Chronic pain is defined as pain that lasts for more than 3 months. High-impact chronic pain is pain that occurs 5 or more days a week for 6 months or more and interferes with your daily living.

Healthcare Women surveyed 1,000 women who live with chronic pain.

Chronic Pain is a disease.
And it doesn’t just hurt your body.

It can keep you from living your fullest life.
It can interfere with your sleep.
It can cause you to have feelings of anxiety, depression and hopelessness.

Chronic Pain Is Expensive
Chronic pain costs our nation between $560 billion and $635 billion a year in medical costs, lost productivity and disability programs.

Who does chronic pain affect?

Anyone can get chronic pain — but some groups are more likely than others to live with this disease.

Non-Hispanic white adults
Previously employed but not currently employed adults
Women
People living in poverty or who use public insurance
People who live in rural locations

Many people — especially women — with chronic pain have several overlapping pain conditions, such as:

Fibromyalgia
Intestinal Fistula
Rheumatoid arthritis
Inflammatory Bowel Disease
Temporal Mandibular Disorders (TMJ/TMD)
Interstitial Cystitis
Rheumatoid Arthritis
Osteoarthritis
Migraine
Fibromyalgia

Treating chronic pain is complex.
Chronic pain is a complicated disease, and what works may vary from person to person. In general, the most effective treatment uses a combination of approaches.

Natural/Holistic Medicine
massages, meditation, acupuncture

Medication
opioids, nonopioids, adjuvant analgesics and biological products

Psychological Support
psychotherapy, support groups

Lifestyle Changes
exercise, weight loss, healthy eating

The Biopsychosocial Model
Biological, psychological and social factors play a role in chronic pain. For example, a woman with no history of mental illness (psychological) and a strong support network (social) might find her chronic migraine (biological) more bearable than a woman with a similar condition (biological) who lives with depression (psychological) and feels isolated (social).

Looking at the whole picture and treating a patient from the biopsychosocial lens can lead to better outcomes in patients.

Survey Says:
HealthyWomen surveyed 1,000 women who live with chronic pain.

38% say they do not have access to enough information about pain
65% feel they would benefit from adequately trained healthcare providers
58% would like more support from their healthcare provider

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