

# Alameda Alliance for Health Manage Your Pain Without Opioids



## Prescription Opioids – Pain Relievers

At Alameda Alliance for Health (Alliance), we are here to help you take charge of your health. You can use this guide to learn about other ways to treat and manage your pain without opioids. Always work with your doctor to find out which treatment is best for you.

Below are some options that may work better and have fewer risks and side effects.

### Other Medicines

These can include:

- Pain relievers such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen.
- Some anti-depressants and anti-seizures, which can also be used for nerve pain.

### Talk Therapy

Seeing a therapist may help lower stress and anxiety that trigger pain. Talk therapy teaches techniques to change the way you think and behave.

### Exercise

Exercise can make your body stronger and feel better.

The Alliance offers:

- Physical therapy.
- Occupational therapy.
- Water (aquatics) therapy.

### Acupuncture

Acupuncture is a treatment where very thin needles are placed on certain points of your body. This may help with many types of pain.

### Chiropractic Therapy

Chiropractors adjust the spine or other parts of the body. This may help with back and neck pain.

### Nerve Stimulation

This device sends a mild electric current through nerves to block pain signals. One common device is called Transcutaneous Electrical Nerve Stimulation (TENS).

For help finding these services, please ask your doctor or call the Alliance Member Services Department at **1.510.747.4567**.

**Do you need more support?** Please call Alliance Health Programs  
Monday – Friday, 8 am – 5 pm  
Phone Number: **1.510.747.4577**  
People with hearing and speaking impairments (CRS/TTY):  
**711/1.800.735.2929**  
**[www.alamedaalliance.org](http://www.alamedaalliance.org)**

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