



Setting the Record Straight: The Impact of Pain

Chronic pain is defined as pain that persists or progresses over a long period of time and may range in intensity from mild, to moderate, to severe. Chronic pain may remain constant, or it can fluctuate, but it will be present to some degree for long periods of time. Examples of chronic pain include back pain, cancer pain, arthritis and rheumatism.

Acute pain, on the other hand, is the body's normal response to damage such as a cut, an infection, or other physical injuries. This type of pain usually comes on quickly and often goes away quickly with proper treatment.

Chronic pain can have devastating effects on a patient's function and quality of life. According to the [Canadian Pain Society](#)ⁱ, chronic pain is associated with "the worst quality of life as compared with other chronic diseases" such as chronic lung or heart disease, and there is double the risk of suicide among chronic pain sufferers as compared to those without chronic pain.

Chronic pain impacts every aspect of patients' lives. From dawn until dusk – and often through the night – chronic pain can ravage the body of even the healthiest person.

Chronic pain is invisible. Unlike an injury with visible wounds, pain can't be seen, weighed or measured. However, one in five Canadian adults *feel* chronic pain: every single day. Chronic pain is not something we can ignore just because it's invisible.

Chronic pain impacts more than just the patient. For people living with chronic pain, everyday activities can be a struggle and their pain often impacts their relationships with family and friends and workplace performance. While families and caregivers can't feel the pain in the same way, they experience its effect in a profound way.

Treatment of chronic pain is not simple. Pain can be an incredibly complex combination of physical, mental and social dysfunctions, which means that in many cases the condition fails to respond well to a single treatment approach. Purdue Pharma (Canada) supports a research-driven approach to managing pain that includes non-pharmacological interventions such as diet, exercise, physical therapy, cognitive behavioural therapy, mindfulness training, nerve blocks and, in some cases, surgery, as well as prescription medicine for appropriate patients.

Chronic pain isn't going away. Unfortunately, there is no magic cure for chronic pain. Purdue Pharma (Canada) is committed to continuing our research and development for the treatment of pain and we are committed to finding solutions to help Canadians live with – and responsibly treat – their chronic pain.

ⁱ Canadian Pain Society. [Pain in Canada Fact Sheet](#).