

# CHRONIC PAIN UNDERLYING SYMPTOM OR A DISEASE IN ITS OWN RIGHT?

## DID YOU KNOW?

Pain is experienced by people with musculoskeletal disease and cancer, among other diseases.<sup>i</sup> Chronic pain is pain that persists for more than 3 months.<sup>ii</sup>

Chronic and recurrent pain is a specific healthcare problem impacting quality of life and causing sleep disorders, anxiety, depression and low self-esteem, among many other symptoms.<sup>iii</sup>

Chronic pain often sets the stage for the emergence of a complex set of physical and psychosocial changes that are an integral part of the problem and greatly add to the burden on the individual.

## CHRONIC PAIN SHOULD BE ACKNOWLEDGED IN POLICY DISCUSSIONS AS A DISEASE IN ITS OWN RIGHT



Pain that persists for more than 3 months is considered chronic and in a lot of cases is present without physiological causes.<sup>iv</sup>



1 in 5 adults in Europe are effected by chronic pain.<sup>v</sup>

The most widespread chronic pain conditions, lower back pain, arthritis and recurrent headaches (including migraines), are so common that they are often seen as a normal and unavoidable part of life.

## SIP CALLS ON EUROPEAN GOVERNMENTS AND THE EU INSTITUTIONS TO



### RAISE AWARENESS

of the medical, financial and social impact that chronic pain and its management has on the patients, their family, care-givers, employers, and the healthcare system.



### ACKNOWLEDGE

that chronic pain is an important factor limiting the quality of life and should be a top priority of the national health care system.



### RAISE AWARENESS

of the importance of prevention, diagnosis and management of chronic pain amongst all healthcare professionals, notably through further education.

<sup>i</sup> Societal Impact of Pain (SIP), Reflection process on chronic diseases in the EU – the role of chronic pain ; Kleijnen Systematic Reviews Ltd; 2012.

<sup>ii</sup> IASP and EFIC, Unrelieved Pain Is A Major Global Healthcare Problem, 2011.

<sup>iii</sup> Bruehl S, Burns JW, Chung OY, Chont M. Pain-related effects of trait anger expression: neural substrates and the role of endogenous opioid mechanisms. *Neurosci Biobehav Rev.* 2009;33(3):475–91. doi:10.1016/j.neubiorev.2008.12.003. PMID 19146872.

<sup>iv</sup> T. G. Grobe, S. Steinmann, J. Szecsenyi, Barmer GEK Artzreport 2016, 2016.

<sup>v</sup> Breivik H, Survey of chronic pain in Europe: prevalence, impact on daily life, and treatment, *European Journal of Pain* 2006; 10 (4): 287-333.

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