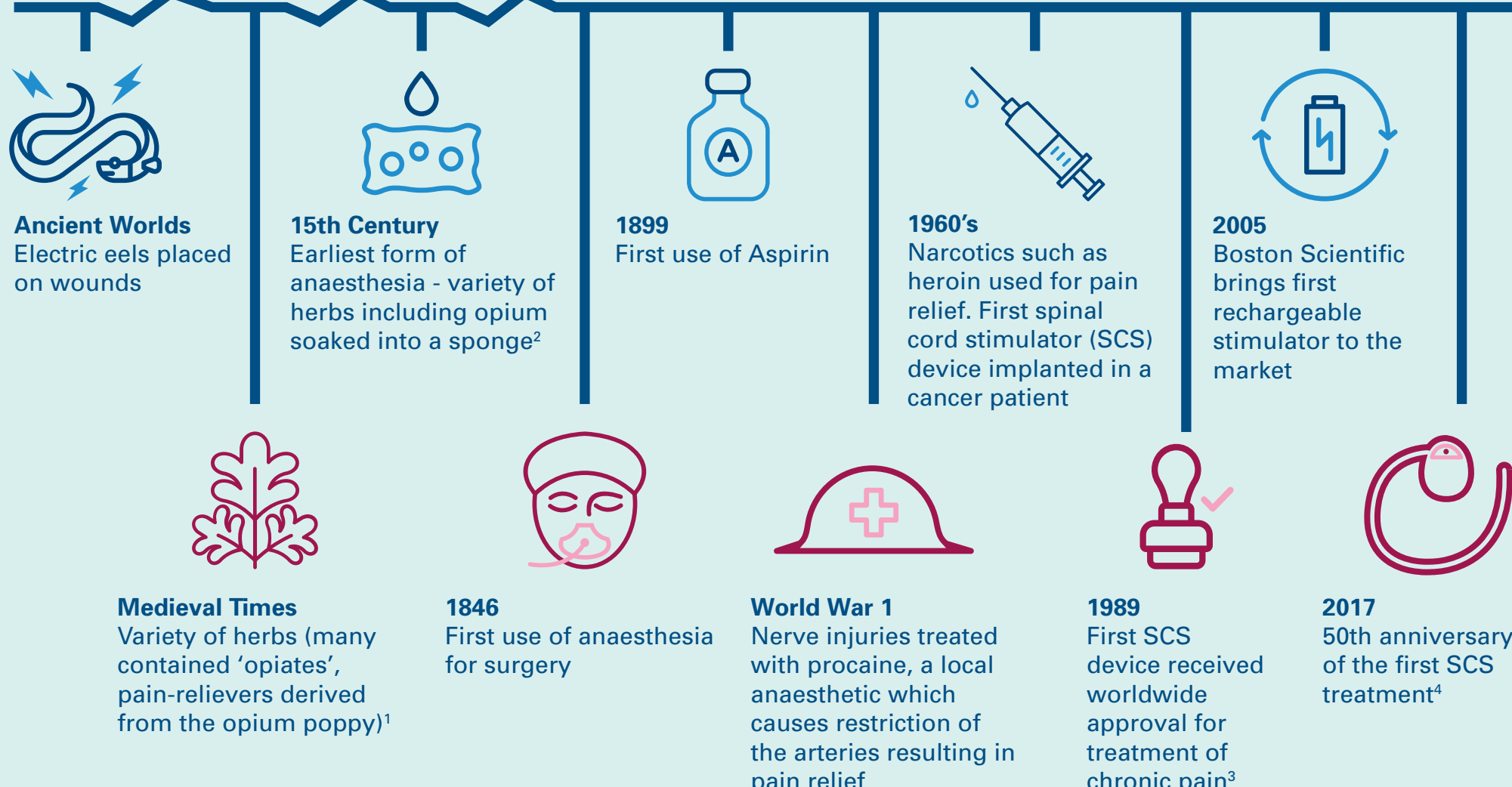


Chronic Pain

A brief history of treating pain



How do you define chronic pain? What causes chronic pain?

Chronic pain is long-term pain and is classified into two types:

Neuropathic

Neuropathic pain is caused by a problem with the nerve pathways, which means the way that the nerve sends pain messages to the brain is affected.⁷

Nociceptive

Everyone will experience nociceptive pain at some point and this includes injuries, cuts or burns.⁷

Chronic pain is defined as continuous, long-term pain that has lasted for more than 12 weeks.⁵

Chronic pain can persist for months or even years and can be very difficult to treat.⁶

Chronic pain can occur anywhere in the body. The back is the most commonly reported location.⁷

Prevalence of chronic pain in Europe

100 million

Chronic pain is a widespread problem with 1 in 5 adults in Europe – or 100 million people – affected. Women are more likely to be affected by chronic pain than men.⁸

UK
28 million¹⁰

Germany
8-10 million¹⁰

France
26.4 million¹¹

Italy
24 million¹⁰

Spain
11.7-16.4 million¹²

The personal impact of chronic pain

Chronic pain can disrupt daily routines. Everyday tasks such as cooking, shopping and housework are often difficult.¹³

Chronic pain can impact a person's ability to take on physical and social activities as well as making them feel tired, lethargic and anxious.¹²

When untreated, people with chronic pain can become susceptible to depression.¹²

Tiredness and exhaustion can also add to the burden of chronic pain, with over half of survey respondents reporting they have difficulty sleeping, according to The Painful Truth survey.¹⁶

Many people are unable to work because of pain, leading to loss of independence and financial instability. In several European countries, chronic pain is one of the most common causes of long term sick leave and disability.¹⁵

The increasing economic and societal burden of chronic pain

Chronic pain has been highlighted as one of the most prominent causes of disability worldwide by the Global Burden of Disease reviews.¹⁵

