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PAIN

SK
KEY
1/25

The No-Pain, No-Gain Trivia Quiz, KEY

Instructions: Match each pain reference on the left with the most appropriate explanation on the right. As for me, pain may be "God's megaphone," but I subscribe to the "No pain? Good!" philosophy.

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| 1. <u>G</u> surgical pain | A. is more effective in males. Why? Unk. More med. tests on males! |
| 2. <u>E</u> electric ray, torpedo | B. when we look away. Duh! Shots too! Covid shots on TV? 25% needle phobic! |
| 3. <u>H</u> pain is curative | C. is God-ordained and should be borne. Nit.oxide 1846; 1860s, chloroform |
| 4. <u>F</u> ice-bath pain | D. is more effective than \$0.01 aspirin tablet. |
| 5. <u>J</u> intentional pain | E. used by Romans to numb the pain of gout, etc. |
| 6. <u>B</u> tattooing hurts less | F. is more intense when shared. [Choc. eaten w/ another sweeter. Cf. #1 @ MORE] |
| 7. <u>I</u> we perceive less pain | G. is better managed by telling a patient the pain level most experience. VAS |
| 8. <u>C</u> pain of childbirth | H. 19C belief; therefore, some paid to be beaten! |
| 9. <u>A</u> ibuprofen | I. when the person suffering is someone we dislike. Are we sadists? |
| 10. <u>D</u> \$0.50 aspirin | J. is greater than accidental, unintentional pain. E.g. 5 lb. on foot. |

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| 1. <u>E</u> <i>Schadenfreude</i> | A. asked for morphine in WWII; 80% of civilians w/ same injury ask for it |
| 2. <u>H</u> acupuncture | B. is the largest ever removed; grapefruit-size; largest child: 22 lbs. 8 ou; died soon |
| 3. <u>A</u> 33% war casualties | C. is admirable but counterproductive; take your pain meds! |
| 4. <u>I</u> kids who feel no pain | D. reduced pain in 52% of headache cases; 35% in all cases |
| 5. <u>J</u> Jews and Italians | E. pleasure caused by pain of others; <i>Gluckschmerz</i> =pain cause by success of others |
| 6. <u>B</u> 1.76 lb. kidney stone | F. require 19% more anesthesia. |
| 7. <u>F</u> redheads, gingers | G. heal faster than the losers'. OW Holmes Jr. nurse Am. Civil War |
| 8. <u>C</u> stoicism | H. form of alternative medicine, China; blocks pain, stimulates healing, FDA ok 1996 |
| 9. <u>G</u> victors' wounds | I. usually die before they mature; they keep damaging themselves. |
| 10. <u>D</u> placebos | J. are more sensitive to pain than Nordic folk. |

MORE:

--Sexual fantasies increased pain tolerance in ice-water trials, 1999, Johns Hopkins. Fantasy folk lasted 2 min. longer than others. Cf. I, F above

Masochists enjoy their pain; sadists enjoy inflicting it.

Globally, we consume 35,000 tons of aspirin annually.

Stoning most painful death some say.

Caffeine increases the power of aspirin. Alone also?

VAS is the Visual Analogue Scale, 10-point-pain scale; more should use it.

No one can hurt me w/o my permission. Gandhi