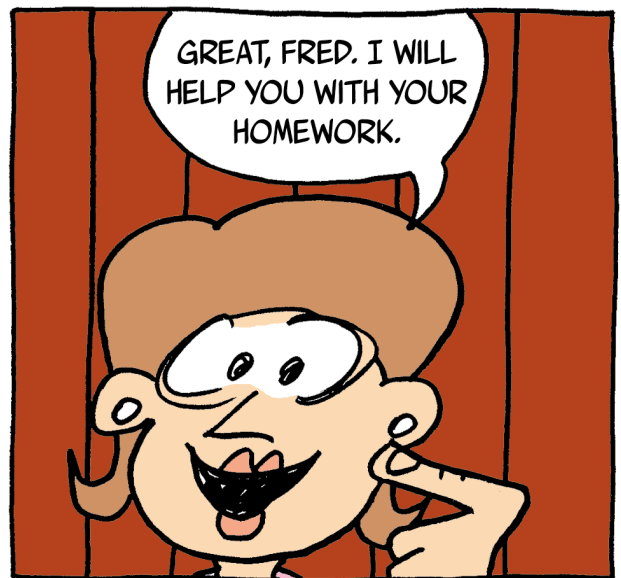
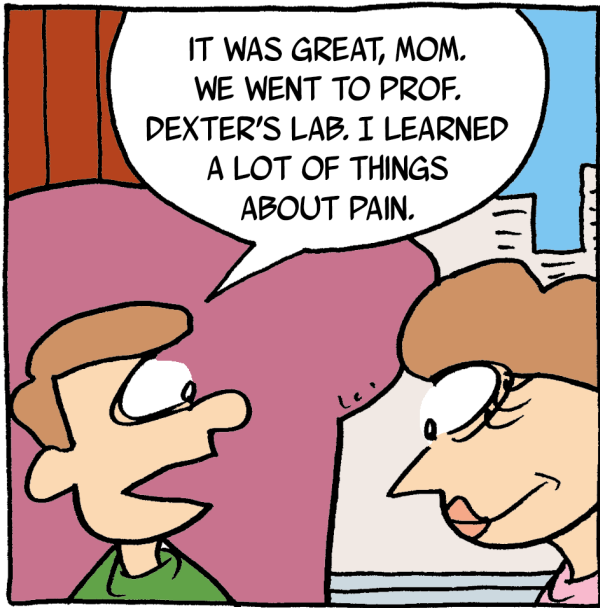
BYE, KIDS. YOU ARE ALWAYS WELCOME.

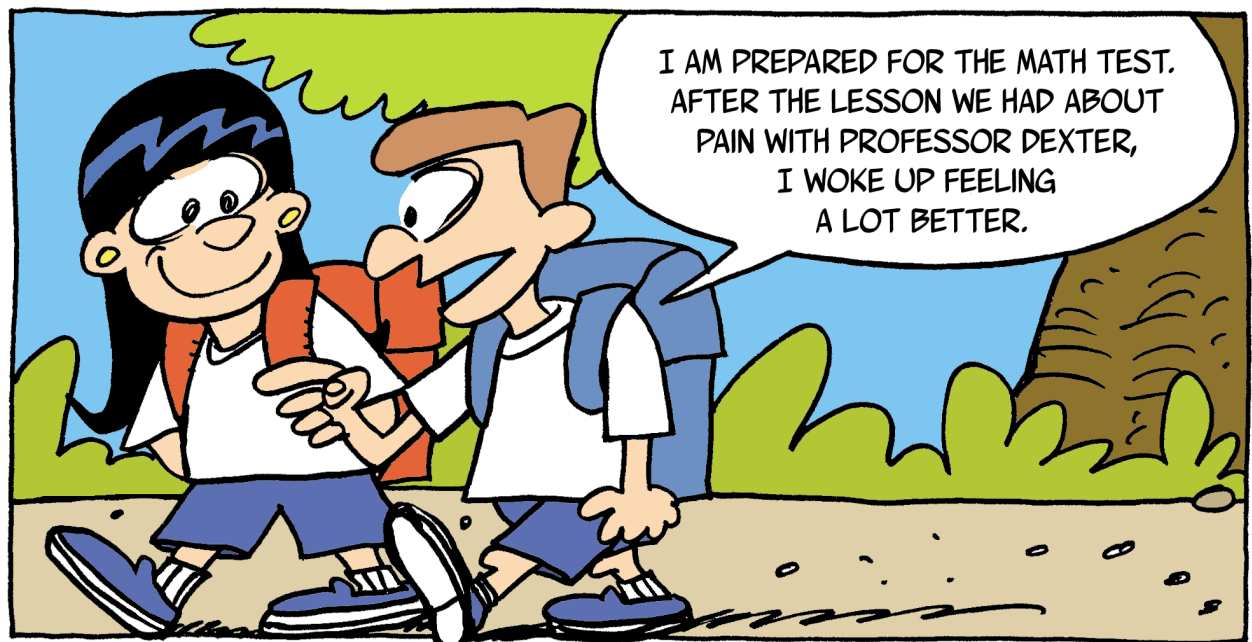
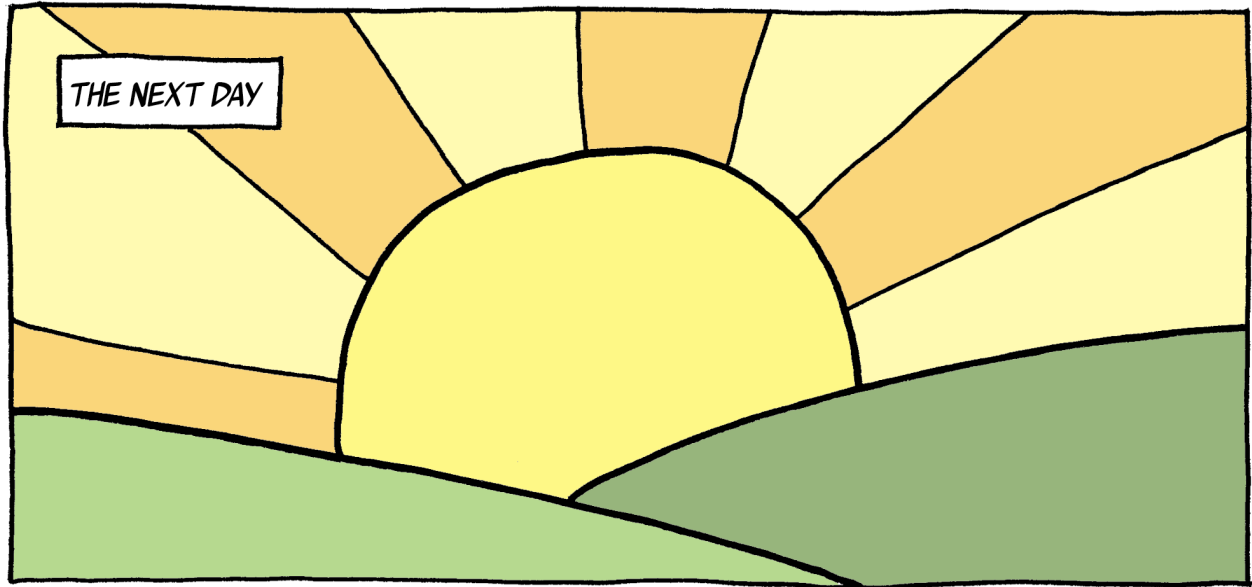


