

Health Awareness

Managing Moderate Pain Three Ways

(NAPSA)—Latest research reveals that up to 90 percent of pain sufferers don't get the relief they're looking for with their current pain medication—but you don't have to be among them. While everyone experiences pain differently, managing it may be simpler than many people realize.

Understanding Pain Assessment

First, it helps to know what sort of pain you have. According to Dr. Bob Arnot, an award-winning journalist, author of 12 books on nutrition and health, and previously Chief Medical Correspondent for NBC and CBS News, "Pain assessment for patients with muscle pain and arthritis is often done by using pain scales that allow the patient to describe the level of their pain. Once the level of pain is determined, an appropriate treatment or analgesic can be identified—including OTC topical medication.

"When determining the level of pain, it is important to provide answers to your doctor, including: What were you doing when the pain started? What caused it? What makes the pain better or worse? What does the pain feel like—dull, sharp, stabbing, burning? Where is the pain located? Does it radiate? Does the pain interfere with activities? Does

the pain force you to lie or sit down? How long does the pain last? How often does it occur? Are you ever awakened by it?"

"Doctors will seek to measure the severity of pain on a scale of zero to 10, with zero being no pain and 10 being unimaginable, unspeakable pain. There are several pain scales being used today, ranging from numerical and graphics. The scales follow the same order for explaining the intensity of pain: mild, moderate and severe."

Minor pain levels generally do not interfere with most day-to-day activities. People with mild pain are able to adapt to pain with medication or devices such as cushions. Moderate pain, on the other hand, interferes with many activities and often requires lifestyle changes, as the person is unable to adapt to the pain. Examples range from an average toothache to a sprained ankle to bad back pain.

How To Treat Moderate Pain

Fortunately, there are several ways to manage moderate pain that don't involve reaching for a pill. Three of the most effective are:

Physical therapy: Physical therapy can be an effective way to alleviate all



You don't have to put up with even moderate pain. Yoga, physical therapy and topical medication can help.

types of musculoskeletal and neuropathic types of pain. A primary goal of physical therapy is to help chronic pain patients become stronger. In addition, physical therapy can teach people how to move safely and functionally in ways that they haven't been able to in some time—helping them to avoid injury or re-injury.

Yoga: Recent studies reported by the National Institutes of Health suggest that a carefully adapted set of yoga postures may help reduce pain and improve the ability to walk and move. Yoga typically combines physical postures, breathing techniques, and meditation

or relaxation.

Adds the Western Australia Department of Health, "Yoga is very helpful in treating some of the mechanical aspects of pain; for example, when there are tight muscles which contribute to pain."

In the Annals of Internal Medicine, Dr. Robert Saper wrote, "Both yoga and physical therapy are excellent nondrug approaches for low back pain."

Topical analgesics: For many people, however, the first choice should be a topical solution: the Salonpas® Pain Relief Patch LARGE. The Salonpas Pain Relief Patch LARGE is the only OTC pain reliever (oral or topical) labeled to relieve mild to tough, moderate pain associated with arthritis, sprains, strains and backache. It is labeled to relieve mild to moderate pain for up to 12 hours, and was FDA approved just like prescription medicines.

Advise physical therapist Dave Endres, "The new Salonpas Pain Relief Patch LARGE contains two powerful pain-relieving ingredients, menthol and methyl salicylate, which go right to the site of pain. In my business, keeping pain at bay for as long as possible is a key imperative. If there is a choice between oral or topical pain therapies, we encourage the topical route as it avoids the adverse effects that have been observed with oral dosage forms."

In fact, according to a recent Danish study of pain relief, "it is time to acknowledge the potential health risk of [oral] diclofenac and to reduce its use. Diclofenac should not be available over the counter, and when prescribed, should be accompanied by an appropriate front package warning about its potential risks... In conclusion, our data support that initiation of diclofenac poses a cardiovascular health risk, both compared with no use, paracetamol use, and use of other traditional NSAIDs."

Fortunately, the patch is now double the size with the power to target large pain areas.

Learn More

For further facts and tips, visit www.salonpas.us.



www.thesiuslawnews.com

999 PUBLIC NOTICE

PUBLIC HEARING NOTICE
The Florence Planning Commission will hold a public hearing at 6:00 PM on **October 23, 2018**, in the Florence Events Center, 715 Quince Street, concerning the following proposal:

RESOLUTION PC 18 28 CPA 03 – Buildable Lands Inventory Comp Plan Amendments:

Proposed changes to the Florence Realization 2020 Comprehensive Plan, Chapter 10: Housing Opportunities and Appendices to adopt the Buildable Lands Inventory and associated policies to address housing within Florence, address current trends in housing, and the need to diversify local housing market.

