

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
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/](http://pncms.org/RXDrugSafety)
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**Drug
Safety**
Placer & Nevada

A program of the
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There Is No Magic Pill