

Helping Take The Pain Out Of Travel

(NAPSA)—All aboard—it's time to hit the road! Or air or sea, as the case may be. We Americans travel a great deal, and long-distance trips can take us to exciting destinations.

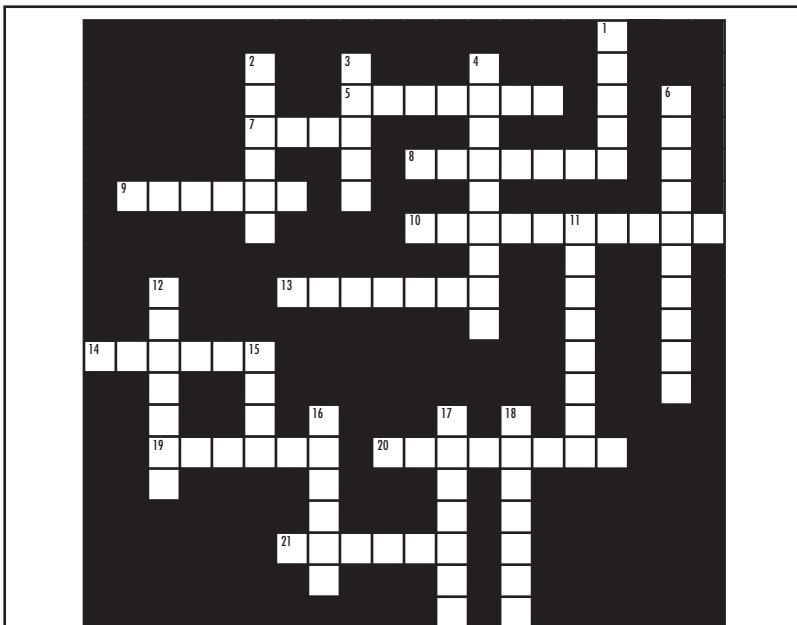
Yet, if you are among the more than 50 million adults who suffer from chronic pain, traveling can be challenging. According to the American Chronic Pain Association, chronic pain is pain that continues a month or more beyond the usual recovery period for an injury or illness or that goes on for months or years due to a chronic condition.

Chronic pain sufferers can take steps to better manage their pain and take full advantage of the adventures travel offers, and make the most of daily life as well.

The first step is to work with a doctor to develop a program to manage your chronic pain. A comprehensive program may involve a combination of exercise, healthy diet and/or medication. If chronic pain, such as back or osteoarthritis pain, is a daily routine for you, and even wakes you up at night, the prescription treatment ULTRAM® ER (tramadol HCl) Extended-Release Tablets—may be an appropriate option to manage your pain. ULTRAM ER is a prescription medicine approved by the FDA for the management of moderate to moderately severe chronic pain in adults who require around-the-clock treatment of their pain for an extended period of time.

In addition to following your doctor's advice, taking advantage of smart travel tips can be the ticket to a more comfortable trip. Try this crossword puzzle for tips on how to travel easier with chronic pain.

For more information on ULTRAM ER and see the full Prescribing Information, visit www.ultram-er.com



Across

- 5 When possible, book a _____ flight (hyph.)
- 7 Request sufficient _____ between connecting flights to avoid the hassle
- 8 Travel during _____ hours to avoid crowds (hyph.)
- 9 Use a _____ pillow to support your back
- 10 _____ pain medication like ULTRAM ER may allow patients to benefit from continuous drug delivery throughout the day and night (hyph.)
- 13 Keep your _____ phone number handy in case you need advice
- 14 Travel light and use luggage with _____ for convenience
- 19 When possible, request help from a _____ to carry heavy bags
- 20 _____ is a prescription medicine approved by the FDA for the management of moderate to moderately severe chronic pain in adults who require around-the-clock treatment of their pain for an extended period of time (2 wds.)
- 21 Distribute _____ evenly when carrying your bags

Down

- 1 _____ all heavy baggage
- 2 Build an extra day into your trip to overcome _____ from flying (2 wds.)
- 3 When lifting luggage, bend at your _____
- 4 Range-of-motion exercises (exercising a specific joint) can help avoid _____
- 6 Carry _____ packs for quick relief from back pain (3 wds.)
- 11 Use the _____ check-in option at the airport
- 12 Physical _____, including walking and stretching exercises, can improve, strength and endurance
- 15 Request a _____ where you think you'll be most comfortable
- 16 If you use a _____ agent to plan your trip, be sure to let him/her know if you have any special requirements
- 17 On a road trip, stop often to get out and _____
- 18 When flying, pack medications in your _____ bag (hyph.)

Answers: 1. Check, 2. Jet lag, 3. Knees, 4. Stiffness, 5. Non-stop, 6. Hot and cold, 7. Time, 8. Off-peak, 9. Lumbar, 10. Long-acting, 11. Curbside, 12. Therapy, 13. Doctor's, 14. Wheels, 15. Seat, 16. Travel, 17. Stretch, 18. Carry-on, 19. Porter, 20. ULTRAM ER, 21. Weight



IMPORTANT SAFETY INFORMATION

Do not take ULTRAM ER if you have had an allergic reaction to tramadol, codeine or other opioids in the past. ULTRAM ER tablets must be swallowed whole. Do not chew, crush or split the tablet before swallowing. This can lead to overdose and possible serious injury, including death. Use of alcohol should be avoided when taking ULTRAM ER. The maximum daily dose of ULTRAM ER is 300 mg. Do not change your dose or stop taking ULTRAM ER without talking with your doctor first. Talk with your doctor about all the medications you are taking. These may include antidepressants, tranquilizers, hypnotics or other opioid pain medicines. ULTRAM ER may impair your ability to perform potentially hazardous tasks, such as driving a car or operating machinery. Seizures have been reported in people taking tramadol, the medicine in ULTRAM ER. The risk of seizures is increased with doses of tramadol above the recommended range. Use of tramadol increases the risk of seizures in people taking antidepressants, other opioids, or other drugs that can cause seizures. Risk of convulsions may also increase in people with epilepsy or a history of seizures. ULTRAM ER, like other opioids, can be abused or cause dependence. People who are suicidal or have a history of drug addiction should not take ULTRAM ER. Do not take more than the recommended dose of ULTRAM ER. Taking more than the recommended dose of ULTRAM ER, alone or in combination with alcohol or medications such as tranquilizers, hypnotics or other opioids, can cause respiratory depression, seizures, overdose and possibly death. Tell your doctor about all your medical conditions and if you are pregnant, think you might be pregnant or are trying to become pregnant. The most common side effects reported with ULTRAM ER were dizziness, nausea, constipation, headache and drowsiness.

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