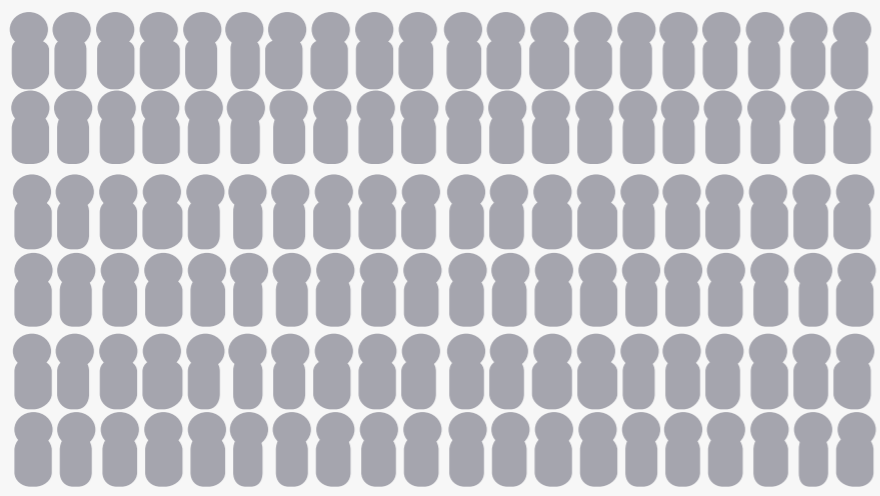


Americans With Pain

An estimated



100 MILLION

people suffer from chronic pain (AAMP)

Headache



16.1%

suffer from headaches

- Among the most common pain complaint
- Headaches can be triggered by environmental factors (stress, noise, lighting, weather, and odors)
- Headaches can also be triggered by diet (Nitrates, MSG, alcohol, caffeine, chocolate)

Back Pain



28.1%

suffer from back pain

- Back pain is the leading cause of disability in Americans under 45
- More than 2 million Americans between the ages of 20-64 experience frequent back pain
- Back pain is more common as you get older
- Poor physical fitness and being over weight can also lead to back pain

Neck Pain



15.1%

suffer from neck pain

- Neck pain is a common condition and is more frequently seen in women than men
- Neck pain is usually caused by trauma, injury, stress, sleeping in unnatural position, and prolonged computer use
- Neck pain can often lead to headaches

Knee Pain



19.5%

suffer from knee pain

- Common knee pain problems stem from the patella.
- People often complain of dull achy pain of the knee made worse by running, squatting, jumping, or walking up or down stairs
- Often knee pain is related to repetitive movement or direct trauma

≥ \$635 billion / year

Total annual cost of health care due to chronic pain

4.6 hours

Workers lose an average of 4.6 hours per week of productive time due to a pain condition.

\$61.2 billion / year

Lost from loss of productive time from common painful conditions

Side Effects of Chronic Pain...



Depression



Trouble Concentrating



Inability to Sleep Well



Sources: American Academy of Pain Medicine (AAPM)
Created by Atlanta Medical Clinic | www.AtlantaMedicalClinic.com