

# NO PAIN — YOU GAIN



When you're in pain, nothing else seems to matter. Pain robs you of your pleasure in life. Long-term pain can actually have harmful effects all by itself.

Don't suffer in silence. Your doctor doesn't know you're in pain until you tell him or her. Most doctors can control most pain most of the time — if they know about it.

Strong medications are available to treat pain. There are also other methods that can be effective in treating pain — relaxation exercises, guided imagery, massage therapy, aromatherapy, acupuncture, biofeedback, and many others.

# Don't wait!

*Treat pain early. It's easier to prevent or lessen pain than to treat it once it has become severe.*

Contact your health care provider for more information. Or visit one of these Web sites to learn more:

[www.theacpa.org](http://www.theacpa.org)

The American Chronic  
Pain Association

[www.painfoundation.org](http://www.painfoundation.org)

The American Pain Foundation

To complete a survey about how pain affects you, please go to [www.surveymonkey.com/painsurvey](http://www.surveymonkey.com/painsurvey)

**The Iowa Pain  
Management Initiative**