

FEEL BETTER

Your Health
Your Voice

You Are
More than
Your Pain

IS YOUR PAIN MEDICATION WORKING?

Over time, opioid medications can lose their effectiveness. They can even begin to have a negative impact on your health. Talk to your health care provider to understand how your medication is affecting you and what alternatives you can pursue.

OWN YOUR HEALTH

You know yourself better than anyone. That is why your voice is important when it comes to talking to your health care provider about safely managing your pain. Invest in your health and be your own advocate. If you feel your medication is not working, talk to your healthcare provider.

EVALUATE YOUR MEDICATION

- How severe are the side effects?
- Are you taking medication as prescribed by your health care provider?
- Is your prescription medication effectively controlling your pain?
- Has your quality of life been impacted by your medication?

MAKE YOUR HEALTH CARE WORK

Better health care takes a personal approach. Talk to your health care provider to find the safest and most effective way to manage your pain, which may include mindfulness, physical therapy, acupuncture, chiropractic services or behavioral health therapy.

BETTER COMMUNICATION.

Talk with your health care provider about your options

BETTER HEALTH.

Learn about a safe, effective approach to pain management

FEELING AND LIVING BETTER TOGETHER.

Your health care provider wants to work with you



SafeRx Santa Cruz County

www.hipscc.org/programs/crosssector/saferx



SafeRx Santa Cruz County

UNDERSTANDING OPIOID PAIN MEDICATION

Opioid pain medications have failed many patients.

They are potentially addictive medications that can cause moderate to severe side effects including death.

Often opioids do not adequately treat chronic pain, leading to risks that far outweigh the benefits.

Opioids should be taken only on a short-term basis for acute pain.

Talk with your provider about how to safely manage your pain.

OPIOID PAIN MEDICATIONS

- Norco, Vicodin, Lorcet, Lortab, Hydrocodone/acetaminophen
- OxyContin, Percocet, Oxycodone, Roxicodone
- Methadone
- Morphine, Kadian, MS Contin, Ora-Morph SR
- Dilaudid, Hydromorphone
- Demerol, Meperidine



NO MAGIC PILL

There is no “magic pill” to control pain. Instead, a combination of approaches must be used for the best outcome. Your health care provider is committed to working with you to help find a healthy and safe solution to manage your pain.

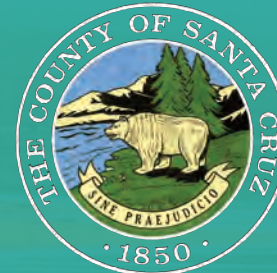
A NEW APPROACH TO PAIN MANAGEMENT

Talk to your health care provider about how mindfulness, physical therapy, acupuncture, chiropractic services or behavioral health therapy can be used to manage pain.



SAVING LIVES WITH NARCAN

Talk to your health care provider about a prescription for Narcan (Naloxone) if you or a loved one uses prescription opioid pain medications.



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