

# HEALTH ALERT!

## Arthritis Pain Relief: What People Should Know

(NAPSA)—There's been a lot of news lately about arthritis pain medicines. If you have arthritis, you may be confused about how to manage the pain.

Go see your doctor for help. You don't need to cope with the pain on your own. People have different health needs. A doctor can assess the best way for you to treat your arthritis.

When you see your doctor, be ready to talk about:

- What you have done to manage your arthritis so far
- What has worked for you in the past and what has not
- What your medical history is, including your risk for heart disease or stomach problems
- What food and drug allergies you may have
- What medications (both prescription and over-the-counter) you are taking for other health conditions
- What other types of alternative therapies you are using to manage pain
- What other questions you have, if any.

Your doctor may ask that you try both pain medication and lifestyle changes. These changes may include weight control, exercise, or the use of heat or cold. Your doctor may suggest relaxation techniques as well. There are a number of medications used to treat arthritis pain. These are both prescription and nonprescription drugs. Work-



### **Arthritis and joint pain can be managed.**

ing together, you and your doctor can find a treatment plan that's right for you. It is important that you are an active part of the treatment team.

There are groups that can provide information to help make sense of pain relief. The American Chronic Pain Association, the American Pain Foundation and the National Pain Foundation are three of them. You can find information on ways to manage pain, including a consumer guide to pain management created together by these organizations, on the following Web sites.

- [www.theacpa.org/documents/Consumer%20Guide%20FINAL.pdf](http://www.theacpa.org/documents/Consumer%20Guide%20FINAL.pdf)
- [www.nationalpainfoundation.org/MyTreatment/Consumer\\_Guide\\_FINAL.pdf](http://www.nationalpainfoundation.org/MyTreatment/Consumer_Guide_FINAL.pdf)

Remember, arthritis and joint pain can be managed. The sooner you talk with your doctor, the sooner you can be on the road to relief.



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