

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 billion – \$635 billion** 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.

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