

Chronic pain not only involves the person with pain, but his family as well.

My dad had been suffering from chronic pain for years. To him, the simplest activities in life were demanding. Whenever he stood for more than fifteen minutes, the pain in his lower back would be recurring again. His eyes would shut tight, his eyebrows would frown and his jaws would start gritting hard. Like always he would try to relieve the pain by pressing his hand firmly on his lower back, but it was not a sustainable way of keeping the pain out. It was definitely a painful sight for us. Our hearts went out to him but there was nothing we could do at all to ease his pain.

Despite repeated advices from my mother, my dad was adamant about not consulting a doctor. "I'm sure it's nothing serious. I'm just getting old." After enduring the persistent pain for a few years, my dad finally decided to go for treatment. He was referred to an orthopedic surgeon, and subsequently went for a surgery.

It changed the life of my dad.

With regular medication, he is now able to live a much more fruitful and fulfilling life than before. Not only can he carry out his daily activities, he is also able to invest time in his interests. Pastimes like cycling and fishing are part of his weekend regime now, when he spends quality time with us. He also gains confidence at his workplace which enhanced his performance. Personally, I feel that my dad has changed. He has become a more optimistic person and more importantly, a happier dad.

Having his chronic pain alleviated, nothing can deter him from enjoying life now.

Thank you