

About Chronic Pain

Chronic pain is ongoing or recurrent pain that lasts beyond the usual course of an acute illness or injury or more than three to six months, and negatively affects a person's well-being. Of adults ages 20 and older, those between ages 45 and 64 are the most likely to report pain. Pain can result from a multitude of factors, and causes can range from physical injury to less common illnesses, such as bacterial and viral infections that result in debilitating pain. Results from the Chronic Pain in America survey found that 9 percent of U.S. adults suffer from moderate to severe non-cancer related chronic pain. Of these moderate to severe chronic pain sufferers, approximately one half say their pain is not under control and seven in 10 severe pain sufferers work with a physician to help manage their condition.

About the American Pain Foundation

Founded in 1997, the American Pain Foundation (APF) is an independent nonprofit 501(c)(3) organization that serves people affected by pain. APF stands up with people living with pain, caregivers, health care providers and allied organizations, working together to dismantle the barriers that impede access to quality pain care for all. The mission of APF is to educate, support and advocate for people affected by pain.

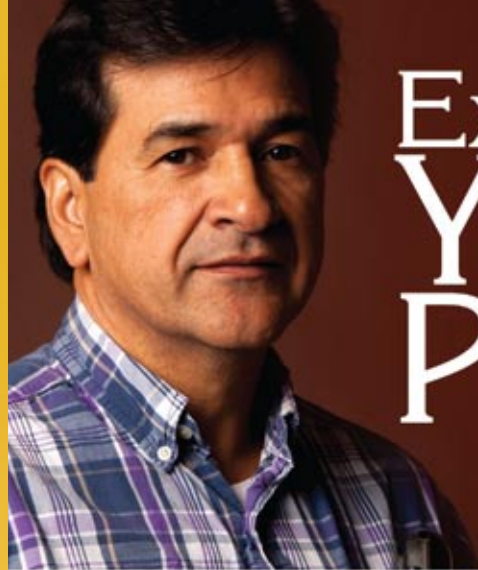
For more information, visit

www.painfoundation.org/explainyourpain.

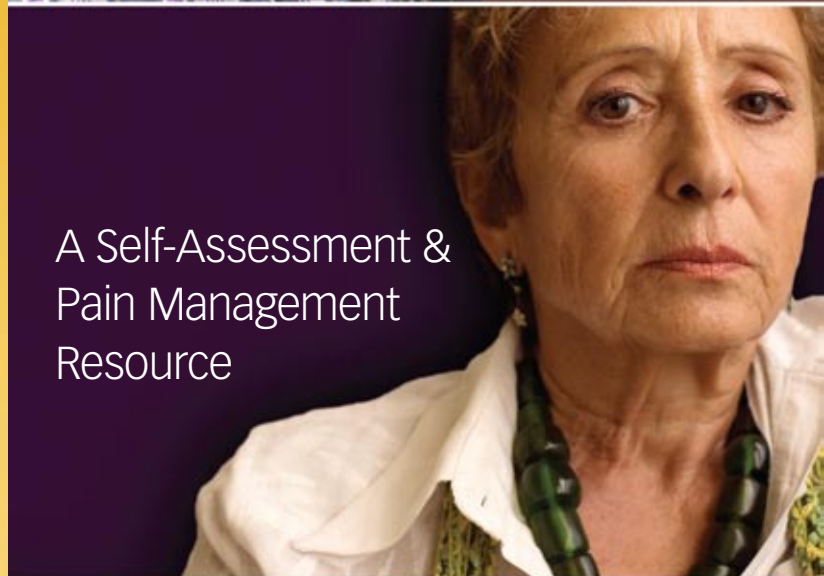
The "Explain Your Pain" brochure is made possible with support from Endo Pharmaceuticals.



American Pain Foundation



Explain Your Pain



A Self-Assessment & Pain Management Resource



Explain Your Pain.