It can impact society in many different ways, including:

The burden on healthcare resources – through direct and indirect costs – of chronic pain is significant. Chronic pain is estimated to cost European healthcare systems.¹⁶

300 billion per year¹⁶

500 million days

of illness per year are lost in Europe, costing the European economy over €34 billion.¹⁷

Better chronic pain management is urgently needed

Approximately one third of people with chronic pain in Europe are failing to receive standard pain treatment, presenting an unmet medical need.⁷

more than 50%

More than 50% of chronic pain in Europe are failing to receive standard pain treatment, presenting an unmet medical need.⁷

Spinal cord stimulation (SCS) may offer hope for many of the millions of people who suffer from chronic pain.¹⁹

SCS has helped over 400,000 patients worldwide to find pain relief.²⁰

References

- Lallanilla M. A Brief History of Pain. abc News. 2005. Available at <http://abcnews.go.com> Accessed October 2012
- Juvin P et al. The Ancestors of Inhalational Anesthesia: The Soporific Sponges (XIII-XVIIth Centuries). Anaesthesiology. 2000;93:265-9
- International Neuromodulation Society (INS). Spinal Cord Stimulation's Role in Managing Chronic Disease Symptoms (2016). <http://www.neuromodulation.com/spinal-cord-stimulation>. Last accessed March 2017.
- Shealy CN, Mortimer JT, Reswick JB. Electrical inhibition of pain by stimulation of the dorsal columns: preliminary clinical report. Anesth Analg. 1967;46:489-491
- Mills S, Torrance N, Smith BH. Identification and Management of Chronic Pain in Primary Care: a Review. Current Psychiatry Reports. 2016;18:22. doi:10.1007/s11920-015-0659-9. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4731442/>
- Brunton S. Approach to assessment and diagnosis of chronic pain. J Fam Pract. 2004;53(10 Suppl):S3-10. Accessed at: http://findarticles.com/p/articles/mi_m0689/is_10_53/ai_n6249279/tag-content:col1
- Breivik H et al. Survey of chronic pain in Europe: prevalence, impact on daily life, and treatment. Eur J Pain 2006;10:287. <https://www.ncbi.nlm.nih.gov/pubmed/16095934>
- Scholz J. Mechanisms of chronic pain. Molecular Pain. 2014;10(Suppl 1):O15. doi:10.1186/1744-8069-10-S1-O15. <https://molecularpain.biomedcentral.com/articles/10.1186/1744-8069-10-S1-O15>
- Societal Impact of Pain, 2016. Abstract & Background Booklet. <https://www.sip-platform.eu/sip2016booklet>. Last Accessed: 9th March 2017.
- Fayaz A, Croft P, Langford RM, et al. Prevalence of chronic pain in the UK: a systematic review and meta-analysis of population studies. BMJ Open 2016;6:e010364. doi:10.1136/bmjopen-2015-010364. <http://bmjopen.bmj.com/content/6/6/e010364>. Last accessed: March 2017.
- Friessens GHJ, Willemsen-Strumpf A and Zenz MW. Chronic pain in primary care. German figures from 1991 and 2006. BMC Public Health. 2009 Aug;9:299. doi: 10.1186/1471-2458-9-299. <https://www.ncbi.nlm.nih.gov/pubmed/19689810>
- Fernández-de-las-Peñas C, Hernández-Barrera V, Alonso-Blanco C, Palacios-Teja D, Carrasco-Garrido P, Jiménez-Sánchez S, Jiménez-García R. Prevalence of neck and low back pain in community-dwelling adults in Spain: a population-based national study. Spine (Phila Pa 1976) 2011;36:E213-E219. <https://www.ncbi.nlm.nih.gov/pubmed/21079541>
- NHS Choices. <http://www.nhs.uk/news/2016/06/June/Pages/Almost-half-of-all-UK-adults-may-be-living-with-chronic-pain.aspx>. Last accessed: March 2017.
- SIP 2017. WG3: Impact of Pain On Labour And Employment. <https://www.sip-platform.eu/media/details/sip-2017-wg3-impact-of-pain-on-labour-and-employment>. Last accessed: Oct 2017.
- State of Pain Management in Europe. The Painful Truth. 2013. http://www.thepainfultruth.eu/content/dam/painful-truth/en/documents/NM-114704-AA_INTL_Painful_Truth_Survey_Report_Final_UK.pdf. Last accessed: Oct 2017.
- Vos T, Flaxman AD, Naghavi M, et al. Years lived with disability (YLDs) for 1160 sequelae of 289 diseases and injuries 1990-2010: a systematic analysis for the Global Burden of Disease Study 2010. Lancet. 2012 Dec 15;380(9859):2163-96. doi: 10.1016/S0140-6736(12)61729-2. <https://www.ncbi.nlm.nih.gov/pubmed/23245607>.
- Red Balloon Project Press Release. 2016. http://theredballoonproject.eu/assets/pdf/PR_RedBalloon_BSCI.pdf. Last Accessed March 2017.
- Societal Impact of Pain, 2016. Abstract & Background Booklet. <https://www.sip-platform.eu/sip2016booklet>. Last Accessed: 09 March 2017.
- Pain Proposal: Improving the Current and Future Management of Chronic Pain. A European Consensus Report 2010. http://www.dgss.org/fileadmin/pdf/Pain_Proposal_European_Consensus_Report.pdf. Last accessed April 2017.
- Kumar, et al. Spinal cord stimulation versus conventional medical management for neuropathic pain: a multicentre randomised controlled trial in patients with failed back surgery syndrome. Pain 2007;132:179-188
- American Association of Neurological Surgeons, 2008. Available at: <http://www.aans.org/Patient%20Information/Conditions%20and%20Treatments/Spinal%20Cord%20Stimulation.aspx>