

PARADE

SHOCKING NEW NUMBERS ON CHRONIC PAIN

More than half of us are in pain, and most expect it to last a lifetime.

In a new survey by Research!America, a medical-research advocacy group, 57% of adults said they'd experienced chronic pain in the last year, and 84% of those who suffered pain said they would rate it at 4 or above on a scale of 0 to 10. Back and spine pain topped the list, followed by arthritis and joint pain, headaches/migraines, knee and shoulder pain. Nearly 40% said they're in pain almost all the time and have had to make major lifestyle adjustments. The survey results startled health experts. Perhaps most surprising, respondents aged 18-34 were about as likely to experience chronic pain as old folks, and 66% said they expect to have pain the rest of their lives. That may be why 57% said they'd pay an extra \$1 a week in taxes to fund research into pain. For Web sites and more information, visit www.parade.com and click on "Intelligence Report." And get a checkup: Chronic pain can damage muscles and other tissue in addition to causing discomfort.