

# Investment in research saves lives and money

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facts about:

## Pain

Today:

- ▣ An estimated 100 million people in the United States suffer from chronic pain.
- ▣ As many as 20 percent of children experience chronic pain.
- ▣ Back pain is the leading cause of disability in Americans 45 and younger.
- ▣ Inadequate pain management is a more severe problem for ethnic and racial minorities than for other population groups.

SOURCE: NATIONAL INSTITUTES OF HEALTH (WWW.NIH.GOV)  
PARTNERS AGAINST PAIN (WWW.PARTNERSAGAINSTPAIN.COM)  
GUIDANCE FOR THE NATIONAL HEALTHCARE DISPARITIES REPORT, INSTITUTE OF MEDICINE

*“If you think research is expensive, try disease.”*  
— Mary Lasker 1901–1994

The Cost:

- ▣ Pain costs U.S. employers about \$80 billion a year in sick days and lost productivity.\*
- ▣ Migraine sufferers lose more than 157 million workdays each year.\*\*
- ▣ Arthritic diseases alone cost the nation nearly \$125 billion a year.\*\*\*

SOURCE: \*WORK-RELATED COST OF PAIN IN THE US: RESULTS FROM THE AMERICAN PRODUCTIVITY AUDIT, 10TH WORLD CONGRESS ON PAIN, 2002. ABSTRACT 697-P331.  
\*\*NATIONAL HEADACHE FOUNDATION FACTS (WWW.HEADACHES.ORG)  
\*\*\*ARTHRITIS FOUNDATION (WWW.ARTHRITIS.ORG)

SAVING LIVES  
SAVING MONEY

## survivor



NAME: JOAN WALSH

AGE: 51

DISEASES: FIBROMYALGIA AND RHEUMATOID ARTHRITIS

### HOW RESEARCH SAVES LIVES:

- ▣ Pain and depression have overlapping characteristics and often coexist. Research has shown that medicines developed for depression can also relieve pain.\*
- ▣ By comparing the brain activity of people with and without fibromyalgia, a chronic musculoskeletal disease, researchers have discovered that people with the disease are more sensitive to pain. Better pain management is available because research is identifying underlying mechanisms of chronic pain.\*\*

SOURCE: \*LYNCH, ME. ANTIDEPRESSANTS AS ANALGESICS: A REVIEW OF RANDOMIZED CONTROLLED TRIALS. J. PSYCHIATRY NEUROSCI 2001, 26(1):21–29.  
\*\*GRACELEY, R, ET.AL. FUNCTIONAL MAGNETIC RESONANCE IMAGING EVIDENCE OF AUGMENTED PAIN PROCESSING IN FIBROMYALGIA. ARTHRITIS RHEUM. 2002, 46:1333–1343.

### HOW RESEARCH SAVES MONEY:

- ▣ An estimated 70 percent of cancer patients suffer needless pain near the end of life. Research shows that more people (40 percent) are choosing aggressive pain management through hospice care instead of hospitalization. Cost-analysis shows hospice care can save more than \$3,000 in the last month of life.\*
- ▣ Codeine, a common pain reliever, requires a particular liver enzyme (CYP2D6) to convert it to morphine in the body. Some people lack this enzyme, therefore codeine cannot relieve their pain. Research identifies mechanisms of drug action leading to more cost-effective treatments.\*\*

SOURCE: \*IMPROVING PALLIATIVE CARE FOR CANCER, NATIONAL CANCER POLICY BOARD, NATIONAL RESEARCH COUNCIL  
\*\*PAIN—HOPE THROUGH RESEARCH, NATIONAL INSTITUTE OF NEUROLOGICAL DISORDERS AND STROKE, NATIONAL INSTITUTES OF HEALTH (HTTP://ACCESSIBLE.NINDS.NIH.GOV/HEALTH\_AND\_MEDICAL/PUBS/PAIN.HTM)

For Joan Walsh, pain is a way of life. Since the birth of her third child 15 years ago, she has suffered from fibromyalgia, a central nerve disease that causes chronic muscle pain and disrupts normal sleep patterns. In 1996, she developed rheumatoid arthritis (RA). Joan recalls that her father was devastated when he found out that she had RA. In his time, arthritis could mean going to bed and wasting away.

