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**NEW SURVEY REVEALS EMERGING “LIFESTYLE OF PAIN” IN AMERICA**

*First survey of its kind to benchmark people with pain’s attitudes toward the condition*

ROCKLIN, Ca., May 6, 2004 – Seventy-two percent of people with chronic pain have lived with it for more than three years, including a third (34 percent) who have lived with pain for more than a decade, according to results from the Americans Living with Pain Survey (ALPS), designed to uncover insights regarding attitudes and perceptions about chronic pain. Yet nearly half (44 percent) of people with pain who have talked to their doctor about it delay doing so, often for several months or longer, despite the impact it has on their lives. A little more than half (53 percent) of those who do eventually visit their doctor do so because their pain is becoming increasingly severe.

“This survey demonstrates that chronic pain is a problem that has reached near epidemic proportions,” said Edward Covington, M.D., Director of the Chronic Pain Rehabilitation Program at the Cleveland Clinic. “The ‘can do, can cope’ spirit of Americans can lead to untreated chronic pain, which has a severe impact on people’s work, personal relationships, hobbies, and even sex, and can greatly diminish their quality of life. In addition to physical disability, it may also lead to irritability, anxiety, or depression.”

Many Americans who delay seeing a doctor about their pain believe that their pain will eventually go away, or that pain alone is not a serious health condition. Others delay seeking treatment because they think they can live with the pain even though it is increasingly taking a toll on their quality of life and emotional well-being. ALPS reveals that two out of three people living with chronic pain say that it leads to stress and irritable behavior. A large number of respondents also report that pain has a negative impact on their personal relationships (45 percent), work productivity (51 percent of those employed) and daily routine (61 percent).

“One of the most important aspects of managing one’s pain is taking an active role in care and becoming part of the treatment team,” says Penney Cowan, executive director, American Chronic Pain Association. “There are many treatment options available to help people reduce the effects of pain in their lives. Proactive behavior such as recognizing emotions and practicing relaxation techniques to reduce stress, pacing activities and working within personal limits, and exercising on a regular basis may contribute to better pain control.”

**Who’s Hurting?**

According to the Joint Commission on 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. ALPS reveals that people are experiencing pain at a younger age than what may be commonly perceived or assumed; proportionally just as many younger people surveyed experience back pain as do middle aged and older adults.

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- **Younger People (18-34):** 82 percent of younger people also experience grumpiness or irritable behavior as a result of their chronic pain
- **Women:** Women are more likely to be affected emotionally by their pain than men, especially in terms of stress (70 percent) and loss of motivation (55 percent)
- **Men:** Nearly three in 10 men (28 percent) experience less desire for sex due to chronic pain

### **Pain in the Workplace**

Pain costs the United States an estimated \$100 billion in lost productivity every year, according to a JCAHO report. The survey demonstrates that chronic pain is a major cause of absenteeism.

- ALPS shows that 41 percent of those employed and living with chronic pain report their pain adversely affects their ability to put in a full day's work; three in 10 (27 percent) say it impacts their ability to get to work in the first place.
- One in six employed people living with chronic pain say it has adversely affected their career advancement opportunities.

### **How is Pain Being Treated?**

Once people address their condition, ALPS reveals that treatment of chronic pain varies, with nearly half of people taking prescription medication and about half not taking prescription medication.

- For those taking only prescription medication, 81 percent report being very satisfied with how their doctor is helping them manage their pain, as opposed to 64 percent of those who are taking only over-the-counter medication.
- 86 percent of those taking only prescription medication also use alternative treatments, including physical therapy (58 percent), massage (39 percent) and meditation (23 percent).

### **Many Fear Losing Access to Pain Medicine**

With increasing attention being paid to cost and legislative issues, people with pain express concerns about access.

- Three in ten have been unable to get a prescription filled because of cost or lack of insurance.
- Almost three in 10 believe that it will become more difficult to get the medication they need in the future.

### **Satisfaction and Concerns about Medication Vary**

Attitudes toward medication show as much variation as the types of people experiencing pain. Significant numbers of people with pain report concerns about taking pain medications including fear of side effects (56 percent) and worries that they will need medication for the rest of their lives (49 percent) while showing surprisingly little awareness (26 percent) of prescription topical pain patches as an alternative.

- Concern about potential side effects among those taking only prescription medication is generally higher among 35 to 50 year-olds, with 58 percent worried that it might be addictive.
- Compared to those taking prescription pain medicines, users of both prescription and over the counter medications were more likely to experience side effects (drowsiness: 52 percent, nausea: 41 percent).

### ***About the Survey***

The Americans Living with Pain Survey (ALPS) was conducted by Roper Public Affairs and Media, on behalf of the American Chronic Pain Association (ACPA) with support from Endo Pharmaceuticals. The survey findings are based on 800 telephone interviews conducted with adults experiencing chronic pain in the United States. The sampling frame for this survey was a national random digit dialing system that included all telephone households in the United States, both listed and unlisted. The sample for this survey was drawn from this frame using probability selection procedures; as such, the survey findings are projectable to all adults with chronic pain.

Roper Public Affairs and Media is part of NOP World, the ninth largest survey research company in the world. As a part of NOP, World Roper shares complete in-house facilities for statistics, sampling, interviewing, data processing and statistical analysis, and production. This provides total control over the research process from beginning to end.

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### ***About the American Chronic Pain Association***

The American Chronic Pain Association has offered support and information for people with chronic pain since 1980. Its mission is to facilitate peer support and education for individuals with chronic pain and their families so that these individuals may live more fully in spite of their pain and to raise awareness among the health care community, policy makers, and the public at large about issues of living with chronic pain.

ACPA support groups meet in the United States, Canada, the United Kingdom, and in many other nations around the world. In addition, the ACPA provides a wealth of materials, including self-help manuals, videos, workbooks, and other resources that can help people with pain and their families. These materials, created by people with pain for people with pain, offer unique insight into the reality of chronic pain and its management and hope for improving quality of life for those who live with pain daily.

In 2002, the ACPA organized Partners for Understanding Pain, a consortium of more than 70 groups with an interest in the social, individual, and economic impact of pain in our communities. The goal of Partners for Understanding Pain is to raise awareness about chronic, acute, and cancer pain through grassroots community outreach and a national media relations campaign.

Learn more about the American Chronic Pain Association and Partners for Understanding Pain at [www.theacpa.org](http://www.theacpa.org).

### ***About Endo Pharmaceuticals***

A wholly owned subsidiary of Endo Pharmaceuticals Holdings Inc. (NASDAQ: ENDP), Endo Pharmaceuticals is a fully integrated specialty pharmaceutical company with market leadership in pain management products. The company researches, develops, produces and markets a broad product offering of branded and generic pharmaceuticals, meeting the needs of healthcare professionals and consumers alike. More information, including this and past press releases of Endo Pharmaceuticals Holdings Inc., is available online at [www.endo.com](http://www.endo.com).

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