## **How Pain Affects Your Life**



of people with chronic pain report it being severely disabling of people with chronic pain report problems sleeping, which often makes the pain worse; thus resulting in a frustrating cycle of pain and sleeplessness

Reference: Prevalence of chronic pain in the UK: a systematic review and meta-analysis of population studies BMU Open 2016
Reference: 3 Little Known Facts About Chronic Pain 2016 http://www.spine-health.com



of chronic pai<mark>n</mark> sufferers f<mark>eel t</mark>hey have little or no control over their pain

Reference: American Academy of Pain Association (2016) Facts and Figures on Pain Reference: A review of chronic pain impact on patients, their social environment and the health care system. Journal of Pain Research 2016;9:457-67



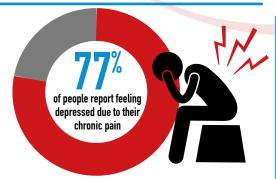
are limited in their ability to perform daily activities

Reference: American Academy of Pain Association (2016) Facts and Figures on Pain Reference: A review of chronic pain impact on patients, their social environment and the health care system Journal of Pain Research 2016,9:457-67



of sick certificates come from chronic pain and mental health problems

Reference: American Academy of Pain Association (2016) Facts and Figures on Pain Reference: A review of chronic pain impact on patients, their social environment and the health care system. Journal of Pain Research 2016;9:457-67



Reference: American Academy of Pain Association (2016) Facts and Figures on Pain Reference: A review of chronic pain impact on patients, their social environ Journal of Pain Research 2016;9:457-67



of people have to change their occupational duties or post



Reference: American Academy of Pain Association (2016) Facts and Figures on Pain Reference: A review of chronic pain impact on patients, their social enviror

Journal of Pain Research 2016;9:457-67 ent and the health care system.



Reference: American Academy of Pain Association (2016) Facts and Figures on Pain Reference: A review of chronic pain impact on patients, their social environment and the health care system. Journal of Pain Research 2016;9:457-67



of chronic pain sufferers have obtained a disability pension for recognised

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