

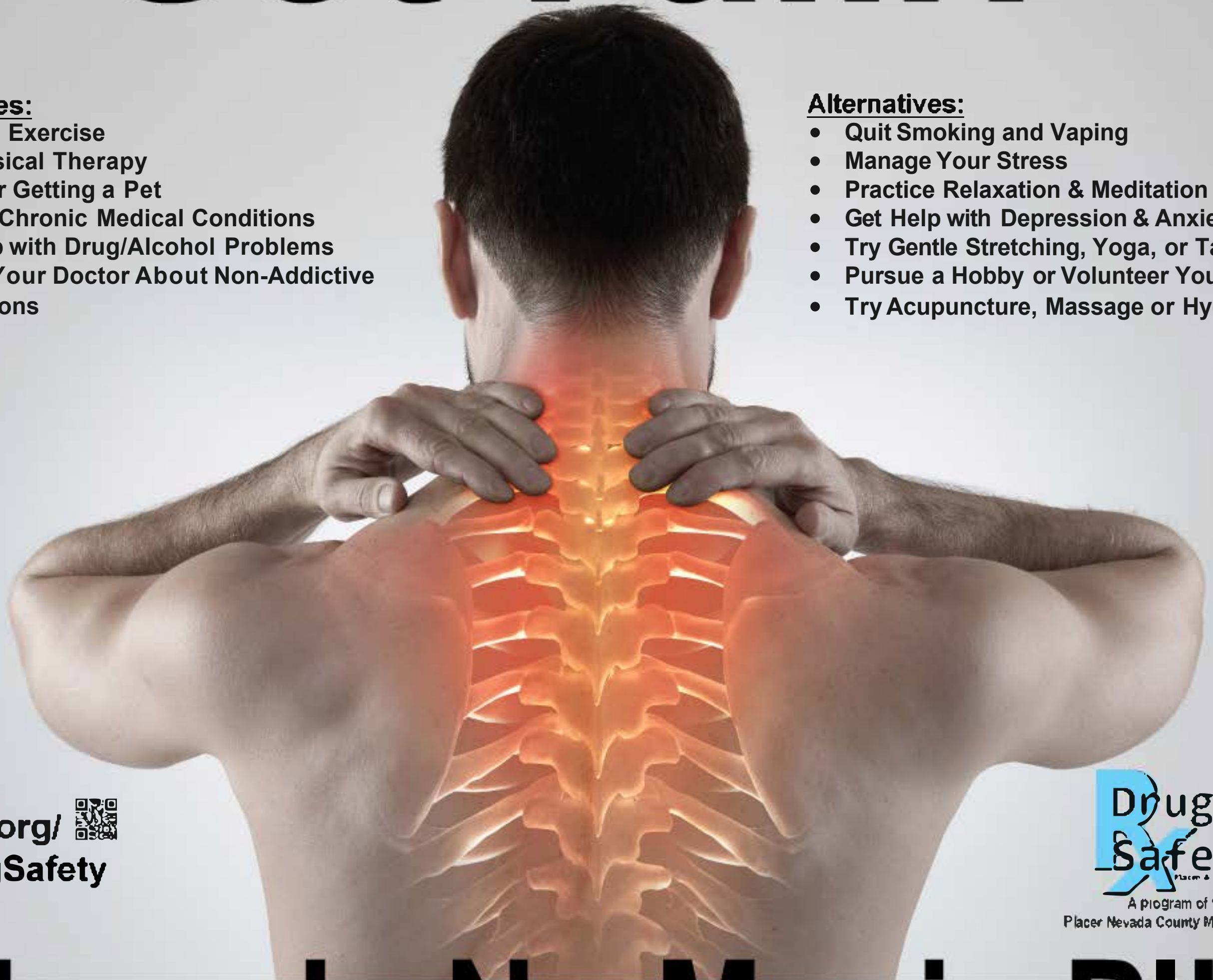
# Got Pain?

## Alternatives:

- Diet and Exercise
- Try Physical Therapy
- Consider Getting a Pet
- Manage Chronic Medical Conditions
- Get Help with Drug/Alcohol Problems
- Talk To Your Doctor About Non-Addictive Medications

## Alternatives:

- Quit Smoking and Vaping
- Manage Your Stress
- Practice Relaxation & Meditation
- Get Help with Depression & Anxiety
- Try Gentle Stretching, Yoga, or Tai Chi
- Pursue a Hobby or Volunteer Your Time
- Try Acupuncture, Massage or Hydrotherapy



[pncms.org/  
RXDrugSafety](http://pncms.org/RXDrugSafety)



**Drug  
Safety**  
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# There Is No Magic Pill