

# Facts on Chronic Pain

## American Chronic Pain Association (ACPA)

[http://www.theacpa.org/pu\\_main\\_02.asp](http://www.theacpa.org/pu_main_02.asp)

<http://www.webmd.com/content/Article/57/66051.htm?pagenumber=2>

- Chronic pain is the number one cause of adult disability in the United States.
- Approximately 50 million Americans live with chronic pain today.
- Lower back problems, arthritis, cancer, RSDS, repetitive stress injuries, shingles, headaches, and fibromyalgia are the most common sources of chronic pain. Others include diabetic neuropathy, phantom limb sensation, and other neurological conditions.
- Sports injuries are among the most frequent causes of chronic pain for people in their 20s.
- Chronic pain costs society more than \$100 billion each year.

## Joint Commission on the Accreditation of Healthcare Organizations (JCAHO)

[http://www.theacpa.org/documents/ToolKit\\_Older%20Adults.pdf](http://www.theacpa.org/documents/ToolKit_Older%20Adults.pdf)

- Nearly a third of Americans will experience chronic pain at some point in their lives.

## Americans Living with Pain Survey (ALPS), conducted for the ACPA (2004)

[http://www.theacpa.org/documents/ToolKit\\_Older%20Adults.pdf](http://www.theacpa.org/documents/ToolKit_Older%20Adults.pdf)

- People are experiencing pain at a younger age than what may be commonly perceived or assumed. Proportionally, just as many younger people experience back pain as do middle aged and older adults.
- Two out of three people living with chronic pain say that it leads to stress and irritable behavior. A large number of respondents also report that pain has a negative impact on their personal relationships (45 percent), work productivity (51 percent of those employed), and daily routine (61 percent).

## National Pain Survey, conducted for Ortho-McNeil Pharmaceutical (1999)

<http://www.aapainmanage.org/literature/Articles/PainAnEpidemic.pdf#search=%22chronic%20pain%20statistics%22>

- The most common types of pain include arthritis, lower back pain, bone/joint pain, muscle pain and fibromyalgia.

## New York – Presbyterian Hospital

<http://wo-pub2.med.cornell.edu/cgi-bin/WebObjects/PublicA.woa/9/wa/viewHContent?website=nyp&contentID=1152&wosid=y5xn3abTl3vbrToTa2b5Gg>

- Seventy to 85 percent of adults in the United States have back pain at some point in their lives.
- Arthritis pain affects 40 million Americans.
- As many as 45 million Americans suffer from chronic, recurrent headaches.

## ABC News Poll (2005)

<http://abcnews.go.com/Health/PainManagement/story?id=732395>

- Three percent of young adults aged 18-29 report chronic pain. Others report recurrent pain (22 percent) or frequent pain (17 percent).
- Back pain is the most-cited type of chronic pain, although women younger than 50 are as likely to cite headaches or migraines as back pain.
- Men and women have equal frequency of pain.
- Women are more apt to speak to their doctors about pain, and also somewhat more likely to say it interferes with their mood, sleep, emotions, enjoyment of life, and ability to work or do chores.