Most people experience pain at some point in their lives

WHAT IS CHRONIC PAIN?

CHRONIC PAIN is considered a disease itself. It can be influenced by environmental and psychological factors and is resistant to most medical treatments.

ACUTE PAIN results from disease, inflammation, or injury to tissues. It generally comes on suddenly.

WHAT IS THE ESTIMATED ECONOMIC IMPACT OF PAIN?

The estimated economic impact of pain from direct medical costs to loss of productive time ranges from $560-$635 billion every year.

WHO SUFFERS THE MOST?

Women experience pain differently from men. Women feel pain more intensely and are at greater risk of developing chronic pain conditions than men.

African Americans & Hispanics are less likely than whites to receive adequate pain relief despite comparable severity.

African Americans with chronic pain report lower quality pain management, more disabling pain severity, and lower quality of life due to pain than whites.

30% of adults 65 years and older report low back pain compared to 23% of adults ages 18-44.

Approximately 50% of older adults and nursing home residents experience debilitating pain or suffer from pain on a daily basis.

CHRONIC PAIN AFFECTS EMOTIONAL STATE

Depression, anxiety, anger, and fear are common responses to chronic pain.

35% of adults 85 years and older report feeling sad or depressed compared to 25% of adults age 19-44.

A majority of chronic pain sufferers report impaired quality of life due to pain and pain management.

TAKING ACTION

FUNDING RESEARCH

In 2013, NIH provided $432 million in funding for chronic pain conditions.

WORKING TOGETHER

The NIH Pain Consortium—which includes 25 institutes, centers, and offices—works to support pain research and initiatives.

DEVELOPING SOLUTIONS

NIH is a leader in the effort to develop a National Pain Strategy for release in 2014.

100 million adults

About 1/3 have DAILY PAIN Up to 1/3 have MILD PAIN 1/3 or more have MODERATE PAIN Less than 1/3 have SEVERE PAIN

THOSE ARE THREE OF THE MOST COMMON TYPES OF PAIN

LOW BACK PAIN

SEVERE HEADACHE

MIGRAINE

NECK PAIN

OR MIGRAINE

Many people suffer from more than one kind of chronic pain.

CHALLENGES

A majority of chronic pain sufferers report impaired quality of life due to pain and pain management.

The estimated economic impact of pain from direct medical costs is in the range of $560-$635 billion every year.

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