A Self-Assessment and Pain Management Resource

While everyone experiences pain at various times in their lives, chronic pain is different. Chronic pain can greatly impact your quality of life and make daily activities – even favorite pastimes – difficult to bear. As someone who suffers from chronic pain, you are not alone – an estimated 9 percent of adult Americans suffer from moderate to severe non-cancer related chronic pain, according to the Chronic Pain in America survey. Although Hispanics are the largest growing ethnic group in the United States, research suggests that ethnic minorities are less likely to have access to pain management services and treatments. Studies show there is more under-treatment of pain among Hispanics than Caucasians and there may be barriers that prevent

some Hispanics from reaching out for help – in one study of Hispanics and African Americans with cancer pain, 80 percent of patients waited until their pain severity was a 10 on a 10-point scale before calling their oncology clinic or health care provider (HCP). But you don't have to wait – there are steps you can take now to help relieve your chronic pain.

With the help of the attached questionnaire, you can explore convenient and successful ways to talk with your HCP about your chronic pain and manage it in a way that fits your needs. Many options are available to treat pain-related conditions and with the help of your HCP, you can discuss which treatment works best for you. By better describing your pain – where, how and when it hurts – you can help your HCP assess your pain more effectively. Your HCP can also assist you in finding affordable options and discount programs that can help shape your customized pain management plan.

The **American Pain Foundation**, with support from Endo Pharmaceuticals, introduces ***Explain Your Pain*** in an effort to improve dialogue about chronic pain between patients and their HCPs. We understand that there may be factors that make it difficult to discuss your pain so this brochure is tailored to help you find a better way to communicate with your HCP by visually describing where, when and how often you experience pain.

Once completed, you can bring this brochure with you to your HCP's office as a tool to assess your pain and work together to find relief.

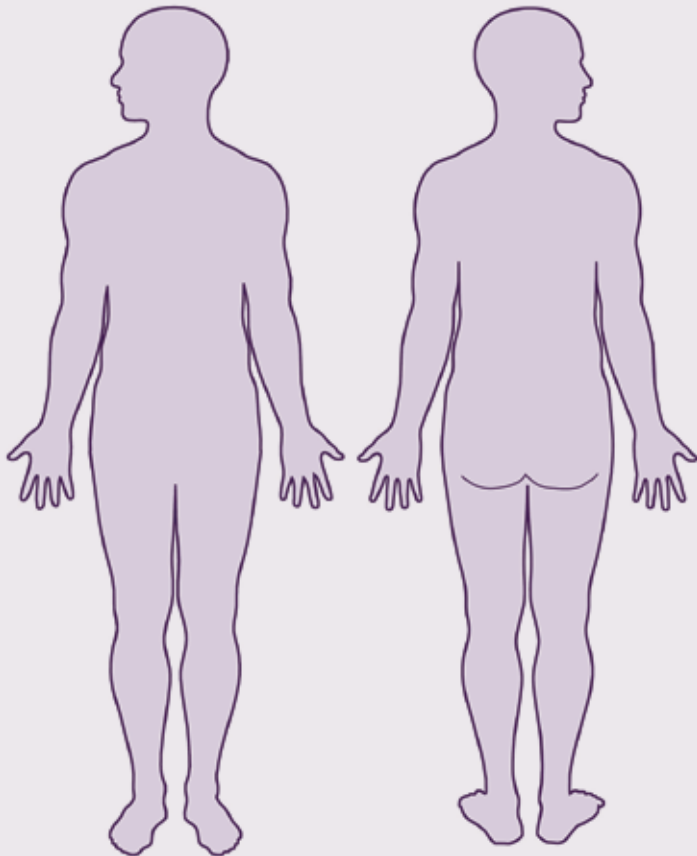


Where does it hurt?

The location of your pain can indicate that you have symptoms of an underlying condition. To develop an effective pain management program, your HCP will want to assess your pain, including where it hurts. Shade the anatomical figure below to show the parts of the body where you are experiencing pain.

FRONT

BACK



NOTES:

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How does it hurt?

