

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.ⁱ Chronic pain is pain that persists for more than 3 months.ⁱⁱ

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.ⁱⁱⁱ

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.^{iv}



1 in 5 adults in Europe are effected by chronic pain.^v

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.

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

ⁱⁱ IASP and EFIC, Unrelieved Pain Is A Major Global Healthcare Problem, 2011.

ⁱⁱⁱ 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.

^{iv} T. G. Grobe, S. Steinmann, J. Szecsenyi, Barmer GEK Artzreport 2016, 2016.

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

The scientific framework of the “Societal Impact of Pain” (SIP) platform is under the responsibility of the European Pain Federation EFIC®. Cooperation partners for SIP 2016 are Pain Alliance Europe (PAE) and Active Citizenship Network (ACN). The pharmaceutical company Grünenthal GmbH is responsible for funding and non-financial support (e.g. logistical support). In the past the scientific aims of the SIP symposia have been endorsed by over 240 international and national pain advocacy groups, scientific organisations and authorities.