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## PAIN FACT SHEET

### Epidemic of Pain:

- More than 50 million Americans have chronic pain
- Chronic pain is the leading cause of disability
- Nearly one-third of Americans will experience chronic pain at some point in their life
- Four out of every ten people with moderate or severe pain do not get adequate relief
- 86% of people taking medication also use alternative therapies

### Demographic Statistics:

- Younger People (18-34): 82 percent of younger people also experience grumpiness or irritable behavior as a result of their chronic pain
- Women: Women are more likely to be affected emotionally by their pain than men, especially in terms of stress (70 percent) and loss of motivation (55 percent)
- Men: Nearly three in 10 men (28 percent) experience less desire for sex due to chronic pain

### Financial Impact:

- \$100 billion dollars (estimated) is lost per year in productivity every year – chronic pain is a main cause of absenteeism
- The NIH investment in pain research has grown considerably over the last several years, increasing from \$82 million in 1997 to \$223 million in 2004.

### New Research:

- Brady Institute release of 6-week program to end chronic pain with 80% effectiveness rate

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*(sources: American Chronic Pain Association, National Institutes of Health, Pain Free for Life)*

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