



www.NationalPainFoundation.org

SURVEY FAST FACTS: TREATING AMERICA'S ACUTE PAIN

A new Harris Interactive survey released today, sponsored by the National Pain Foundation, reveals that while the majority of Americans reported experiencing pain in the past 12 months, many, especially acute pain sufferers, are reluctant to seek professional help or take prescription pills.^{1,2} Following is a summary of these findings:

Scope of Pain

- Out of all 1,484 adults surveyed and screened for the study:
 - Seventy-two percent have suffered from some type of pain during the past 12 months, and 27 percent experienced acute pain during that time.¹
 - A significant number – 42 percent – were experiencing pain on the day of the survey.¹

Quality of Life/Economic Impact

- Respondents who suffer from acute or recurrent pain report that it disrupts their everyday activities, such as participating in recreational activities (65 percent), leaving the house to run errands (46 percent), taking care of their home and doing chores (59 percent), and taking care of themselves and their family members (41 percent).²
- One in five (22 percent) reported missing at least one day of work in the past 12 months as a result of pain. On the days they did not miss work, nearly half (48 percent) reported lower productivity.²
 - Note: The most common source of pain is the lower back, which alone accounts for \$26+ billion annually in the United States in direct costs.³

Treatment Barriers

- More than half of respondents (57 percent) and 70 percent of acute pain sufferers did not see a healthcare professional, with four in ten of these respondents deciding to “tough it out.”²

- Even among those who did see a doctor, 81 percent of respondents and 71 percent of acute pain sufferers delayed going, hoping to deal with the pain on their own.²
- Less than one quarter (22 percent) who do treat their pain report that they are very satisfied with their current treatment.²
- Respondents express a general aversity to prescription pills and are reluctant to use them for pain management. In fact, more than 90 percent agree with the statement that “people take too many pills these days.” Others who avoid prescription pills say they do not want to take a general medication that affects other parts of their body (9 percent), or because oral medications upset their stomach (7 percent).²

Pain Myths

- Eighty-six percent of survey respondents believe that aches and pains are just a normal part of aging, a belief that perpetuates the under-treatment of pain.²
- More than one quarter (26 percent) do not understand that acute pain left untreated can lead to chronic pain.²

Variety of New Treatments for People With Pain

- NPF believes that it is important for people with pain to seek professional help, as there are many new treatments they can access only through a doctor or other healthcare provider.
 - These new treatments run the gamut from physical therapy to complementary & alternative medicine to new prescription drugs in both pill and topical application formats.
- As an example of a new delivery option for pain relief, the survey asked respondents about a topical prescription patch that delivers medication directly to the site of pain.
 - Eighty-two percent of consumers are interested in a prescription pain patch that would deliver medication directly to the site of pain.
 - In fact, most consumers would prefer a patch (55 percent) over pills (33 percent) for a prescription pain and inflammation medication.
 - Consumers who said they would prefer a pain patch over pills said they thought a pain patch might offer the following potential advantages:²
 - Increased effectiveness by treating pain and inflammation directly where it hurts (85 percent)
 - Continual delivery of medication throughout the day (71 percent)
 - Decreased effects of the medication on other parts of the body (70 percent)
 - Easier than other delivery methods, including pills (53 percent)
 - No need to worry about taking pills or capsules (53 percent)

About the Survey

A survey of 1,484 U.S. adults was conducted in December 2007 through a Harris Interactive poll to measure the incidence and types of pain experienced in the last 12 months by adults age 18 and older. Among these, 653 respondents reported “qualifying” pain—including long term chronic pain, long term recurrent pain, and/or short term acute pain—and were asked additional questions about how they treat their pain. Unless noted otherwise, statistics in this release focus on recurrent and acute pain sufferers. Final data were weighted to correct for stratified random sampling within each of these categories. The survey was sponsored by the National Pain Foundation (NPF) through a grant from Alpharma Pharmaceuticals LLC.

About the National Pain Foundation

The National Pain Foundation (NPF), a non-profit 501(c)(3) organization, was established in 1998 to serve the 75 million Americans living with pain. Its mission is to improve the quality of life for those living with pain through information, education and support that connects persons with pain to each other and to those who can help. NPF is built on the belief that early intervention of pain conditions can positively change the direction of a person’s life. NPF also empowers patients by helping them become actively involved in the design of their pain management treatment plan. For more information, please visit www.NationalPainFoundation.org, one of the premier sites providing accurate and reliable information and community support to persons in pain. Further results for this survey can be found at www.NationalPainFoundation.org/MyResearch/PainSurvey2008.asp.

¹ A survey of 1,484 U.S. adults sponsored by the National Pain Foundation with the assistance of a grant provided by Alpharma Pharmaceuticals LLC in December 2007.

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³ Chou R, et al. *Annals of Internal Medicine*. 2007;147:478-491.