CLARA, THANK YOU FOR GOING TO PROFESSOR DEXTER'S HOUSE WITH ME. NOW I UNDERSTAND A LOT ABOUT PAIN.

YOU ARE WELCOME, FRED. IT WAS FUN.











HI. IN TODAY'S STORY WE HAVE SEEN HOW PAIN WAS DISRUPTING FRED'S LIFE. LET'S TAKE SOME IMPORTANT NOTES ABOUT PAIN.

1 DO YOU KNOW THAT THERE IS A TYPE OF PAIN CALLED ACUTE PAIN? IT LASTS UP TO 3 MONTHS. THIS PAIN HAPPENS WHEN WE GET HURT. LIKE WHEN CLARA STEPPED ON THE NAIL.

2 AND DO YOU KNOW THAT THERE IS ALSO A TYPE OF PAIN CALLED CHRONIC PAIN? THIS LASTS LONGER (MORE THAN 3 MONTHS). IT CAN LAST EVEN WHEN WE ARE NOT HURT ANY LONGER. IT CAN ALSO HAPPEN BECAUSE OF AN ILLNESS (LIKE WHEN CHILDREN ARE IN THE HOSPITAL).

3 SOME DISEASES CAN CAUSE PAIN FOR A LONG TIME. IN THESE CASES IT IS IMPORTANT TO KNOW IF THERE IS ANY PROBLEM IN OUR BODY.

4 SOME TYPES OF PAIN ARE COMMON IN CHILDREN SUCH AS PAIN IN THE BELLY, HEAD, OR PAIN IN THE BONES AND IN THE MUSCLES.

5 PAIN IS THE MOST POWERFUL ALARM SYSTEM IN OUR BODY. IT SERVES TO ALERT US WHEN OUR BODY IS IN DANGER.

6 THERE ARE SENSORS IN OUR SKIN THAT SEND MESSAGES OF HEAT, COLD, TIGHTNESS, OR ITCHING TO THE BRAIN.

7 THE NERVES ARE THE MESSENGERS OF OUR BODY. THEY TAKE MESSAGES FROM THE SENSORS TO THE SPINAL CORD (WHICH IS INSIDE OUR SPINE).

8 THE SPINAL CORD GETS ALL THE MESSAGES AND SENDS IT TO OUR SUPER COMPUTER (BRAIN).

9 WHEN WE GET HURT (LIKE WHEN WE CUT OUR FINGER), THE SENSORS SEND LOTS OF MESSAGES TO THE SPINAL CORD AND TO THE BRAIN.



10 THE BRAIN (OUR SUPER COMPUTER), ANALYZES ALL THOSE MESSAGES THAT ARRIVE WITH OTHERS FROM ITS FILE. IF NECESSARY, THE BRAIN TRIGGERS THE ALARM.

