



The nation's leading patient advocacy organization dedicated to those who live with pain and their care providers



### Dear U.S. Pain community,

If you are among the estimated 100 million Americans living with some form of pain, you know all too well that it can have an enormous impact. It's the leading cause of long-term disability, with back pain and headaches as the leading culprits. Studies show people with pain disproportionately experience depression, anxiety, and suicidal thoughts. Unsurprisingly, research shows that pain costs at least \$635 billion annually in lost productivity, medical costs, and more.

Meanwhile, there is no single, proven treatment for pain; we don't truly understand how pain works in the body. Despite this,

the National Institutes of Health spends less than 2 percent of its research budget on pain, and doctors in medical school get less training on pain management than veterinarians.

People with pain deserve better. That's why it's so important for our organization to continue doing the work we do. Since our founding in 2011, we've been able to reach even more people with pain, as well as their caregivers and clinicians. We now offer dozens of programs in education, support, awareness, and advocacy.

Whether we're responding to a patient via email or hosting an educational workshop, our guiding principle is to offer empowerment, inspiration, and most of all, hope. We thank you for continuing to stand alongside us as we fight for positive change for people with pain.

Sincerely,

**Nicole Hemmenway**  
*Interim CEO,  
U.S. Pain Foundation*

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### MISSION

The mission of U.S. Pain Foundation is to empower, educate, connect, and advocate for people living with chronic conditions that cause pain.

# REACH



**12,500**

monthly e-newsletter  
recipients

Supported  
**3,200**  
people through  
PAIN CONNECTION



**1,600 VOLUNTEERS**  
and presence in more than  
**960 PROVIDER OFFICES**



**217,000**  
fans on Facebook



**13,500**  
followers on Twitter

## EDUCATE & SUPPORT



**30,000**

**INVISIBLE PROJECT MAGAZINES**  
distributed to hospital systems  
throughout the country



Hosted **2 SUPPORT  
GROUP LEADER  
TRAININGS**

5 TWITTER CHATS



8 WEBINARS HOSTED

PROVIDED EDUCATIONAL MATERIALS  
more than **20,000 COPIES** to  
healthcare professionals nationwide



HOSTED A  
**TAKE CONTROL  
OF YOUR PAIN DAY**  
IN NEW YORK



Mailed **1,200** RESOURCE KITS

Exhibited at **15**  
**CONFERENCES**



Expanded support group  
network **TO MORE THAN**  
**10 IN-PERSON  
GROUPS** and  
**THREE MONTHLY CALLS.**

# ADVOCATE & EMPOWER



Participated in more than  
**62 STATE and NATIONAL ADVOCACY coalitions, alliances, and task forces**



## TESTIMONIES

and comments on patient issues at the state and national level



**AMBASSADORS WORKED TO OBTAIN 52 PROCLAMATIONS**  
declaring September as Pain Awareness Month and coordinated **60 LANDMARKS BEING LIT IN BLUE**



Featured in **45 NEWS ARTICLES AND/OR OP-EDS**, including *Morning Consult*, *The Atlantic*, *The Boston Globe*, *Newsday* and *Stateline*



**900 ADVOCATES** engaged in online action campaigns



Conducted **5 SURVEYS** on patient safety and access issues, which received more than **3,200 RESPONSES** total



**INVITED TO SPEAK** in front of major groups such as the U.S. Food and Drug Administration, Joint Commission, Harvard School of Public Health, and National Conference of State Legislatures



Actively engaged in **80 LEGISLATIVE BILLS** throughout the country

# OUR COMMUNITY



“Pain Connection gave me my life back! It completely changed my outlook on how I view pain once I finished Filling in the Gaps 1 and 2 plus participating in their Pain Symposium... Am I free of pain? No. But, I am free to thrive with the newly learned techniques that I developed at my Pain Connection meetings. For that, I'm grateful!”

-ANNE SMITH, MARYLAND



“I'm so grateful that the INvisible Project allowed me the opportunity to share my story with the country. It was a life-changing experience for me. My hope is that it not only educated others about what it's like to live with severe chronic pain, but mostly that it gave other pain warriors a glimmer of hope that life can still be good while living with pain.”

-MICHELE RICE, CALIFORNIA



“When the U.S. Pain Foundation reached out to us and asked if we'd team up with them to help fight the pain issues that our veterans are challenged with, we were quick to say yes. They have made a significant impact all over the country, and have been very effective with legislation, advocacy, and awareness.”

-ANTHONY AMEEN, ARIZONA



“When I was part of the inaugural INvisible Project in 2010, I had no idea that a year later, I would be helping the pain community through my advocacy efforts. Being a voice for the countless others who are living with chronic pain has given me a sense of inclusion and being part of something bigger than myself. I have witnessed firsthand how the patient voice is able to make a difference in state and federal legislation.”

-WENDY FOSTER, CONNECTICUT

## OUR PROGRAMS

### Awareness

- Ambassador Network
- INvisible Project
- Pain Awareness Month
- Pain warrior bracelets

### Advocacy

- Advocacy Network
- People with Pain Matter

### Educational

- KNOWvember campaign
- Learn about Your Pain
- Medical Cannabis program
- The National Coalition of Chronic Pain Providers & Professionals
- Pain Medicine 411
- Take Control of Your Pain events

### Support

- Pain Connection
- Pediatric Pain Warriors
- Veterans in Pain

### Fundraising

- Real Hope, Real Heroes gala
- Points for Pain
- Fight Gone Bad
- Triumph Over Pain

# THANK YOU!

The programs and services of U.S. Pain Foundation would not be possible without the support of our many donors, both private and corporate. Their contributions help advance our mission of improving the lives of people with pain. Detailed information about all of our donors can be found on our website.

**We'd like to give special thanks to our 2018 Corporate Council members:**



Platinum Members:



Gold Members:

