

September is Pain Awareness Month

Brought to you by the
Bureau of Health Care Services

Our Goal: To provide educational resources on pain and symptom management to help improve the quality of life of our citizens.

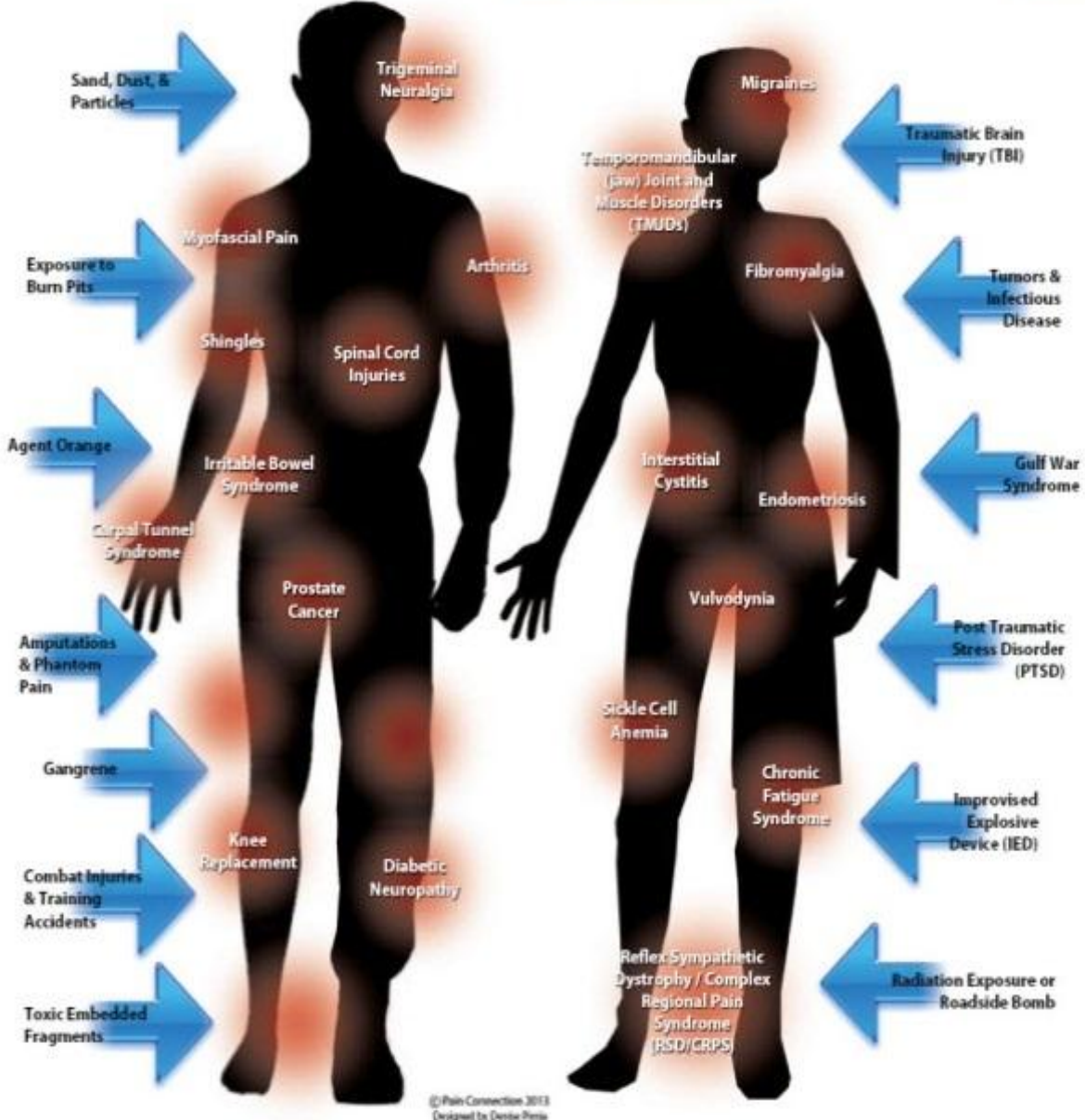
Self-management of pain is essential:

- Hot/cold therapy
- Appropriate exercise
- Relaxation techniques
- Stress management
- Positive outlook



Michigan's P.A.T.H. Program (Personal Action Toward Health) can help people learn skills to manage their pain 24/7.

Many conditions, diseases, and external forces cause chronic pain



Did you know?

- Chronic pain affects more than 25% of Michigan residents.
- Michigan is a nationally recognized leader in providing pain management information.

Check out LARA's Pain Management website at www.michigan.gov/pm