

# Painkillers and pain

## Worksheet 1

1. In English there are many words that get easily confused. Go to [http://www.bbc.co.uk/worldservice/learningenglish/language/askaboutenglish/2010/03/100323\\_aae\\_sick\\_pain\\_page.shtml](http://www.bbc.co.uk/worldservice/learningenglish/language/askaboutenglish/2010/03/100323_aae_sick_pain_page.shtml) and read and listen about the difference between pain, hurt and ache.

2. Go to <http://www.nabd.org.uk/living/paingate.htm> and answer these questions:

- Why do we feel pain?
- What is the flight of fight syndrome?
- What is acute pain?
- What is chronic pain?

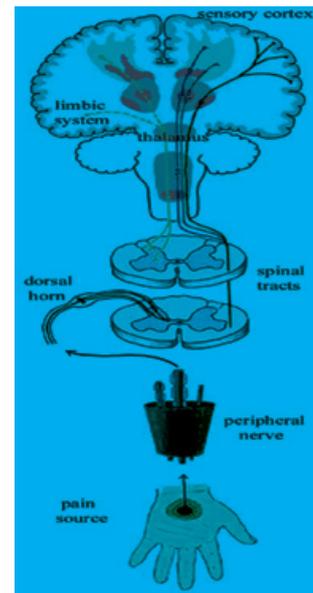
3. Now we are going to look at pain and the pain processes in your body. First go to <http://science.howstuffworks.com/life/inside-the-mind/human-brain/pain.htm> and find answers to these questions:

- What is nociception?
- What are the four steps of nociception process?

Now read how the pain signal travels to the brain:

<http://science.howstuffworks.com/life/inside-the-mind/human-brain/pain2.htm>

[http://www.sciencebuddies.org/science-fair-projects/project\\_ideas/Games\\_p016.shtml#background](http://www.sciencebuddies.org/science-fair-projects/project_ideas/Games_p016.shtml#background)



4. Find what congenital analgesia is and why it is dangerous.

5. How do we cope with pain? Do you know any methods? Watch a short film about painkillers: <http://ed.ted.com/lessons/how-do-pain-relievers-work>

6. There are two types of painkillers: opiates and aspirin based drugs. Complete the chart

	Opiates	Aspirin
Come from		
Examples		
Used in		
Work by		

<http://mentalfloss.com/article/18615/how-do-painkillers-find-kill-pain>

<http://kidshealth.org/kid/talk/qa/ibupro.html>

<http://www.medicalnewstoday.com/articles/161255.php>