

# PAINKILLERS: THE DOWNSIDE

Strong opioid painkillers such as morphine, oxycodone and tramadol may help with some types of pain for a couple of months. But over time they can also cause serious problems such as depression and anxiety, sexual dysfunction and increased infections as well as constipation, drowsiness... the list goes on.

If you have been taking these medicines for more than a few months and you have not noticed much change in your pain or what you can do, simply taking more won't help. It can even make the pain worse!

Instead, talk to your healthcare team about better ways to manage your pain.

They can support you to reduce your medicines safely and to learn skills to help you manage your pain better. So you can get on with living your life well.

Find out more at:  
[my.livewellwithpain.co.uk](http://my.livewellwithpain.co.uk)

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