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EC ORTHOPAEDICS
Editorial

Pain Alleviation for Bone Diseases

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Received: May 15, 2021; **Published:** June 26, 2021

Abstract

Bone disease is commonly accompanied with severe pain. This editorial discusses this topic of pain alleviation in the clinic.

Keywords: *Bone Fracture; Bone Cancer; Pain, Osteoarthritis; Anesthesia; Surgery*

Introduction

Bone disease is a common disease that affects more than half human population, especially old people [1-3]. Many patients with bone diseases accompany with a great pain when disease is growing and recovery, such as fracture, surgery, osteoarthritis, sports injury, bone cancer, goat and others [4-8]. Proper pain alleviation is proposed to promote the quality and outcomes of bone healthcare and treatment for patients with bone diseases.

Methods

Several pathways can be used for pain alleviation in the clinic [8-16]:

- Anesthetics (gas or chemical)
- Pain killer for bone cancer and metastasis
- Common drugs
- Acupuncture
- Herbals
- And others.

Therapeutic types	Mechanisms	References
Anesthesia	Whole-body or local	[4,5]
Cancer	Palliative	[17,18]
Drugs	Doses, toxicity and additive	[2,6]
Herbal	Long term and relatively low toxicity	[10,11]
Acupuncture	Assistant and long term	[9]

Table: *Pharmacological consideration on therapeutic selection for pain alleviation.*

Discussion

Pain alleviation is a useful way for patients with many bone diseases. But positive and negative factors are universally present. Optimally selection of different forms of therapeutics needs a great skill.

Conclusion

More types of medical and pharmaceutical development for patient's treatment and recovery need to be done in the future.

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Volume 12 Issue 7 July 2021