Relief was not readily available to Joan when she first became ill. Her daily struggles with pain and fatigue also took an emotional toll—depression set in and remains a constant threat in her life. At home in Orland Park, IL, she went through a series of medicines and treatments that did not work and some with dangerous side effects. Fortunately for Joan, the late 90s saw a strong public and private investment in medical research.

Today she takes a number of newly developed drugs that help ease her painful flare-ups. Because pain affects everyone differently, “individualized medicine is the key to progress,” Joan says. “I know that research can find answers for people like me. Fifteen years ago, the medicines I take weren’t even available.” And as Joan also points out, “Giving of myself to the people I love is how I deal with my pain. I refuse to let this get in the way of my relationship with my family.”

# facts about: } Pain



## Hope for the Future:

- ▣ Scientists are studying natural painkilling processes to create better drugs to relieve pain. Examples include substances that mimic serotonin to relieve migraine headaches, and NSAIDs, which work like aspirin but have a lower risk of negative side effects.
- ▣ Basic research funded by the National Institutes of Health is focused on identifying the next generation of pain medications through discoveries in genetics, molecular imaging and cell repair.

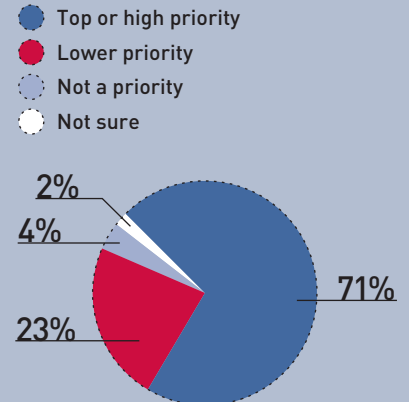
SOURCE: PAIN—HOPE THROUGH RESEARCH, NATIONAL INSTITUTE OF NEUROLOGICAL DISORDERS AND STROKE, NIH

## The Bottom Line:

*In a recent Research!America public-opinion survey, 57 percent of Americans reported experiencing chronic or recurrent pain. Sixty-six percent of those in pain expect to live with it for the rest of their lives. Americans want and expect a sustained investment in research to alleviate the burdens caused by chronic pain. To see more results from this survey and references to other pain surveys, go to [www.researchamerica.org](http://www.researchamerica.org).*

### Pain research should be a high priority

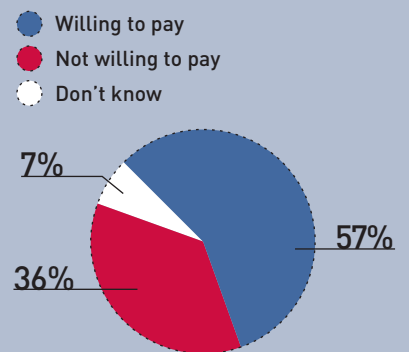
*Do you feel that pain research and management should be one of the medical community's top few priorities, a high priority, a lower priority or not a priority?*



SOURCE: PAIN SURVEY, 2003, HART RESEARCH ASSOCIATES FOR RESEARCH!AMERICA

### Public willing to pay more in taxes to fund pain research

*Would you be willing to pay \$1 more per week in taxes to increase federal funding for scientific research into the causes and treatment of pain?*



SOURCE: PAIN SURVEY, 2003, HART RESEARCH ASSOCIATES FOR RESEARCH!AMERICA

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For additional information contact the American Chronic Pain Association at 1-800-533-3231; [www.acpa.org](http://www.acpa.org) OR the American Pain Foundation at 1-888-615-PAIN; [www.painfoundation.org](http://www.painfoundation.org).