

Your Let's treat it right **PAIN TRACKER**

A pain tracker can be used over a number of weeks to monitor pain. You can log pain daily, weekly, or when you notice a change in your pain or mood, as well as logging your medicines and other health management practices. The more often your tracker is filled out, the more useful information you will get. Once you have filled it out it's a good idea to share and discuss it with your doctor or pharmacist. A deeper understanding of pain may help you find better ways to manage it.

It can help you to:

- Describe the type of pain you are experiencing
- Better understand pain triggers
- Monitor how well pain relief strategies are working

Tips to help you complete your pain tracker:

- Over the course of one month track your pain by answering the prompt questions
- Once completed, share your pain tracker with a doctor or pharmacist for discussion

All of this information will help you and your doctor/pharmacist find the best way to manage your pain.

If you have any questions or concerns in managing your or your family's health, always start with a conversation with your pharmacist or doctor. Visit www.letstreatitright.com for more information. Always read the label. Document number: PM-GL-PAN-21-00154



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Your Pain Tracker



Photocopy this tracker before you fill it in so that you can use it as often as you need to.

Date and Time	Where is your pain?	Describe the type of pain you have today (e.g. aching, stabbing, throbbing) and how you feel	On a scale of 1 to 10 what was your level of pain today (1 = no pain 10 = severe)	What were you doing when you experienced pain today?	What makes your pain better or worse?	What medicines and treatments or other health practices (i.e.: diet, exercise, physiotherapy) have you used?

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