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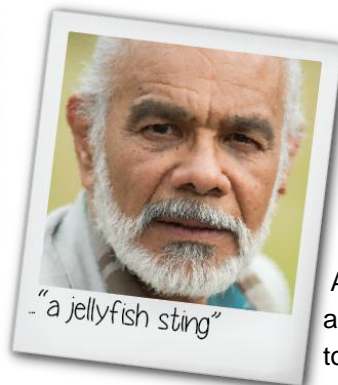
Patient summary Albert

"My whole life I have been working to provide my wife a good life. Finding her has been the biggest success for me," reported Albert, a 68 years old pensioner. "When I got retired it was hard in the beginning, but after a while, I discovered this period of life as an opportunity. I started enjoying the freedom and time that I could now share with my beloved wife Hannah."

Before his retirement Albert worked for a gardening and landscaping company and was used to be physically active and very performance-oriented. As for many ambitious employees the retirement was first an issue for Albert. In the beginning he struggled with this new slower lifestyle, but together with the support of Hannah he started enjoying himself and discovered new hobbies with her like hiking and biking.

Everything seemed to develop nicely for Albert and Hannah, but all of sudden a horrible pain tortured Albert in the back. It started like sunburn that won't go away and Albert had the feeling that hot needles were working under his skin. In the beginning he tried to ignore the pain hoping that it will vanish as quickly as it came. But the pain stayed and Albert needed relief. He went to a pharmacy and then to a doctor asking for some pain medication.

None of the medication provided the expected pain relief to Albert. He felt misunderstood and frustrated because the pain got in the way of his plans for retirement and decreased his quality of life. "I hated this situation," remembered Albert, "I never had a moment without this annoying pain although I was taking lots of different medications. I was tired of trying new or other pills. I just wanted to control the pain."



His wife Hannah did not want to give up and motivated Albert to look for further solutions. "It made me suffer, seeing him suffering," she explained.

"Sometimes he got really desperate with a bad sense of humor due to his pain." As Albert is not a man of many words, Hannah went with him to the doctor and helped him describing how his pain affected their life. Hannah encouraged Albert to explain in detail and with very descriptive words how his pain felt like and where it was located.

And for the very first time Albert felt he had a constructive conversation with his doctor about the potential diagnosis and possible treatment options. He is now looking forward to managing his pain together with his doctor and his wife Hannah.



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