

Your family doctor may be doing their best to listen to your concerns and develop a treatment plan. However, chronic pain is complex and there are a variety of treatments that can be used. Many people wonder when they should seek the help of a specialist. Here are a few simple questions you use to assess if it's time to contact a pain management specialist:

**Answer yes or no to the following:**

1. Has your pain been present for >3 months?
2. With regards to your pain, do bad days outnumber good days?
3. Is pain interfering with sleep?
4. Is your pain interfering with your mood?
5. Are you interested in finding out about available modalities to help improve your pain control?

**If you answered "Yes" to 2 or more of these questions, you may benefit from a specialist evaluation.**

Talk to your physician about setting up an appointment at Haven Spine+Pain today!



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