

# How to Manage Your Pain

## Information for patients and families

This brochure has moved. Please update your links and bookmarks.

 [https://www.uhn.ca/PatientsFamilies/Health\\_Information/Health\\_Topics/Pages/brochure.aspx?itemid=265](https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Pages/brochure.aspx?itemid=265)