

ONE DAY AT A TIME

## NO PAIN - YOU GAIN

WHEN YOU ARE IN PAIN, NOTHING ELSE SEEMS TO MATTER. PAIN ROBS YOU OF PLEASURE IN LIFE. LONG-TERM PAIN CAN ACTUALLY HAVE HARMFUL EFFECTS ALL BY ITSELF. DON'T SUFFER IN SILENCE.

NO ONE WILL KNOW YOU ARE IN PAIN UNTIL YOU SPEAK UP. MOST DOCTORS CAN CONTROL MOST PAIN MOST OF THE TIME - IF THEY KNOW ABOUT IT.

WHILE THERE ARE STRONG MEDICATIONS AVAILABLE TO TREAT PAIN, THERE ARE ALSO OTHER METHODS THAT CAN BE EFFECTIVE IN TREATING PAIN - SUCH AS RELAXATION EXERCISES, GUIDED IMAGERY, MASSAGE THERAPY, AROMATHERAPY, BIOFEEDBACK AND OTHERS.

DON'T WAIT. TREAT PAIN EARLY. IT IS EASIER TO PREVENT PAIN BEFORE IT BECOMES SEVERE.

IF AND WHEN YOU NEED HELP - TRY ONE OF THESE

THE AMERICAN CHRONIC PAIN ASSOCIATION

<https://www.theacpa.org/>

THE AMERICAN PAIN FOUNDATION

<https://uspainfoundation.org/>

**JACK**