

## PAIN MANAGEMENT NUTRITIONAL SUPPORT FOR SENIORS

Hazle Drugs has been compounding Topical Pain Medications for pain management for over 25 years. Whether the pain is due to arthritis, trauma, or neuropathic issues, topical pain creams can be very beneficial. These creams direct the therapy to the involved areas instead of affecting the entire body. This minimizes systemic distribution and side effects. However, for all of the effectiveness of topical agents, our Certified Clinical Nutritionist, Bill Spear, also recommends specific nutritional supplements which, when taken orally, can significantly improve the effectiveness of topical therapies.

Pain from osteoarthritis and rheumatoid arthritis can be debilitating, as the joints tend to lose the spongy cartilage that protects the bones from rubbing against each other. Oral agents such as glucosamine, chondroitin, MSM and hyaluronic acid all contribute to restoring the sponginess of the joint cartilage. Bromelain, a plant enzyme, is often added to supplements to enhance absorption of active agents and act as an anti-inflammatory agent to relieve pain and swelling. Herbal agents are well-established in the literature for their anti-inflammatory, analgesic effect. Herbals such as curcumin, or the combination of boswellia, turmeric, and devil's claw can be valuable adjuncts to effective topical pain management.

Pain from a sports injury or any type of trauma can also be treated with a combination of topical pain creams and nutritional support to effectively relieve localized pain and inflammation.

Neuropathic pain can be difficult to treat, but does respond well to nutritional supplementation over time (six to 12 months). Hazle Drugs Brand of "Omega-3 Essential Fatty Acids" are some of the most effective anti-inflammatory agents and should be consumed or supplemented daily. Neuropathic pain, or nerve pain, is usually caused by an inflamed, hyperactive nerve. Acetyl-L-Carnitine has been shown to positively affect nerve pain from multiple approaches. Hazle Drugs brand of "Alpha Lipoic Acid" is another nutritional supplement that has been shown to be effective in treating and preventing nerve damage. If you are experience pain or are in need of more information regarding pain management along with nutritional support please contact on of our Compounding Experts at Hazle Drugs and Hazle Compounding.

***Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist. He is available for personal nutritional consultations at Hazle Drugs and Hazle Compounding, Broad and Wyoming Sts., Hazleton, Pa. 18201. (570) 454-2476/ (570)454-2958***