

WHAT IS CHRONIC PAIN?

Chronic pain can be defined as pain that persists most days or every day for six months or more. For some individuals, pain can last a lifetime.

Chronic pain can take many forms:

-  MILD TO SEVERE
-  INTERMITTENT TO CONTINUOUS
-  ANNOYING TO DISABLING

Prevalence



50 MILLION

American adults, or 20 percent of the population, live with chronic pain.

20 MILLION or 7% of American adults live with high-impact pain, or pain that frequently limits life or work activities.

Pain is the **NUMBER ONE** reason Americans access the health care system.



Impact and cost



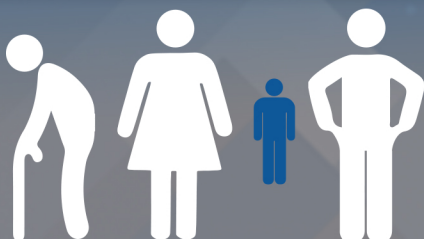
Chronic pain is **THE LEADING CAUSE** of long-term disability in the United States.



The nation spends up to **\$635 BILLION EACH YEAR** on chronic pain in terms of medical treatments, disability payments, and lost productivity.



Chronic pain has biopsychosocial implications. It is associated with **REDUCED QUALITY OF LIFE**, including increased risk of anxiety and depression.



CHRONIC PAIN PATIENTS ARE OFTEN OVERLOOKED AND UNDERTREATED.



Veterinary students **SPEND 5X** as many education hours focused on pain management as medical students.



At least **10 PERCENT** of all suicide cases in America involve someone with chronic pain.



For every **10,000 PEOPLE** with severe pain, there is only **ONE BOARD-CERTIFIED** pain specialist.



Patients receive an average of **ONLY 30% PAIN REDUCTION** from their various treatments.



The National Institutes of Health dedicates approximately **2 PERCENT** of its funding to pain research.



Studies have shown that **MINORITY GROUPS** and other marginalized populations are at risk of receiving suboptimal pain management.

To learn more about our free programs for people with pain, visit www.uspainfoundation.org.