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,



Low back pain is the most commonly reported problem



Severe headache or migraine



Followed by knee pain



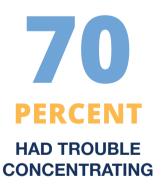
Neck Pain

IN A SURVEY OF CHRONIC PAIN **SUFFERERS**[®]





86 PERCENT HAD TROUBLE **SLEEPING**



WORKERS LOSE AN AVERAGE OF





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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© 2018 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 | ^{2,4,5,7} Relieving 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 | 3 National Centers for Health Statistics, Chartbook on Trends in the Health of Americans 2006, Soecial Feature; Pain, www. ov/nchs/ data/hus/hus06.pdf | *National Sleep Foundation (www.sleepfoundation.org). Sleep in America poll. 2000. | *2006 Voices of Chronic Pain Survey. (American Pain Foundation) | * Results from the American Productivity Audit. www.ncbi.nlm.nih.gov/pubmed/14665809