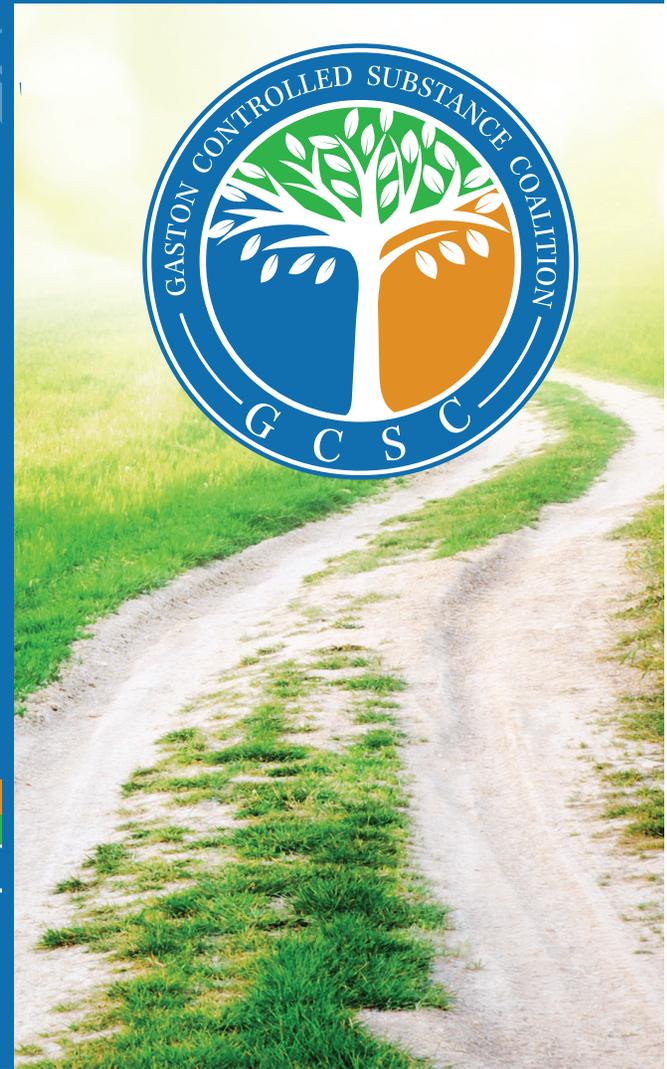


# Our New Path to Managing Your Pain “A Local Solution”



Gaston Controlled Substance Coalition  
[www.gastongov.com/gcsc](http://www.gastongov.com/gcsc)

**Your Community  
Working Together to  
Create A Better Pain  
Management Plan**

# Taking Care of You

## Our goals are to:

- Help you understand your pain and the ways we may treat it. Pain medicine is NOT the only way (or best way) to treat pain!
- Help you understand our office policies about managing pain, writing prescriptions for pain medicine, and how we will work together
- Work as a “team” with you, your doctors, specialists, behavioral health providers pharmacists, local hospitals, etc to come up with your best plan of care
- Link you to Gaston County Resources needed by you and your family.

## Ways you and your doctor, pharmacist, and others may work together:

- Looking at how your pain is treated now, how well it’s working, and ways we may improve it.
- Looking at different ways to treat pain (chiropractor, yoga, acupuncture, exercise)
- Looking at all of your medicines to be sure you are on the right medicine, right dose at the right time.
- Using tools to make sure all of your prescribers are on the same page
- Link you to Gaston County Resources needed by you and your family.
- Following up with you after a hospital admission or emergency room visit to make sure you are on the right path to feeling well again.
- Connecting you to classes/tools in the community to help you learn how to eat healthy and stay active, which improves pain.

