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]

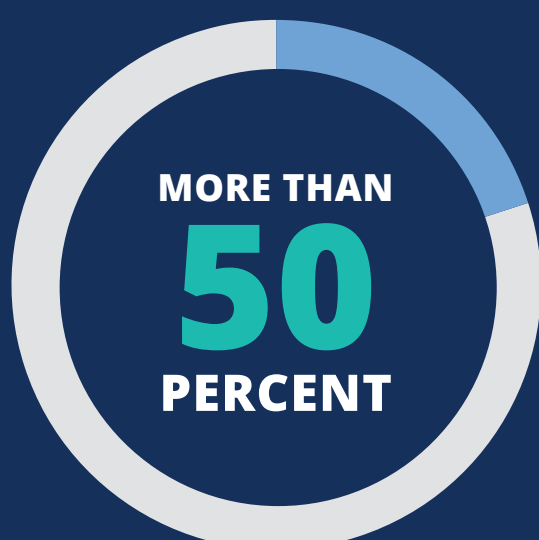**In 2008,** the federal and state governments spent **$99 billion** for pain treatment.[2]

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. as much as **$635 billion** per year. That's about **$2,000 per person.** This includes health care costs and lost productivity.[5]

MORE THAN 50 PERCENT

of those with **chronic pain** report **sleep difficulties** which interfere with work.[6]

FOR ADULTS SUFFERING PAIN[7],

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 SUFFERERS[8]

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 PRC Alliance Pain Relief Centers, we understand the burden of chronic pain on you and your loved ones, and are passionate about helping you find relief. To learn how our pain specialists can help, visit **prc-alliance.com** today.

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[1]National Institutes of Health Fact Sheet - Pain Management, Updated October 2010, www.report.nih.gov/nihfactsheets/ViewFactSheet.aspx?csid=57 | [2,3,4]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. | [5]National Centers for Health Statistics, Chartbook on Trends in the Health of Americans 2006, Special Feature: Pain. www.cdc.gov/nchs/data/hus/hus06.pdf | [6]National Sleep Foundation (www.sleepfoundation.org). 2015 Sleep in America™ poll. | [7]2006 Voices of Chronic Pain Survey, (American Pain Foundation) | [8]Results from the American Productivity Audit, www.ncbi.nlm.nih.gov/pubmed/14665809