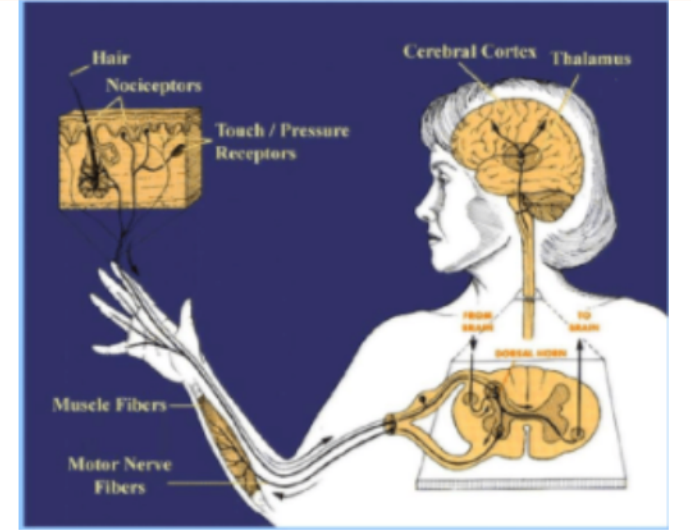


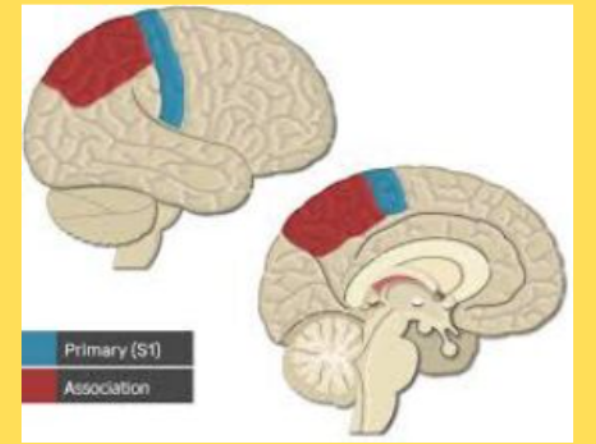
Somatosensory System

The bodily touch system that responds to various stimuli (pressure, pain, temperature etc.).



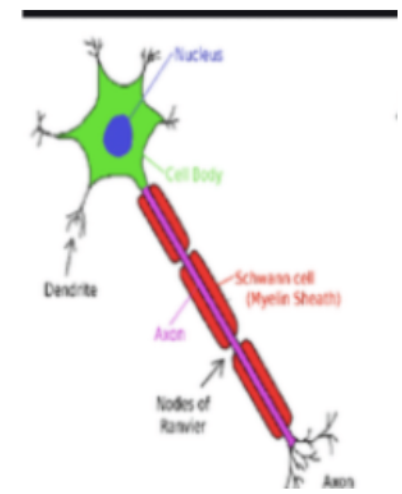
Somatosensory Cortex

A part of the brain where skin **sensory neuron** signals are translated and categorized into different touch perceptions (Pain, tickling, impact, etc.)



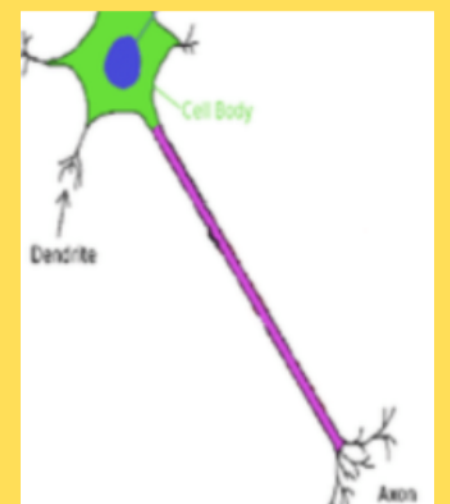
A-Beta-Fiber

A type of **neuron** that is *thick* and has a **myelin sheath**. This layer of cells allows for fast transmission speed and is responsible for *sharp pain*.



C-fiber

A type of **neuron** that is *thin* and has no **myelin sheath**. It passes sensory information slowly and is responsible for *dull pain*.



Nociceptors

A type of sensory fiber that fires as a result of tissue damage (high-level pain).

Capsaicin

The chemical in peppers that causes spiciness. *It registers identically to pain in the **somatosensory system** (So spicy it actually hurts!).*

Prostaglandins

A type of **nerve impulse** that makes receptors more reactive to tissue damage and *increases pain*.

