

## **Pain Management**

Pain management can help you recover from injury or surgery and is important so that you can stay physically active throughout your life.

---

[View PDF](#)

Article

## **Talking With Your Doctor or Health Care Provider**

Clear and honest communication between you and your physician or health care team can help you both make informed choices about your health.

Source

[National Institutes of Health](#)

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](#)

Apps

## **MyTherapy: Medication Reminder**

MyTherapy is a pill reminder and medication tracker that also helps you manage your medications and track symptoms all in one place.

Source

[MyTherapy: Medication Reminder](#)

Apps

## **MediSafe**

MediSafe is a comprehensive medication management tool with pill and medicine reminders and tracking, drug-to-drug interactions, and refill alerts.

Source

[MediSafe](#)

Apps

## **Drugs.com Medication Guide**

Drugs.com provides a medication guide including A-Z drug search, pill identifier, interactions and a convenient way to set up medication records.

Source

[Drugs.com Medication Guide](#)

Books & Guides

## [Live Healthy Live Smart: A guide to smart, safe prescription use and savings](#)

FamilyWize's Live Healthy Live Smart guide provides information on smart, safe prescription use and savings.

Source

[FamilyWize](#)

Books & Guides

## [Living with Paralysis: Pain Management](#)

Living with Paralysis: Pain Management provides information on the types of pain and various treatment options for individuals living with a spinal cord injury (SCI).

Source

[Christopher & Dana Reeve Foundation](#)

### **Pagination**

- [Current page 1](#)
- [Page 2](#)
- [Next page >>](#)
- [Last page Last >](#)

Showing 1-10 of 17 Results