



# PRESCRIPTION PAIN MEDICATIONS AREN'T THE ONLY ANSWER

**ASK**  
FOR THE  
ALTERNATIVES

Your patients may benefit more from alternative pain management treatments. You can increase awareness and adoption of alternative treatments—and avoid the risks of opioids and other prescription pain medications.

## **Five questions to ask before you prescribe opioid medications for chronic pain:**

- 1** What is your patient's history with chronic pain?
- 2** Are underlying conditions or mental health issues contributing to pain?
- 3** What are measurable, achievable treatment goals?
- 4** What restorative and integrative therapies may be effective?
- 5** Are non-opioid medications or interventional procedures appropriate?

**Explore pain management alternatives with your patient.**

# Talk with your patients about alternative treatments for chronic pain.



## Lifestyle Changes

For some patients, lifestyle changes like weight loss, exercise, dietary modifications, and smoking cessation may be long-term pain management solutions.



## Complementary & Integrative Healthcare

These therapeutic options, such as yoga, acupuncture, and chiropractics, are often used in combination with other therapies of a pain management plan. However, they can help manage pain on their own.



## Behavioral Health Therapies

Because chronic pain can significantly impact patients' daily lives, it may coincide with mental health issues. Behavioral health treatments like cognitive behavioral therapy can be used individually or as part of a pain management plan.



## Non-Opioid Medications

A variety of non-opioid prescription and over-the-counter medications can safely manage chronic pain. Most commonly, these include acetaminophen, NSAIDs, topical agents, antidepressants, and anticonvulsants.



## Restorative Therapies

Physical and occupational therapies, as well as relaxation and rehabilitative massage therapies, can address inflammation and stiffness, while restoring flexibility and strength, to help manage chronic pain in the long-term.



## Interventional Procedures

These minimally invasive procedures, including steroid or numbing medication injections, radiofrequency ablation, and neuromodulation, can help manage chronic pain.

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For more on safe pain management, visit [AskForAlternatives.com](https://www.AskForAlternatives.com)

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