

## **Pain Management**

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

[Links](#)

## **Opioid Frequently Asked Questions (VDH)**

Source

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

[Links](#)

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

Source

[Disposal of Unused Medicines: What You Should Know \(FDA\)](#)

[Links](#)

## **Opioid Help and Resources (HHS)**

Source

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

[Links](#)

## **CDC Opioid Information for Patients**

Source

[CDC Opioid Information for Patients](#)

[Links](#)

## **Non-Opioid Treatment (American Society of Anesthesiologists)**

Source

[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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