Sample Letter to the Editor

Since every newspaper/magazine has its own policy regarding formatting, word limit and policy toward “letters to the editor,” please verify rules by looking at their website or calling them directly.

Editor Name
Newspaper name, or Media Outlet
Their Address

DATE

Dear (Editor’s Name),

In response to your recent article, “(list the HEADLINE, DATE of PUBLICATION),” I want to ___. (thank you for your attention to pain management / acknowledge the article’s misrepresentation of people in pain, etc.)

Insert a sentence or two about your personal pain experience, followed by valid references to pain, such as:

- Pain affects more Americans that diabetes, heart disease and cancer combined. -2006 National Institute of Health Statistics
- Chronic pain is defined as persistent pain lasting longer than six months
- Pain is the second leading cause of medically related work absenteeism, resulting in more than 50 million lost workdays each year, according to the American Pain Society.
- Pain costs our nation an estimated $635 billion a year in medical treatment and lost productivity -2011 Institute of Medicine Pain Report
- Every day, 60% of men and women experience some pain. - American Alliance of Cancer Pain Initiatives (AACPI)
- People in pain have a right to timely, appropriate pain care.

(Thanking the Editor for a positive story)
I thank you for helping reduce barriers to effective care. / I most appreciate your article, as it helps remove the stigma many people with pain face. It is disheartening that society is quick to judge those who rely on a variety of methods to manage pain, including pain medication. I thank you for creating pain awareness by educating readers who may be suffering in silence, the isolation, and living with the stigma that sometimes is brought on by having chronic pain.

(Correcting a misperception)
Unfortunately, I feel this article is problematic in that the recommendations perpetuate many inaccuracies and myths that persons with pain have tried diligently to remove. From my own journey, I have realized that each individual experience of pain is unique. Since different therapies work differently for people, I feel those with pain must connect with healthcare professionals to determine the best course of therapy.
I do thank you for your time.

Sincerely,

(Your name)
(Your address)
(Your phone number)
(Your e-mail address)