11 AFTER ANALYZING ITS FILES, THE BRAIN MAY SEND A SIGNAL TO THE SPINAL CORD TO STOP SENDING MESSAGES OR TO SEND MORE MESSAGES.

12 WHEN THE BRAIN RINGS THE ALARM, WE FEEL PAIN.

13 THE AMOUNT OR STRENGTH OF MESSAGES IN THE BRAIN INCREASE WHEN WE SLEEP BADLY, DO NOT EXERCISE, DO NOT PLAY, HAVE TENSE MUSCLES OR WHEN WE ARE SAD, STRESSED OR WORRIED.

14 THE BRAIN CAN TRIGGER THE ALARM FOR MANY REASONS.

15 WHY CAN THE PAIN LAST SO LONG? SCIENTISTS HAVE DISCOVERED THAT PAIN CAN CHANGE OUR SENSORS, SPINAL CORD AND BRAIN.

16 WHEN WE FEEL PAIN FOR A LONG TIME THE SENSORS, THE SPINAL CORD AND THE BRAIN STAY ALERT ALL THE TIME. THIS KEEPS THE ALARM SYSTEM READY TO TRIGGER AT ALL TIMES.

17 SLEEPING WELL, EXERCISING, PLAYING WITH FRIENDS, WALKING, AND RELAXING ALL HELP CONTROL OUR ALARM.

18 PAIN CAN EXIST EVEN IF ALL DOCTORS SAY THAT EVERYTHING IN YOUR BODY IS NORMAL. ALL PAIN IS REAL.

19 HIDING THE PAIN IS NOT THE BEST OPTION. IT IS IMPORTANT THAT YOU SEEK HELP BY TALKING WITH YOUR PARENTS.

20 YOU MAY HAVE A TEAM THAT HELPS YOU TREAT YOUR PAIN. THIS MIGHT INCLUDE YOUR PARENTS AND OTHER PLAYERS (DOCTORS, PHYSIOTHERAPISTS, PSYCHOLOGISTS, NURSES, OCCUPATIONAL THERAPISTS). IT IS GREAT TO HAVE ALL OF THIS SUPPORT.





I HOPE YOU ENJOYED THE STORY AND LEARNED A LOT ABOUT THE PAIN. LET'S TAKE A SHORT QUIZ.

1 IT IS POSSIBLE TO HAVE PAIN AND NOT KNOW ABOUT IT.
 TRUE FALSE

2 THE BODY HAS PAIN RECEPTORS.
 TRUE FALSE

3 THE ALARM SYSTEM RINGS ONLY WHEN YOU ARE INJURED.
 TRUE FALSE

4 WHEN YOU ARE INJURED, SPECIAL RECEPTORS SEND THE DANGER MESSAGE TO THE BRAIN.
 TRUE FALSE

5 THE SPINAL CORD SENDS MESSAGES TO YOUR BRAIN.
 TRUE FALSE

6 CHRONIC PAIN MEANS THAT AN INJURY HASN'T HEALED PROPERLY.
 TRUE FALSE

7 THE BODY TELLS THE BRAIN WHEN IT IS IN PAIN.
 TRUE FALSE

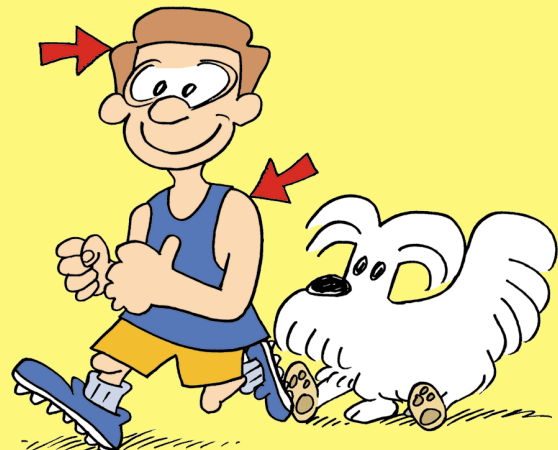
8 PAIN OCCURS WHENEVER YOU ARE INJURED.
 TRUE FALSE

9 THE BRAIN DECIDES WHEN YOU WILL EXPERIENCE PAIN.
 TRUE FALSE

10 PAIN IS NORMAL, PERSONAL AND ALWAYS REAL.
 TRUE FALSE

11 LEARNING ABOUT PAIN AND WHAT TO DO CAN HELP YOU IMPROVE YOUR PAIN.
 TRUE FALSE

12 PAIN ACTS AS AN ALARM.
 TRUE FALSE



SUPPORT AND FUNDINGS:

INSTITUTO DE TRATAMENTO DA COLUNA VERTEBRAL (ITC VERTEBRAL)
([HTTPS://WWW.ITCVERTEBRAL.COM.BR/](https://www.itcvertebral.com.br/))



GRUPO DE PESQUISA - PESQUISA EM DOR
(WWW.PESQUISAEMDOR.COM.BR)

