

Managing Pain Safely and Effectively: Know Your Options

(NAPSA)—At one time or another, almost everyone suffers from short-term but very uncomfortable pain. This type of pain, usually referred to as acute pain, can be difficult to describe and can make daily activities, such as taking care of family or driving to work, difficult or even impossible. With the pain treatment landscape constantly changing, it is important that patients, and those who care for them, understand the benefits and risks of all pain treatment options, including over-the-counter medications. It is also important for patients to effectively communicate their treatment needs to their doctor so that the most appropriate option is identified.

The following provides an overview of some common pain relief options.

For **mild pain**, the most commonly used pain relievers include acetaminophen, nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin and ibuprofen and COX-2 inhibitors. Acetaminophen—the active ingredient in **TYLENOL**®—is available without a prescription and relieves minor aches and pains and reduces fever. Additionally, NSAIDs and COX-2 inhibitors can be used to relieve pain and inflammation.

To manage **moderate pain**, your doctor may prescribe a combination of pain relievers to address pain symptoms. These often combine a mild scheduled opioid pain reliever with acetaminophen or an NSAID. A prescription medication called **ULTRACET**® (tramadol hydrochloride/acetaminophen tablets) a non-scheduled opioid pain reliever that combines acetaminophen (the most commonly recommended non-prescription pain treatment) and tramadol (a prescription pain reliever) can provide better pain relief than using acetaminophen or tramadol alone. **ULTRACET** may be used for short-term (five days or less) management of acute pain. **ULTRACET** provides powerful relief from many kinds of moderate to moderately severe acute pain, including strains and sprains, post-operative pain, and joint pain flare-ups (such as those associated with osteoarthritis).

For **severe pain**, narcotic or stronger opioid analgesics may be

prescribed. These medications are often prescribed for severe acute or chronic pain conditions. Due to the potential for abuse and addiction with narcotics, these medicines are categorized as “scheduled narcotics” and are ranked according to the risk for abuse and addiction. These prescriptions are specially registered and all prescriptions are monitored by the U.S. Food and Drug Administration.

It is important to remember that even patients who take an NSAID or COX-2 inhibitor for chronic pain may experience acute pain flare-ups that require additional pain treatment. This does not mean that your current medication is not working; it may be the nature of your disease or condition that sometimes requires a stronger medication. Speak to your physician about options, like **ULTRACET**, that can be used for treating acute pain flare-ups.

Pain and pain treatments can affect everyone differently, so it is important to talk to your doctor about which option may be right for you. To help facilitate effective doctor-patient communication, tools such as the Pain Profiler and Pain Diary, provided by Ortho-McNeil Pharmaceutical, Inc., maker of **ULTRACET**, can make it easier for patients to describe and rate the intensity and severity of their pain. Find out more about **ULTRACET** and the Pain Profiler and Pain Diary by visiting www.ultracet.com.

For more information on warnings, precautions, and additional adverse reactions that may occur, regardless of drug relationship, please see the full U.S. Prescribing Information available upon request or at www.ultracet.com or www.ortho-mcneil.com.

Important Safety Information: The most frequently reported side effects with **ULTRACET** were constipation, somnolence (sleepiness), and increased sweating.

ULTRACET may impair mental or physical abilities required for the performance of potentially hazardous tasks such as driving a car or operating machinery.

Do not take **ULTRACET** in combination with other tramadol or acetaminophen-containing prod-

ucts, including over-the-counter preparations. Use with caution when taking medications such as tranquilizers, hypnotics or other opiate containing analgesics. Follow dosing instructions carefully. Exceeding recommended doses can result in respiratory depression, seizures, hepatic toxicity and death.

Cases of abuse and dependence on tramadol have been reported. Tramadol should not be used by opioid-dependent patients and is not recommended for patients with a tendency for drug or alcohol abuse, a history of drug or alcohol dependence, or a history of chronic opioid use. **ULTRACET** should not be taken with alcohol containing beverages. Tell your health care professional if you are pregnant, might become pregnant, or are trying to become pregnant.

WARNING: Seizures have been reported in patients receiving tramadol. The risk of seizures is increased with doses of tramadol above the recommended range. Tramadol increases the seizure risk in patients taking certain medications. Risk of convulsions is also increased in patients with epilepsy, those with a history of seizures, or in patients with a recognized risk for seizure (such as head trauma, metabolic disorders, alcohol and drug withdrawal, CNS infections).

The patient should understand the single-dose and 24-hour dose limit and the time interval between doses, since exceeding these recommendations can result in respiratory depression, seizures, hepatic toxicity and death.

Patients with a history of severe, life-threatening allergic (anaphylactoid) reactions to codeine and other opioids may be at increased risk and therefore should not receive **ULTRACET**.

For more information, see the full U.S. Prescribing Information.

TYLENOL® (acetaminophen) is a registered trademark of McNeil Consumer & Specialty Pharmaceuticals.

ULTRACET is marketed in the United States by Ortho-McNeil Pharmaceutical Inc. Ortho-McNeil also markets prescription drugs in the areas of women’s health, infectious disease, central nervous system, pain treatment, urology and migraine headaches.