These proposed changes are implementations of model policies from the Department of Land Conservation and Development. For more information contact the City of Florence Planning Department at (541) 997-8237 or visit city's website at www.ci.florence.or.us.

Publication Date: October 13, 2018

999 PUBLIC NOTICE

REQUEST FOR PROPOSALS

PORT OF SIUSLAW EMBANKMENT REPAIR

"The Port of Siuslaw is soliciting bids for an embankment repair project for an eroded embankment, located adjacent to and south of the Port Campground, shown in the bid documents on the Port of Siuslaw website, and also available at the Port office at 100 Harbor Street, Florence, Oregon. The qualified bidder is referred to the Port of Siuslaw website www.portofsiuslaw.com, click "Request for Proposal – Embankment Repair" and then review and/or download Bid Doc #s 1-5 w Drawings & Specifications" on the link provided.

Addendum:

Port of Siuslaw – Embankment Repair Project

Please note that general liability insurance must be in place for the contracted work. It must be for at least \$1,000,000 (One Million Dollars) per occurrence and \$2,000,000 (Two Million Dollars) aggregate. It must be Primary & Non-Contributory, and the Port of Siuslaw must be listed thereon as Additionally Insured.

It is recommended that the interested, qualified bidder visit the Port of Siuslaw website regularly, because more addenda and/or qualifications make come up. There will be no plan-holders list for this project, and questions from bidders and Port responses may occur during the bidding process.

Publication Dates: October 3, 6, 10, 13, & 17, 2018

NOTICE OF POTENTIAL ORDINANCE PASSAGE

On **October 22, 2018**, the City of Florence City Council will review and consider three ordinances concerning the following...

Ordinance No. 13, Series 2018 – An Ordinance amending Chapters 2 and 7 of Florence City Code Title 10 concerning tsunami & earthquake amendments corresponding to the Oregon Coastal Management program 2015 National Oceanic and Atmospheric Administration (NOAA) Coastal program grant.

Ordinance No. 14, Series 2018 – An Ordinance approving the annexation of the property located on the east side of Rhododendron Drive, South of Arago Street (Assessors Map 18-12-04-44 Tax Lot 04003) as applied for by Robert Ward on behalf of Marion Booth-May.

Ordinance No. 15, Series 2018 – An Ordinance establishing Single Family Residential zoning for the Booth-May property as part of the proposed annexation.

This notice serves as official publication of the availability of the ordinances. The full text of these Ordinances is or will be available on the City of Florence website at www.ci.florence.or.us, or before 10.15.18, or may be inspected at Florence City Hall, 250 Hwy 101, Florence, Oregon during regular business hours.

Persons wishing to address the City Council need to complete a speaker's card available online at www.ci.florence.or.us/council/request-to-address-city-council-speakers-card, or at the meeting. Speaker's cards are due at least five (5) minutes before the meeting. Comments on public hearing items will be limited to five (5) minutes per person. If you wish to submit comments in writing prior to the Council's meeting on October 22nd, you may submit them to City Recorder, 250 Highway 101, Florence, OR 97439, or via email at kelli.weese@ci.florence.or.us. For more information about this notice, or any Florence City Council proceedings, please contact City Recorder Kelli Weese at 541-997-3437, or via email at kelli.weese@ci.florence.or.us.

Publication Date: October 13, 2018

999 PUBLIC NOTICE

PUBLIC NOTICE

Siuslaw School District Special Education Department NOTICE OF RECORDS DESTRUCTION

Siuslaw School District Special Education Department, will be destroying Special Education records of:

Students whose special education services with Siuslaw School District ended prior to 6/15/2013 and who were born before 8/31/1997.

(Records are required to be retained until the student reaches age 21 or 5 years after the conclusion of Special Ed services, whichever is longer as per OAR 166-400-0060)

Students/Parents preferring to keep their records may arrange to pick them up by calling the Special Education Department office at 541-997-5460. An individual 18 years of age or older, unless adjudicated, must request his/her own records. Proper identification is required. Above records will be destroyed after November 15, 2018.

Publication Date: October 13, 2018

990 STATEWIDE CLASSIFIEDS

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PROFESSIONAL

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MISCELLANEOUS:

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Saturday's Graphic Home Fire Drill Day 10/13/2018	<h2>Graphic Search</h2> <p>Here is how it works... We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds. Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.</p>	<h2>Good Luck</h2> <p>ROMAN SMITH found the National Dental Hygiene Month graphic on page 10B (In 330 SPORTING GOODS Header). He won a gift certificate to a Big Dog Donuts & Deli.</p> <p>Gift Certificates must be picked up within 2 weeks of winning Deadline for today's paper: Monday by 2:00 PM</p>	Wednesday's Graphic
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