

i have chronic back pain

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I'm sorry to hear you're dealing with chronic back pain. Let's get some clearer details to help you communicate this with your doctor. On a scale of 1-10, how would you rate the pain?

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10

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That sounds incredibly painful, and I'm really sorry you're experiencing that. Can you tell me how long each episode of pain typically lasts?

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whole day, early morning, whole day and before sleep and while sleeping, it does not allow me to do anything

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That must be very difficult to manage with the pain affecting you throughout the day and night. How long have you been experiencing this back pain?

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since 5 years, i am in pain so much that i am exhausted and so much tired by the end of the day due to the pain

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I'm sorry to hear that it's been going on for so long and affecting you so deeply. Have you noticed anything that makes the pain better or worse? Any triggers you've identified?

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what ever i do i have pain, so i stopped doing anything and i lye down or sit whole day

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That sounds incredibly challenging, and it's important to address this with your healthcare provider. Let's summarize what we have so far for your Dr. Prep Notes.

****Dr. Prep Notes:****

- ****Symptom:**** Chronic back pain
- ****Severity:**** 10 out of 10
- ****Duration of each episode:**** Pain lasts the entire day and night
- ****Frequency and Timing:**** Constant pain all day, worsening in the early morning and at night
- ****Onset:**** Pain has been present for 5 years
- ****Triggers:**** Pain persists regardless of activity; resting or sitting does not alleviate it

Please ensure to share this information with your doctor for more targeted help. Remember, you're not alone in this, and seeking professional guidance is vital.

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