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## MEDLINE Abstract

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### **Belonephobia--a fear of needles.**

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Belonephobia is an unreasonable and altered response due to the fear of needles. It affects up to 10% of the population and has implications for treatment and follow up, especially in the paediatric setting (see Case study). A three step behavioural approach involving recognition and relaxation, control and preparation, and graded exposure, can be effective in overcoming belonephobia. This will assist with non-urgent minor procedures being undertaken.

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