What are YOUR “Pain Risk Factors”?

Did you know that all of the items listed below can worsen your pain?

**Habits**
- Smoking?
- Alcohol?
- Diet?

**Sleep**
- Poor
- Not refreshing
- Good

**Exercise**
- Not enough
- Too much
- Just right

**Ergonomics**
- Do you get pain while at work?
- Are you wearing comfortable shoes while at work?
- Do you do a lot of typing at work?

**Other**
- Money problems
- Stress/anger/fear
- History of physical or sexual abuse
- Alcoholism or drug addiction (you or your family)

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**How to be SAFE while taking your pain medications**

- Take medications as prescribed
- Watch out for constipation
- Do NOT take pain medications with alcohol or sleep aids
- Watch out for signs of allergic reaction like rash and difficulty breathing

Adapted from the Pain Explanation and Treatment Diagram developed by Hillel M. Finestone

For more information on PAMI visit: http://pami.emergency.med.jax.ufl.edu/
Email: emresearch@jax.ufl.edu
or scan the QR Code

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