



Myhealth Clinic

-less medicines , more health

Palliative Medicine

Pain is inevitable
Suffering is optional

h-Haruki Murakami

Fact sheet

Q. What is Palliative Medicine?

A. Palliative Medicine is a specialized field of medicine which involves a plan of care to improve the lives of people who have long term diseases, including terminal illness. It aims at symptom control and pain relief.

Q. What is Palliative Care?

A. The World Health organization (WHO) defines Palliative care as an approach that improves the quality of life of patients (adults and children) and their families who are facing problems associated with life-threatening illness. It prevents and relieves suffering through the early identification, correct assessment and treatment of pain and other problems, whether physical, psychosocial or spiritual

Q. Is there a difference between Palliative Medicine and Palliative care?

A. The terms “Palliative Medicine” and “Palliative Care” are often used interchangeably. However, Palliative Medicine can only be provided by medical personnel.

Q. Do I need Palliative care/Palliative Medicine?

A. If you have any chronic disease, you will need Palliative care at some stage of the disease.

- Contact us if you need help with symptom management including pain.
- If you currently do not have any symptoms, contact us for a care plan, ***the day you are diagnosed.*** Having a care plan prepares you to deal with the progression of disease and development of complications.

Q. Will I benefit from Lifestyle Medicine?

A. If you have any chronic disease, along with symptom management, appropriate lifestyle modifications have been shown to prevent/delay complications and improve the quality of life.

Make an appointment today: Call 8851420874