



WHEN IT COMES TO PAIN MANAGEMENT, YOU HAVE OPTIONS

ASK
FOR THE
ALTERNATIVES

It's natural to want quick relief from pain. And while prescription opioids, as well as other medications, can provide that, they're not safe or effective for long-term chronic pain management.

Prescription opioids put you at risk of:

Addiction

Some studies show that taking opioids for just 5 days can increase the likelihood of future use and addiction.

Tolerance

Over time, bodies get used to opioids and they may stop providing pain relief.

Side-Effects

Even when used as directed, opioid medications can cause depression, confusion, and increased sensitivity to pain.

**Talk with your healthcare provider about safe,
effective pain management treatments.**

Alternative pain management treatments that may be right for you

These therapies provide long-term pain management without the risks of prescription pain medications. Talk with your healthcare provider about your options. Many insurance plans offer partial or complete coverage of pain management therapies.



Physical Therapy

Physical therapy helps alleviate inflammation and stiffness, while restoring flexibility and strength, for effective long-term chronic pain management.



Massage Therapy

Massage comes in two forms, relaxation and rehabilitative, that can help rehabilitate injuries and improve stiffness and soreness.



Acupuncture

Acupuncture uses needles to stimulate certain points on or under the skin and has been used to treat pain in Eastern medicine for centuries.



Chiropractic

Chiropractors manipulate the body's alignment to relieve pain, improve function, and help the body heal itself.



Steroid Injections

These are minimally invasive outpatient procedures that target specific areas of the body with steroid or numbing medication injections.



Mental Health

Because chronic pain can significantly impact daily life, it may coincide with anxiety and depression, which require treatment for emotional and physical wellbeing.

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Learn more about alternative pain management treatments at [AskForAlternatives.com](https://www.AskForAlternatives.com)

A PROGRAM OF



Community Overdose Action Team
Working Together To Combat Overdoses and Drug Abuse



Dayton &
Montgomery
County

