

Pain Management

Programs and services for managing temporary or chronic pain including osteopathy.

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Opioid Frequently Asked Questions (VDH)

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[Opioid Frequently Asked Questions \(VDH\)](#)

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Disposal of Unused Medicines: What You Should Know (FDA)

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Opioid Help and Resources (HHS)

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[Opioid Help and Resources \(HHS\)](#)

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CDC Opioid Information for Patients

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[CDC Opioid Information for Patients](#)

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Non-Opioid Treatment (American Society of Anesthesiologists)

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[Non-Opioid Treatment \(American Society of Anesthesiologists\)](#)

Article

Managing Pain: Moving Beyond Opioids

Learn effective strategies for managing pain without opioids.

Source

[National Institutes of Health](#)

Article

How to Manage Disability-Related Pain as You Age [Aging Well with a Physical Disability Factsheet Series]

People with physical disabilities often experience pain related or in addition to their disability condition. This factsheet provides information and resource for pain management.

Source

[University of Washington's Healthy Aging Rehabilitation Research and Training Center](#)

Article

Safe Opioid Use

Learn how to safely take opioid medications when needed.

Source

[National Institutes of Health](#)

Article

What to Ask Your Doctor Before Taking Opioids

It's important to ask questions when starting a new prescription.

Source

[Food and Drug Administration](#)

Article

Opioids Don't Ease Chronic Pain More Than Other Drugs

A recent study finds that prescribed medications are no better than over-the-counter options.

Source

[AARP](#)

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