

CACPR AND CHRONIC PAIN: QUICK FACTS

CHRONIC PAIN

pain that lasts
longer than 6 months

100
MILLION+

American adults suffer
from chronic pain

6 OUT OF
10

patients experience
pain that severely
impacts quality of life

25.3
MILLION

American adults suffer
from daily pain

\$560-635
BILLION

is what chronic pain
costs society each year

CHRONIC PAIN IS:

- a major cause of missed work
- the most common cause of long-term disability
- complex and unique to each person

THE MOST COMMON TYPES OF CHRONIC PAIN:

- lower back pain: **27%**
- severe headache: **15%**
- neck pain: **15%**
- facial ache: **4%**

CACPR:

50+ member scientists and trainees
4 annual symposia since 2015:

- Genomics and Pain
- Chronic Pain Management and Opioid Abuse: We Need a “Fix”
- Chronic Overlapping Pain Conditions & Stress
- How Precision Health Will Inform Pain Management

RESEARCH AREAS:

- chronic orofacial pain (TMD)
- migraine
- neuropathic pain
- spinal cord injury pain
- chemotherapy-induced neuropathic pain (CINP)
- sickle cell pain
- visceral pain

RESEARCH THEMES:

- Personalized Medicine
 - Genomics and Pain
 - Neuroimaging and Pain
- Innovative Avenues for Pain Relief
 - Novel Pharmacological Targets
 - Nonpharmacological Approaches
- Pain Comorbidity
- Stress and Pain
- Endogenous Pain Modulation Procedures and Mechanisms
- Placebo/Nocebo Mechanisms and Applications

SELECTED GRANT PROJECTS:

Spinal Mechanisms Underlying Spinal Cord Injury-Induced Pain: Implications for Targeted Therapy

National Institute of Nursing Research: \$3,853,302 |

Dorsey, Wu, Faden (MPI) | 04/2012-06/2022

Physiological, Psychological, and Genomic Factors that Predict the Transition from Acute to Chronic Pain in Patients with Traumatic Lower Extremity Fracture

National Institute of Nursing Research: \$3,073,811 |

Renn, Dorsey, Griffieon (MPI) | 08/2018-05/2023

Primary Afferent Plasticity of Chronic Pain

National Institute of Dental and Craniofacial Research:

\$2,513,166 | Wei, Chung (MPI) |

01/2018-08/2023

Peripheral Receptor Mechanisms in Orofacial Muscle Pain

National Institute of Dental and Craniofacial Research:

\$1,834,690 | Ro | 04/2018-03/2023

DON'T TAKE OUR WORD FOR IT

Patients Describe Chronic Pain

*"It made no sense to me that with all the modern miracles in medicine there was no way to relieve my pain. What I did not realize then was how complex chronic pain is. I did not know how many areas of my life and my family's lives the pain invaded."*¹

*"Thirteen years ago, I was rear-ended in a car accident. In a split second my whole life changed, and the accident left me handicapped with chronic pain in the neck, shoulders, and head. I was thrown into a world of medical decisions of which I knew nothing and began searching for information about cervical discs, facet joints, myofascial pain, referred pain, conservative and alternative treatments, and various medical procedures..."*²

*"It feels like I am wearing paper mâché booties with my feet next to a raging fire."*³

*"Some days, I feel good enough to run a marathon. Other days, I can barely walk from the living room to the kitchen."*⁴

*"Even the lightest breeze can trigger bursts of electric pain throughout my body."*⁵

¹⁻² Institute of Medicine of the National Academies Report. *Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research*, 2011. The National Academies Press, Washington, D.C. (page 31).

³⁻⁵ personal communication

SOURCES

Institute of Medicine. *Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research*. The National Academies Press: Washington, DC; 2011.

Interventional Pain Management and Ortho- Spine Center. Chronic Pain (INFOGRAPHIC) 2018. Available at: www.ipmchealth.com/chronic-pain-infographic. Accessed March 22, 2019.

Muneer, Sabby. *Socioeconomic Burden of Chronic Pain. American Health & Drug Benefits*. www.ahdonline.com/articles/2003-socioeconomic-burden-of-chronic-pain. Published 2015. Accessed February 24, 2019.

National Center for Complementary and Integrative Health. The Institute of Medicine says chronic pain in the U.S. Bethesda, Maryland: NCCIH, 2017. Available at: <https://nccih.nih.gov/news/multimedia/infographics/chronic-pain-panell>. Accessed March 22, 2019.

National Institutes of Health. *Fact Sheet: Pain Management* (June 30, 2018).

Regis College. *Patient Education and Chronic Pain*. Available at: <https://online.regiscollege.edu/blog/patient-education-chronic-pain-2/>. Accessed March 22, 2019.