

Common Pains You Shouldnâ€™t Ignore

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It's never a good idea to ignore pain – pain is your body's response that something is wrong. Some types of pain are more common than others and in some cases they may not be a sign of anything too serious and may subside by themselves. However, you should be wary of certain pains that could be a sign of a more severe problem. Below are just some of the common pains you should never ignore.

Back and neck pain

An [achy back](#) or neck could be caused by a number of things such as poor posture, wearing uncomfortable shoes or carrying heavy loads incorrectly. Such pains may only be a temporary strain at first, but could turn into permanent pain if you don't change your habits (i.e. correcting your posture, wearing comfortable flat shoes and learning the right form when lifting).

Pains that develop suddenly after an accident should be a particular concern. You should see a doctor as soon as you can to make sure you haven't got a spinal injury. If not checked on and treated, certain back or neck injuries that may seem minor can lead to paralysis or even death.

Joint pain

Like neck and back pain, the majority of joint pain is caused by repetitive strain from things like poor posture or incorrect footwear. It's important to correct any bad habits before such a pain becomes permanent.

Joint pain following an accident is something to look into straight away. Many people develop injuries while running and never follow them up, dismissing it as a strain when it could be a fracture. By seeking a doctor early, you can avoid making the injury worse by continuing to walk or run on it.

A toothache

Toothaches are usually a sign of decay or an infection. If ignored, toothaches can get worse. Infection may also spread to other teeth and even parts of the body.

If you get a toothache, it's a good idea to book an appointment with your [local dentist](#). Don't wait for a toothache to go away on its own – while this can happen, it could be a sign that an infection has got so bad that it has killed off your nerves in your tooth.

Chest pain

Chest pain should never be ignored as it could be a lung or heart problem. This is usually a very different type of pain to something innocuous like heartburn and may be accompanied by symptoms such as shortness of breath or dizziness. You should seek medical attention immediately if you are experiencing pain in your chest.

Intense abdomen pain

Stomach aches are very common and could be caused by something that isn't too serious such as gas, a stitch, menstruation, mild food poisoning or IBS triggers. Intense pain in the abdomen is usually

a sign of something more and should not be ignored.

[Appendicitis](#), pancreatitis, kidney stones, urine infections and ulcers are some of the more serious problems that could be causing intense abdominal pain. You should see a doctor straight away to check itâ€™s nothing serious.

A severe headache

Weâ€™ve all experienced mild headaches from stress and dehydration. Severe headaches are usually a sign of something beyond this â€“ and should never be ignored. It could be a migraine or it could be a brain issue that needs urgent attention.

Headaches following injuries should always be chased up. This is particularly the case if they are accompanied by dizziness and nausea.

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