

**Trigeminal neuralgia symptoms may include one or more of these patterns:**

- Occasional twinges of mild pain
- Episodes of severe, shooting or jabbing pain that may feel like an electric shock
- Spontaneous attacks of pain or attacks triggered by things such as touching the face, chewing, speaking and brushing teeth
- Bouts of pain lasting from a few seconds to several seconds
- Episodes of several attacks lasting days, weeks, months or longer — some people have periods when they experience no pain
- Pain in areas supplied by the trigeminal nerve, including the cheek, jaw, teeth, gums, lips, or less often the eye and forehead
- Pain affecting one side of your face at a time
- Pain focused in one spot or spread in a wider pattern
- Attacks becoming more frequent and intense over time

**When to see a doctor**

If you experience facial pain, particularly prolonged or recurring pain or pain unrelieved by over-the-counter pain relievers, see your doctor.



The Trigeminal Neuralgia and Face Pain Handbook

By: George Weigel & Kenneth F. Casey, M.D.

**The Facial Pain Research Foundation:**

[www.facingfacialpain.org](http://www.facingfacialpain.org)

**TNA Facial Pain Association:**

[www.fpa-support.org](http://www.fpa-support.org)

**Trigeminal Neuralgia Association UK**

[www.tna.org.uk/](http://www.tna.org.uk/)

**Facebook Support /Awareness Groups**

[www.facebook.com/Oct7thTNawareness](http://www.facebook.com/Oct7thTNawareness)

[www.facebook.com/groups/532174223526996/](http://www.facebook.com/groups/532174223526996/)

[www.facebook.com/groups/tnfamily4all/](http://www.facebook.com/groups/tnfamily4all/)

[www.facebook.com/groups/2394464747/](http://www.facebook.com/groups/2394464747/)

**Screen Name** tnnme (twitter)

**Website** [www.tnnme.com](http://www.tnnme.com)

**Email** [tnawareness@gmail.com](mailto:tnawareness@gmail.com)

**Facebook** [facebook.com/tnnme.tn](https://facebook.com/tnnme.tn)

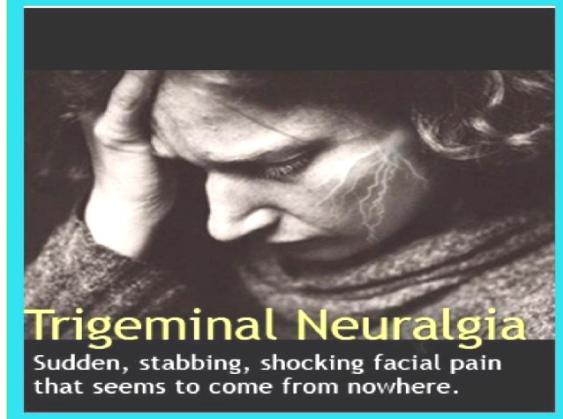
Designed By:

Rebecca D. Thorpe (Indiana Awareness Fighter)

Brochure approved by: TNNME

**Could you  
have,  
Trigeminal  
Neuralgia?**

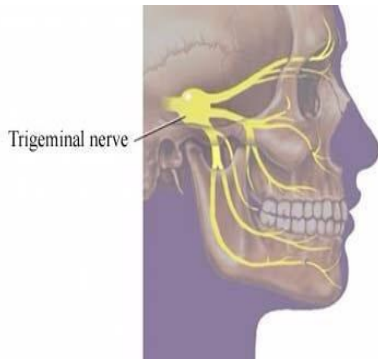
**So painful it's called  
"The Suicide Disease"**



**[www.tnnme.com](http://www.tnnme.com)**

# What is Trigeminal Neuralgia?

Trigeminal neuralgia is a chronic pain condition that affects the trigeminal nerve, which carries sensation from your face to your brain. If you have trigeminal neuralgia, even mild stimulation of your face — such as from brushing your teeth or putting on makeup — may trigger a jolt of excruciating pain.



You may initially experience short, mild attacks, but trigeminal neuralgia can progress, causing longer, more

frequent bouts of searing pain. Trigeminal neuralgia affects women more often than men, and it's more likely to occur in people who are older than 50 although cases occur in people under 40, many are children.

Because of the variety of treatment options available, having TN doesn't necessarily mean you're doomed to a life of pain. Doctors usually can effectively manage trigeminal neuralgia with medications, injections or surgery.

## Triggers

A variety of triggers may set off the pain of trigeminal neuralgia, including:

- Shaving
- Stroking your face
- Eating
- Drinking
- Brushing your teeth
- Talking
- Putting on makeup
- Encountering a breeze
- Smiling
- Washing your face

Your facial pain may be caused by many different conditions, so an accurate diagnosis is important. Your doctor may order additional tests to rule out other conditions.

## Trigeminal Neuralgia

Make an appointment with your family doctor or primary care provider if you have symptoms common to trigeminal neuralgia. After your initial appointment, you may see a doctor trained in the diagnosis and treatment of brain and nervous system conditions (neurologist)

### What you can do to prepare

- Write down any symptoms you've been having, and for how long.
- Note the triggers, such as triggers that bring on your attacks of facial pain.
- Make a list of your key medical information, including any other conditions for which you're being treated and the names of any medications, vitamins or supplements you're taking.
- Take a family member or friend along, if possible. Someone who accompanies you may remember something that you missed or forgot.

**Write down questions in advance, to ask your doctor at your appointment.**

**Creating your list of questions in advance can help you make the most of your time with your doctor.**



Yearly Awareness Day  
October, 7th.