

Grin and Bear It: A Smile or Grimace May Reduce Needle Injection Pain, UC Irvine Researcher Shows

December 09, 2020

UC Irvine has good news for the 50 million Americans who are afraid of needles.

In a recently published paper, UC Irvine researchers found that simply smiling or grimacing can significantly reduce pain from needle injections.

The researchers also found that a smile can reduce the stress of a needle injection and lower an individual's heart rate.

...