



Welcome to PMSI's injured worker Pain Resource Center. As one of the nation's leading providers of prescription services and durable medical equipment for injured workers, we understand that living with a work-related injury can be confusing. That's why we are here—to provide you with answers to some of the most common injury-related questions, such as:

- What are the signs and symptoms for my condition?
- What medication options are available?
- What sorts of questions should I ask my doctor?
- Will I become addicted to any/all of my medications?

Click on the links below to get more information about various topics such as what medications you can take, questions to ask your doctor, and finding a pain specialist. At PMSI we care about your health and we're committed to bringing you the best resources available.

## **Pain Management Basics**

[General Pain Overview – American Pain Foundation Pain Resource Guide](#)

[Signs and Symptoms – NIH Pain Consortium Pain Symptoms, Conditions and Treatments](#)

[Common Medications – ACPA Consumer Guide to Pain Medication and Treatment](#)

[Non-Medication Pain Relief – Alternative Pain Management Therapies](#)

[Typical Side Effects – Side Effects of Pain Medications – Opioids \(Part 1\)](#)

[Typical Side Effects – Side Effects of Pain Medications – NSAIDs, TCAs, AEDs \(Part 2\)](#)

[Pain Associated Conditions – Insomnia](#)

[Pain Associated Conditions – Depression/Anxiety](#)

[Pain Associated Conditions – Obesity](#)

## **How to Talk to Your Doctor**

[Questions to Ask Your Doctor – Discussion Guide](#)

[Tools to Help You Talk to Your Doctor – Daily Pain Diary](#)

[Tools to Help You Talk to Your Doctor – Pain Management Log](#)

[Tools to Help You Talk to Your Doctor – Pain Drawing Guide](#)



## **Find a Pain Specialist in Your Area**

[Find a Pain Specialist – Online Search Tool](#)

## **Financial Assistance for Your Medications**

[Can't Afford Your Medications? – Janssen](#)

[Can't Afford Your Medications? – Actavis](#)

[Can't Afford Your Medications? – King](#)

[Can't Afford Your Medications? – Purdue](#)

[Can't Afford Your Medications? – Pfizer](#)

## **Caregiver Help and Support**

[Pain Aid](#)

[Family Caregiver Alliance](#)

[Friends Health Connection](#)

[National Family Caregivers Association](#)

[Coping with Chronic Pain](#)

## **Ask the Pharmacist**

[Ask-the-Pharmacist Drug Information Service](#)

## **Concerns with Opioid Pain Relievers**

[Addiction, Dependence, Tolerance – Are they all the same?](#)