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6 Pain Relief Tips to Help You Go About Your Day

What you need to know about your over-the-counter (OTC) pain reliever
Tylenol (Pain Content)



As we get older, pain management becomes more of a reality for many of us. The good news is that pain can often be managed by a combination of techniques and approaches. Talk to your doctor if you have any questions or concerns.

Here are 6 tips to help keep you going:

- Get enough sleep** - Sleeping when you're in pain can be a challenge, but getting a healthy night's sleep can help your body recover. To help you sleep, take a warm bath before bed or research music that aromatherapy using lavender oil can provide a relaxing effect.
- Choose an OTC pain reliever right for you** - Both acetaminophen and NSAIDs (nonsteroidal anti-inflammatory drugs) help relieve pain by blocking pain signals within the central nervous system and throughout the body. They are safe and effective when used as directed. However, if you have certain health conditions or are over the age of 60, you may need to talk to your doctor before taking an OTC pain reliever.

Always read and follow your medicine (or product) label for dosing information, directions, warnings and other product information.

- Eat foods that help curb inflammation** - According to the Arthritis Foundation, foods based on part of the Mediterranean diet, which consists mainly of fish, vegetable and olive oil, may help control inflammation.
- Get regular exercise** - Some people may worry that exercising with osteoarthritis could hurt their joints and cause more pain. However, according to the Arthritis Foundation, research shows that people can and should exercise when they have osteoarthritis. In fact, exercise is considered an effective non-drug treatment for reducing pain and improving movement in patients with osteoarthritis. Again, talk to your doctor before starting or changing any exercise or physical activity routine.
- Try meditation or acupuncture** - Adding non-medical remedies to your pain management plan can help many people both physically and mentally. Many doctors support more body health and a more holistic approach. Your doctor can advise you of your options.
- Talk to your doctor** - Because many adults over 50 take a combination of prescribed medications, OTC remedies and vitamins, it's important to keep a log of all your medications and talk to your doctor about how to manage your pain.

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Common Health Conditions and Your OTC Pain Reliever – What You Should Know

Acetaminophen and NSAIDs work differently in your body. How age, certain health conditions and other medications may affect your pain reliever choice. Understanding these differences could mean to your health. If you have high blood pressure, heart disease, ulcers, stomach ulcers/stomach bleeding or kidney disease, there are pain relievers that may not be the most appropriate for you. Talk to your doctor before taking an OTC pain reliever if you have any conditions or concerns.

The American Heart Association identifies acetaminophen as a pain reliever option to try first for patients with, or at **high risk for, heart disease**.¹ Additionally, acetaminophen may be a more appropriate choice of pain reliever for people with **high blood pressure, ulcers, stomach ulcers, and stomach bleeding** because acetaminophen may not increase your risk of side effects like NSAIDs sometimes can.

If you're **Over the Age of 60**, taking an NSAID to relieve pain or reduce fever can increase your risk for stomach bleeding/ulcers. **TYLENOL**,² which contains acetaminophen, may be a more appropriate pain reliever choice, depending on your health history and other medications.

Now that you know the facts – **GET RELIEF RESPONSIBLY**.³

[Click here to find TYLENOL® coupon savings at Walgreens.com](#)

¹When symptoms are not controlled without medicine.

Also of interest:

- Get the Facts About Over-the-Counter (OTC) Pain Medication