

# CHRONIC PAIN MYTHS

## Myths:

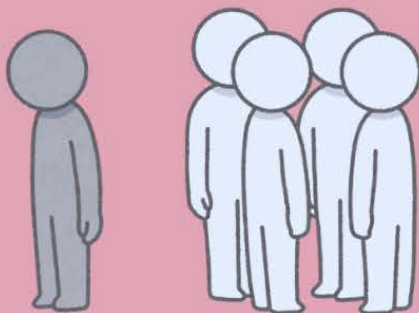
Its all in your head!



You're just looking for drugs!



Pain only causes physical problems.



## Facts:

Even when doctors can't yet find a physical cause of pain, what you feel is still real.

Pain is best treated using different tools such as medications, physical therapy, or counseling. Safely using medication to manage pain is not addiction!

Having chronic pain makes it harder to do things we love, spend time with people, go to work, feel hopeful, and be ourselves.