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

**WHAT IS CHRONIC PAIN?**

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.

**Prevalence**

- **50 MILLION** American adults, or 20 percent of the population, live with chronic pain.
- **20 MILLION** American adults live with high-impact chronic pain, or pain that substantially restricts work, social, and self-care activities.

Pain is the number one reason Americans access the health care system.

**Impact and cost**

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**CHRONIC PAIN PATIENTS ARE OFTEN OVERLOOKED AND UNDERTREATED.**

- Veterinary students spend 5x as many education hours focused on pain management as medical students.
- For every 10,000 people with severe pain, there is only one board-certified pain specialist.
- The National Institutes of Health dedicates approximately 2 percent of its funding to pain research.
- At least 10 percent of all suicide cases in America involve someone with chronic pain.
- Patients receive an average of only 30 percent pain reduction from their various treatments.
- Studies have shown that minority groups and other marginalized populations are at risk of receiving suboptimal pain management.

**To start fighting for change, visit www.uspainfoundation.org.**

**SOURCES**

- https://www.cdc.gov/mmwr/volumes/67/wr/mm6736a2.htm
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4590163/
- http://www.abpm.org/faq