

Public Service Announcements
30 Second Spots

Does pain keep you up at night? Does it keep you from doing the things you want to do? Don't suffer in silence. Talk to your health care provider. Pain is subjective--your doctor won't know what your pain is like unless you tell her. Most pain can be managed most of the time. Get back to doing those things you enjoy in life. Remember—No Pain, You Gain. A message brought to you by the Iowa Pain Management Initiative.

Are you in pain? Is pain keeping you from doing the things you want to do? You don't have to put life on hold. There are pain medications and other treatments available to help control your pain. Talk to your health care provider and let him know how your pain affects you. Most pain can be managed most of the time. Remember—No Pain, You Gain. A message brought to you by the Iowa Pain Management Initiative.

Is your loved one in pain? Do you care for someone who cannot communicate about his pain? Labored breathing, moaning or muttering, grimacing, clenched fists, distraction are all signs of pain in those who cannot speak. Talk to your loved one's health care provider if you observe these signs. Most pain can be managed most of the time. Remember—No Pain, You Gain. A message brought to you by the Iowa Pain Management Initiative.

Are you taking medications for pain? Be sure to take pain medications regularly to avoid swings in pain levels. Allowing pain to become too bad can actually result in needing more medications to control it. Talk to your health care provider about your pain medications. Most pain can be managed most of the time. Remember—No Pain, You Gain. A message brought to you by the Iowa Pain Management Initiative.

Are you in pain? Pain can be anything from the bite of a mosquito to the pain associated with childbirth or passing a kidney stone—and everything in between. If you are experiencing pain that is affecting your ability to do the things you want to do, talk to your health care provider. Don't suffer in silence. Most pain can be managed most of the time. Remember—No Pain, You Gain. A message brought to you by the Iowa Pain Management Initiative.