

## PAIN MANAGEMENT: Ways to Manage Your Pain Without Opioids

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Pain is one of the leading reasons for primary care visits in the U.S. Opioids are a type of pain medication used for acute and chronic pain; side effects can include nausea, vomiting, constipation, physical dependence, addiction, and respiratory depression. Due to these side effects and recent increases in deaths from opioids, non-opioid medications for pain relief have become an essential part of both acute and chronic pain management. Different types of pain can be successfully treated based on the cause, so check with your doctor to determine the best treatment modality for you.

### NON-PHARMACOLOGIC TREATMENT OPTIONS TO HELP TREAT PAIN:

- Rest, ice, heat, compression, bracing, wraps, splints, stretching
- Osteopathic manipulative medicine, physical therapy
- Massage therapy, acupuncture, chiropractic adjustments, regular exercise

### PHARMACOLOGIC TREATMENT OPTIONS TO HELP TREAT PAIN:

- Acetaminophen (Tylenol®)
- Non-steroidal anti-inflammatory drugs (NSAIDs; Over-the-counter and prescription)
- Oral corticosteroids
- Topical non-steroidal anti-inflammatory creams and gels
- Low concentration topical capsaicin
- Topical lidocaine
- Muscle relaxants
- Corticosteroid injections
- Antidepressants such as selective serotonin reuptake inhibitors (SSRIs), serotonin and norepinephrine reuptake inhibitors (SNRIs), tricyclic antidepressants (TCAs), and bupropion
- Gabapentin or pregabalin

### NEWER TREATMENT OPTIONS THAT MAY NOT BE READILY AVAILABLE:

- |   |                             |
|---|-----------------------------|
| • Spinal cord stimulation               | • Medical marijuana         |
| • Stem cell injections                  | • Ketamine Infusion Therapy |
| • Platelet Rich Plasma Injections (PRP) |                             |

### PREVENTIVE MEASURES:

If you develop side effects from any of the above-mentioned medications, contact your doctor right away, or go to the nearest emergency room. All medications can have side effects and it is important you speak with your doctor and pharmacist to determine the best treatment plan for you.

**SOURCE(S): Centers for Disease Control and Prevention, National Center for Biotechnology Information, Ohio Opioid Prescribing Guidelines**

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