

# Pain Awareness Month

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September has been declared “Pain Awareness Month” by Kansas Governor Sam Brownback. Pain is a major public health problem and is the number one reason Americans seek medical care. Over 100 million Americans live with chronic pain as a result of serious illnesses and injuries, and more than 900,000 Kansans are living with life-changing pain. This is more than those impacted by heart disease, cancer, and diabetes combined.

Please use this month to educate and support your patients who struggle with chronic pain.

In 2011, the Institute of Medicine (IOM) of the National Academy of Sciences issued its landmark report, *Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education and Research* and stated, “Effective pain management is a moral imperative, a professional responsibility, and the duty of people in the healing professions”. Pain results from a combination of biological, psychological, and social factors and often requires comprehensive approaches to prevention and management. The effectiveness of pain treatments depends greatly on the strength of the clinician-patient relationship.

Pain is a major driver of health costs. The NIH estimates that pain costs the US \$635 billion per year in medical expenses, lost wages, lost productivity, and other healthcare costs. Studies show that significant savings could be achieved through better treatment of acute pain, reduction in workers’ compensation costs and lost tax revenues, and a reduced burden of opioid abuse and misuse.

Learn more about managing chronic pain at (a few suggestions: [www.fibroknowledge.com](http://www.fibroknowledge.com), [www.diabetespainhelp.com](http://www.diabetespainhelp.com))