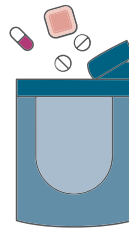


## Opioid safety tips

- **Naloxone** can reverse an opioid overdose. Make sure you and your family members or friends know where it is and how to use it.
- **Store opioids safely.** Use a locked box or an out of reach place.
- **Don't share your medications** with others.
- **Discard unused portion.** Drop off in disposal bins at pharmacies or police stations, medication take back events, or in activated charcoal bags (like Deterra).



**For drop-off locations, contact your local healthcare facility or visit: [bit.ly/dropoff\\_locator](https://bit.ly/dropoff_locator)**



**These are general recommendations only; specific clinical decisions should be made by the treating clinician based on an individual patient's clinical condition.**

These materials were created by Alosa Health, a nonprofit educational organization which accepts no funding from any pharmaceutical company. They were printed and distributed through a program with the Indian Health Service.

## Building a pain management plan

Chronic pain is one of the most common medical conditions, affecting over 50 million Americans.

This brochure will help you learn more about setting treatment goals and different treatment options.



[www.ihs.gov](http://www.ihs.gov)





## Set a treatment goal

The best aim for long-term pain is to help you work or move at your best—**not** stop all pain. Think about these questions to help determine your goal:

1. If you were better able to do one thing for yourself, what would it be?
2. What activities do you need help to perform that you'd rather be able to do for yourself?
3. What are your concerns about functioning at work, home, or in leisure activities?
4. What could help you be more independent?



**Talk to your healthcare team to set your goals.**

## Treatment options

A combination of medication and non-medication options may be needed.

### Non-medication options

Many different non-medication treatments can provide meaningful benefits.

- **Movement-based activities:**

- aerobic exercise
- resistance exercise
- stretching

- **Mind-body activities:**

- yoga
- tai chi
- mindfulness

- **Psychological approaches**, such as cognitive behavioral therapy

- **Education** about pain and coping

- **Dietary changes** for excess body weight

- **Spiritual and traditional healing**



### Medication options

Over-the-counter medications like **acetaminophen** (Tylenol) or **ibuprofen** (Advil) may be helpful for some kinds of pain. **Diclofenac gel** may help if you are unable to take medications like ibuprofen by mouth.

Some prescription medications such as **duloxetine** (Cymbalta) are known to effectively treat long-term pain. Some opioids like **tramadol** (Ultram) or **buprenorphine** (Belbuca or Butrans) may be a better choice than other opioids like morphine or oxycodone.

## Understanding the risks and benefits of opioids

Opioids (such as hydrocodone, oxycodone, and others) are powerful pain medications.

If opioids are an option, your healthcare team will talk with you to assess the possible benefits and risks of these medications.



### BENEFITS

- Opioids can help for short-term severe pain.

### RISKS

- **Opioids may not work in the long-term.**
- **Common side effects from opioid medications include** constipation, unsteadiness on your feet, nausea or vomiting, decreased sex drive, or itching.
- **More serious risks include** overdose (which may be fatal), addiction, falling and breaking a bone, or an increased risk of infections like pneumonia.