

- **What does it feel like?** Does it burn, tingle or ache? Is it dull or sharp? Is it constant or does it come and go?
- **Is it worse at any time of the day?** Morning? Evening?
- **What makes the pain feel better? What makes the pain feel worse?** What have you done to try to relieve the pain? Does the medicine make it feel better? Does it hurt more when you are active or lying still?
- **Does the pain affect other parts of your life?** Does it make it hard to sleep, eat, or care for yourself or others? Does it cause you to be upset, teary or less patient?

Talk to your doctor or nurse about your pain. Share your concerns and ask questions.

- **Ano ang pakiramdam nito?** Ito ba ay nag-aapoy, nangingilig o kumikirot? Bahagyang kirot ba o masidhi? Palagian ba ito o pasumpong-sumpong?
- **May mga oras ba na mas malala ito?** Sa umaga? Sa gabi?
- **Ano ang nakakapagpagaan sa sakit? Ano ang nakakapag-palala sa sakit?** Ano na ang inyong nagawa upang maibsan ang sakit? Nakakatulong ba ang gamot upang mapagaan ang sakit? Mas sumasakit ba ito kapag kayo ay aktibo o nakahiga?
- **Naapektuhan ba ng sakit ang ibang bahagi ng inyong buhay?** Mas mahirap bang matulog, kumain o alagaan ang inyong sarili o ibang tao dahil dito? Nababalisa ba kayo dahil dito, naiiyak o mas umiiksi ang pasensya?

Kausapin ang inyong doktor o nars tungkol sa inyong sakit. Ibahagi ang inyong mga pag-aalala at mga katanungan.

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