

NATIONAL PAIN Awareness Month






September is National Pain Awareness Month

A time when pain specialists and advocates **promote pain education and raise awareness** about issues related to chronic pain.



Goals of Pain Awareness Month:

-  **Create a greater understanding** of chronic pain among healthcare providers, patients, and the community.
-  **Reduce stigma** associated with chronic pain
-  **Break down the barriers** to effective pain management



Pain affects more Americans than diabetes, heart disease, and cancer combined.¹



In 2008, the federal and state governments spent **\$99 billion** for pain treatment.²



The biggest cause of disability for Americans under age 45 is **back pain**.³



Pain affects kids too: **17%** of children and teens **between age 4 and 18** have frequent or severe headaches.⁴



Pain costs the U.S. **\$560 million-\$635 million** per year. That's about **\$2,000 per person**. This includes health care costs and lost productivity.⁵



of **American adults** say they have trouble sleeping because of **pain** or **physical discomfort**.⁶

FOR ADULTS SUFFERING PAIN⁷,

28.1 PERCENT

Low back pain is the most commonly reported problem

19.5 PERCENT

Followed by knee pain

16.1 PERCENT

Severe headache or migraine

15.1 PERCENT

Neck Pain

IN A SURVEY OF CHRONIC PAIN SUFFERERS⁸



77

PERCENT
FELT DEPRESSED

86

PERCENT
HAD TROUBLE SLEEPING

70

PERCENT
HAD TROUBLE CONCENTRATING

WORKERS LOSE AN AVERAGE OF

4.6 HOURS

per week of productive time due to a pain condition.⁹



At The Pain Center, our mission is to provide unsurpassed medical care with compassion and hope to patients and their families. To learn how our pain specialists can help, visit **ThePainCenter.com** today.

ARIZONA
623.869.0593

FLORIDA
386.274.2977

thepaincenter.com

The Pain Center
PRC Associates

© 2016 Alliance Interventional, a division of Alliance HealthCare Services.
¹National Institutes of Health Fact Sheet - Pain Management, Updated October 2010, www.report.nih.gov/nihfactsheets/ViewFactSheet.aspx?csid=57 | ²Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research, Institute of Medicine (US) Committee on Advancing Pain Research, Care, and Education, Washington (DC): National Academies Press (US); 2011 | ³American Academy of Pain Medicine Facts and Figures on Pain www.painmed.org/patientcenter/facts_on_pain.aspx
⁴National Sleep Foundation (http://www.sleepfoundation.org), Sleep in America poll, 2000. | ⁵National Centers for Health Statistics, Chartbook on Trends in the Health of Americans 2006, Special Feature: Pain, www.cdc.gov/nchs/data/atus/atus06.pdf
⁶2006 Voices of Chronic Pain Survey (American Pain Foundation) | ⁷Results from the American Productivity Audit, www.ncbi.nlm.nih.gov/pubmed/14665809