Allodynia

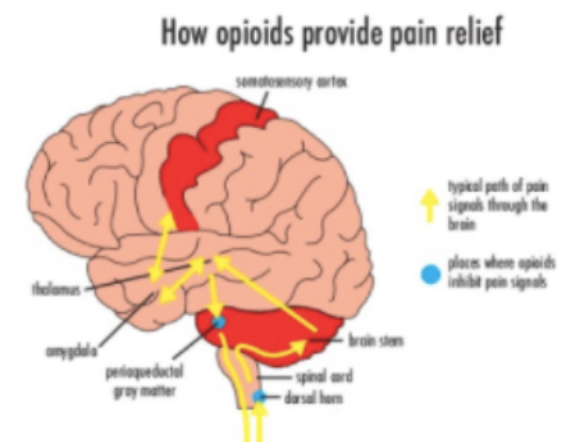
A condition caused by malfunctioning **prostaglandins** causing even small amounts of pressure on the skin to cause immense pain.

Neuropathic Pain

A type of pain caused by **somatosensory system** issues, not by an actual ailment. (Ex: Diabetes neuropathy, Cancer Pain).

Periaqueductal Grey Matter

A region of the **brainstem** that triggers pathways to *abate pain*.



Endorphins

A type of **opiod** produced by the body that *suppresses pain*.

Analgesic

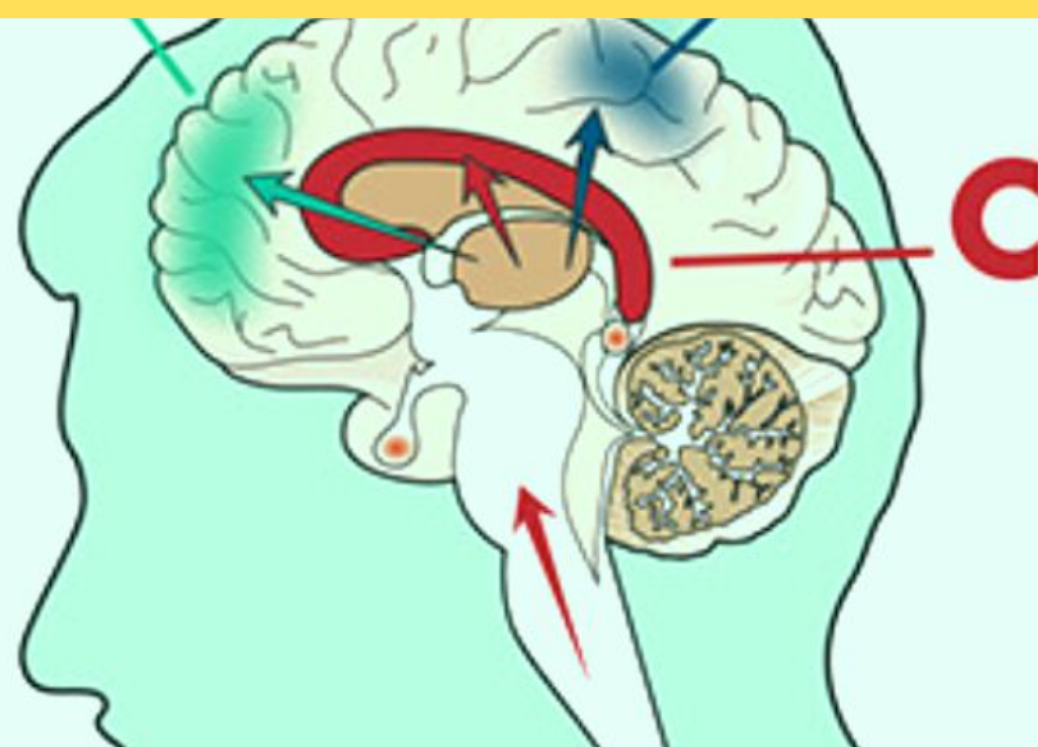
A substance that decreases pain without a loss of consciousness (Ex: Alive, Tylenal).



Cognitive Behavioral Therapy

A type of therapy that aims to change thoughts and behaviors in hope to improve social, physical, and overall **hollistic** functioning.

Arthritis Joint
Pain Generator



A - Thoughts
B - Emotion
C - Sensation