



2009
NATIONAL PAIN AWARENESS WEEK
NOVEMBER 1-7, 2009

Musculoskeletal disorders are the leading cause of pain and much more than an ache in the neck for millions of Canadians.

Almost **every adult** has experienced one or more brief episodes of musculoskeletal pain associated with injury or excess physical activity.

Approximately **3.5 million*** Canadians experience musculoskeletal pain.

Although prevalence rates vary due to different case definitions, time periods, and populations studied, it's certain musculoskeletal pain problems such as fibromyalgia, rheumatoid arthritis and epicondylitis are low, whereas low back pain, neck pain, shoulder and knee pain, temporomandibular disorder pain and chronic widespread pain are quite high.¹

Costing millions to our healthcare system & workforce, musculoskeletal disorders cause as much pain in our pocketbook as it does in the bodies of people who suffer from them.

Approximately **75%*** of all chronic pain sufferers experience musculoskeletal pain.

In addition to the costs of Employment Insurance (EI) paid to persons unable to work due to musculoskeletal pain, pain-related lost productivity among employed persons is extremely common and costly.²

In a 2002 survey of the employed population in the United States, **7.2% of workers reported losing 2 or more hours** of work in the past week due to back pain, arthritis, or other musculoskeletal pain conditions (*including time spent at work without being productive due to pain*). The mean **time lost was 5 to 5.5 hours/week³** – which is comparable to the impact musculoskeletal pain has on Canada's economy.

It's National Pain Awareness Week – a timely opportunity to champion pain awareness and highlight the gaps between what is known and what is practised in the treatment of all kinds of pain in Canada.

We need: **Increased** funding for pain research, **More pain content** in professional curricula, **Additional** pain treatment facilities across Canada and **Changes** in the provincial formulary and third party payment structures.

According to the CPC **17% to 31%** of the general community report chronic pain and **50%** of hospitalized patients report acute pain of moderate to severe intensity.

The CPC will be distributing NPAW posters to health facilities and clinics across Canada. They are also partnering with the CPS holding pain information booths at various malls across Canada – visit www.canadianpaincoalition.ca and reference the NPAW events section.

There is hope. You can manage your pain. Treatment, resources and information are available.

painexplained.ca – an initiative that seeks to promote awareness of the issue of under treated pain in Canada – visit www.painexplained.ca

The Canadian Pain Coalition - a partnership of patient pain groups and health professionals who care for people in pain – visit www.canadianpaincoalition.ca

The Canadian Pain Society (CPS) - promoting education and training in the field of pain – visit www.canadianpainsociety.ca