

# An Ounce of Prevention...



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Sep 2015

## Chronic Pain Awareness Month

Since 2001, the month of September has been declared Pain Awareness Month and the American Chronic Pain Association is a great resource for those who deal with pain on a daily basis and wish to make others aware of their struggle.

Did you know that in June of 2002, Partners for Understanding Pain conducted a survey of 1,000 Adults Americans and here's what they found:

- Pain is the second most common reason for doctor's visits behind cold and flu (27%)
- Chronic Pain is the most commonly cited cause of disability in the U.S.
- 78% of respondents think that it is very or somewhat possible that treating pain with strong medicine will result in the patient becoming addicted.

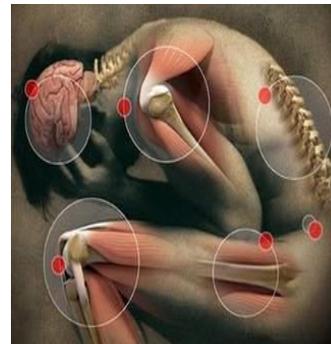
According to the Joint Commission of the Accreditation of Healthcare organizations (JCAHO), "nearly a third of Americans will experience chronic pain at some point in their

lives. And approximately 50 million Americans live with chronic pain today; it is the number one cause of adult disability in the United States."

What do we do about our epidemic of ache? The American Chronic Pain Association lists 10 steps:

1. Accept the pain—learn all you can about your condition
2. Get Involved—take an active role in your recovery
3. Learn to set priorities
4. Set realistic goals
5. Know your basic rights
6. Recognize emotion—emotions directly affect physical well being
7. Learn to relax—pain increases in time of stress
8. Exercise—unused muscles feel more pain than tone flexible ones.
9. See the total picture—pain does not have to be the center of your life.
10. Reach Out—we all support and learn from each other

For more information and resources, including new treatments for pain, check out the [acpa.org](http://acpa.org).



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It Only Makes Sense.

**Tennessee REDLINE**  
Help for Substance Abuse  
**1-800-889-9789**



Drop Box Locations: Smith County Sheriff's Office & Carthage City Police Department