

# Chronic Pain

## Who is affected?

- Migraines and Fibromyalgia are more common in women than men
- Nerve pain is more common in older adults. Migraines commonly start between ages of 15 and 55. Fibromyalgia can occur at any age, typically diagnosed between ages of 30 to 60

## Neuroscience of chronic pain associated with nervous system

Nerve pain results when the nervous system malfunctions or gets damaged. The damaged nerve fibers send wrong signals to the pain center of the body.

The exact causes of Migraine are poorly understood. One possible area of investigation is the abnormally high activity of brain circuits that process pain.

Fibromyalgia is possibly associated with inflammation of the pain processing centers. This results in a higher-than-normal response to painful sensations.