



The American Pain Foundation

Dedicated to eliminating the undertreatment of pain in America

Fast Facts About Pain

Arthritis

- 1 in 6 Americans suffers from arthritis. 26 million of those are women. [1](#)

Back Pain

- Back pain is the leading cause of disability in Americans under 45 years old. [2](#)
- Over 26 million Americans between the ages of 20 and 64 experience frequent back pain, and two thirds of American adults will have back pain during their lifetime. [3](#)

Cancer

- An estimated 70% of those with cancer experience significant pain during their illness, yet fewer than half receive adequate treatment for their pain. [4](#)

Headache

- Over 25 million Americans suffer from migraines. [5](#)
- 9 out of 10 Americans have non-migraine headaches each year. [6](#)

Impact

- 1 in 3 American adults lose more than 20 hours of sleep each month due to pain. [7](#)
- Pain costs an estimated \$100 billion each year. [8](#)
- Lost workdays due to pain add up to over 50 million a year. [9](#)

Other Types of Pain

- 20 million Americans experience jaw and lower facial pain (TMD/TMJ) each year. [10](#)
- Close to 4 million Americans -- mostly women -- suffer from fibromyalgia, a complex condition involving widespread pain and other symptoms. [11](#)
- Fully half of all hospitalized patients have moderate to severe pain in their last days of life. [12](#)

Scope

- Only an estimated 1 in 4 of those with pain receive proper treatment. [13](#)
 - Over 20 percent of Americans aged 60 and over have chronic pain due to arthritis, other joint pain or back pain.
 - Over 50 million Americans suffer from chronic pain, and nearly 25 million Americans experience acute pain each year due to injuries or surgery. [14](#)
 - Headache and lower back pain are the most common types of pain in the U.S. [15](#)
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6. American Council for Headache Education
7. National Sleep Foundation
8. The NIH guide: New directions in pain research I. Washington, DC: GPO, 1998.
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14. National Pain Survey, Conducted for Ortho-McNeil Pharmaceutical, 1999
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