



# TakeChargeOhio

Manage Pain.  
Prevent Medication Abuse.



**Pain is a normal part  
of the healing process  
and a way to monitor  
your recovery.**



**Rather than eliminating pain with pills, talk to your doctor about how to properly manage your pain through other safe practices.**



Learn the right questions  
to ask your doctor at  
**TakeChargeOhio.org.**

**Ohio**  
Department of Health