



- **Is it worse at any time of the day?**

Morning? Evening?

- **What makes the pain feel better? What makes the pain feel worse?**

What have you done to try to relieve the pain? Does the medicine make it feel better? Does it hurt more when you are active or lying still?

- **Does the pain affect other parts of your life?**

Does it make it hard to sleep, eat, or care for yourself or others? Does it cause you to be upset, teary or less patient?

**Talk to your doctor or nurse about your pain. Share your concerns and ask questions.**

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rov mob ib zaag?

- **Puas yog qho lub caij ntawm tej nub mob dlua?**

Sawvntxuv? Mo ntuj?

- **Yaam dlaabtsi ua rua qhov mob ntaug? Yaam dlaabtsi ua rua mob heev tuaj?**

Koj ua dlaabtsi lawm kws ua rua qhov mob ntaug? Cov tshuaj puas ua rua mob zoo zog? Puas yog mob heev zog thaum koj moog-moog lug-lug, losis pw twbywv?

- **Qhov mob ntawd puas cuamtshuam lwm feem ntawm koj lub neej?**

Puas ua rua koj pw tsi tsaugzug, noj tsi qaab, lossis tu koj tugkheej lossis lwmtug tsi tau? Puas ua rua koj npau tawg, quaj taug lossis sab tsi ntev?

**Thaam nrug koj tug kws khumob lossis kws tu mob txug koj qhov mob. Qha txug koj kev txhawj hab nug yog muaj lugnug.**

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- **Puas yog qho lub caij ntawm tej hnuv mob dua?**

Sawvntxov? Mo ntuj?

- **Yam dabtsi ua rau qhov mob ntaug? Yam dabtsi ua rau mob heev tuaj?**

Koj ua dabtsi lawm uas ua rau qhov mob ntaug? Cov tshuaj puas ua rau mob zoo zog? Puas yog mob heev zog thaum koj mus-mus los-los, losis pw twjyww?

- **Qhov mob ntawd puas cuamtshuam lwm feem ntawm koj lub neej?**

Puas ua rau koj pw tsis tsaugzug, noj tsis qab, lossis tu koj tuskheej lossis lwmtus tsis tau? Puas ua rau koj npau taws, quaj taus lossis siab tsis ntev?

**Tham nrug koj tus kws khomob losis kws tu mob txog koj qhov mob. Qhia txog koj kev txhawj thiab nug yog muaj lusnug.**

Cov txiaj ntsig: 2005 tsim los ntawm kev sib koom ua ke ntawm The Ohio State University Medical Center, Mount Carmel Health thiab Ohio Health, Columbus, Ohio. Askiv thiab lwm hom lus muaj rau txhua tus siv tau yam tsis muaj txwv dab tsis los ntawm [www.healthinfotranslations.org](http://www.healthinfotranslations.org).

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