# Dr Amir Khan highlights the challenges of living with chronic pain and the importance of recognition



Dr Amir Khan, a medical professional well-known for his appearances on ITV daytime shows such as Lorraine and This Morning, has spoken out about the challenges faced by individuals experiencing daily pain. In a sincere post shared on Instagram, Dr Khan emphasised that people suffering from chronic pain often feel unheard and overlooked, asserting that their pain is genuine and warrants compassion and adequate support.

In his message, Dr Khan highlighted the complexity of pain as a symptom, explaining that while it could signal a wide range of health issues, this does not diminish its debilitating impact on those affected. He noted that pain is not a uniform experience, even though it may feel that way to sufferers. He encouraged those who receive normal test results but continue to experience persistent pain to discuss with their doctors the possibility of less commonly recognised conditions.

Dr Khan explained, "Finally getting to the root cause of your pain might help start the road to recovery and managing your issue once and for all. By better understanding what is going on inside your body, you can take the first step to managing [the pain/issue] properly."

Among the conditions Dr Khan mentioned is nociplastic pain, which he described as a type of pain often dismissed as being psychological or "all in your head." This form of pain results from the nervous system becoming overly sensitive, akin to having the volume dial on pain threshold turned up excessively, even in the absence of clear tissue damage or nerve injury. He said, "Nociplastic pain happens when the nervous system becomes overly sensitive - like the volume dial on pain [threshold] is turned up way too high - even without obvious tissue damage or nerve injury."

He also linked nociplastic pain to disorders such as fibromyalgia, chronic lower back pain, and reports of pain experienced in long COVID patients. Dr Khan's comments underscore the importance of recognising and validating the experiences of those enduring chronic pain and the need for appropriate medical support tailored to their specific conditions.

The Express is reporting these statements as part of an ongoing discussion around the complexities of diagnosing and managing chronic pain.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

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2. <https://www.thailandmedical.news/news/new-insights-into-pain-issues-in-long-covid> - This article explores the prevalence of neuropathic and non-neuropathic pain in long COVID patients, emphasizing the impact of pain on cognitive function and quality of life.
3. <https://www.medcentral.com/infectious/covid/covid-long-haulers-new-chronic-pain-profile> - This resource outlines the symptoms and mechanisms of chronic pain in long COVID patients, including the association with conditions like fibromyalgia and the importance of recognizing and validating these experiences.
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5. <https://www.inkl.com/news/success-in-treating-persistent-pain-now-offers-hope-for-those-with-long-covid> - This article discusses the similarities between long COVID and chronic fatigue syndrome, emphasizing the importance of understanding the nervous system's role in chronic pain and fatigue.
6. <https://www.youtube.com/watch?v=94PiRawAfGU> - This video provides insights into the neurological manifestations of long COVID, including cognitive deficits, fatigue, headaches, and neuropathic pain, and discusses the need for interdisciplinary diagnostic assessment.
7. <https://www.express.co.uk/life-style/health/2048283/amir-khan-pain-daily-explained> - Please view link - unable to able to access data