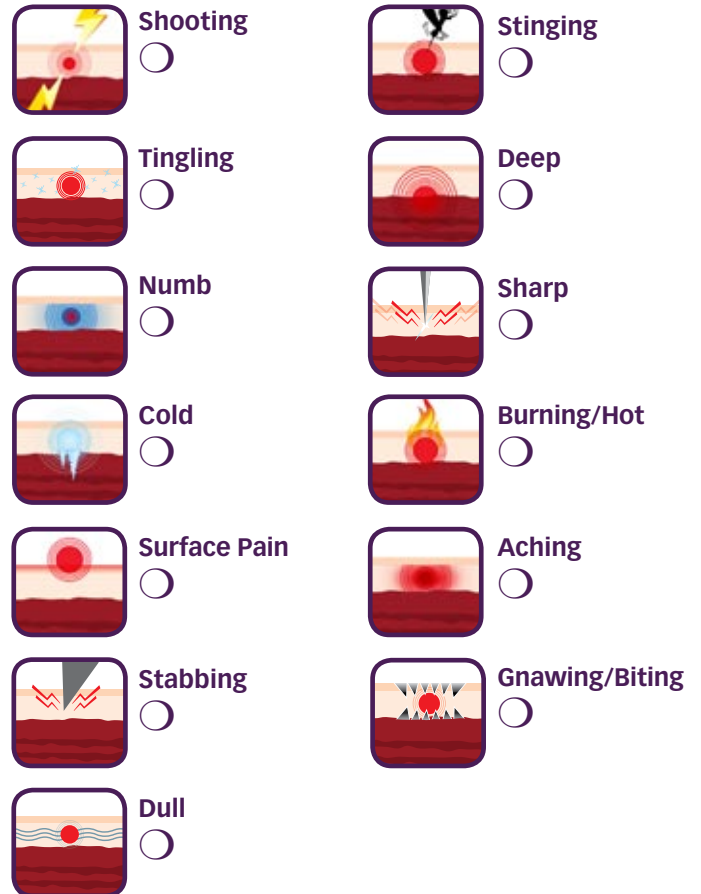
Your HCP will need to know details about the type of pain you are experiencing to determine your options for treatment. Think of the worst pain that you experience in a typical day. Using the face chart below, rate the intensity of this pain on a scale from 0 to 5.



Source: Hockenberry MJ, Wilson D, Winkelstein ML: Wong's Essentials of Pediatric Nursing, ed. 7, 2005, p. 1259. Used with permission. Copyright, Mosby.

Pain Checklist

Select all of the words below, as applicable, that describe your pain on a regular basis. Add any other words that apply on the lines provided.



When does it hurt?

Everyone's pain is different, but there are some common descriptions that sufferers often use. Answer the questionnaire below to further describe your pain.

1.] How long does the pain usually last?

- Momentarily
- A few hours
- One or a few days at a time
- Weeks at a time
- Persists all the time
- Other

2.] What makes it worse?

- Standing, bending or lifting
- Touching or pressure
- Strenuous activity
- Weight bearing
- Inactivity
- Stress
- Weather changes
- Poor cushioning
- Other

3.] Is the pain worse when you wake up?

- Yes
- No
- Sometimes

4.] Does the pain improve after you move around?

- Yes
- No
- Sometimes

5.] Does it get worse when you move around?

- Yes
- No
- Sometimes

6.] Is there anything that makes it better?

- Rest or sleep
- Exercise
- Massage
- Heat
- Coolness
- Changing positions
- Creams or ointments
- Herbal remedies
- Non-prescription medications (i.e., ibuprofen, acetaminophen)
- Other

My Pain Management Calendar

Use the pain management calendar below to rate your pain each day. This will help your HCP determine whether your treatment plan is working.

Look at the cartoon face chart on the previous page and note the face and/or description below it that matches the most intense level of pain you feel today. Note the number that corresponds with the face and descriptor that identifies your pain and write it under the day's date on this calendar. Repeat this every day and bring the calendar with you when you talk to your HCP.

MONTH: YEAR:

S	M	T	W	TH	F	S
[]	[]	[]	[]	[]	[]	[]
[]	[]	[]	[]	[]	[]	[]
[]	[]	[]	[]	[]	[]	[]
[]	[]	[]	[]	[]	[]	[]
[]	[]	[]	[]	[]	[]	[]
[]	[]	[]	[]	[]	[]	[]

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