



## ***Living With Pain?***

Chronic pain affects the lives of more than 76 million Americans – more than cancer, diabetes and heart disease COMBINED<sup>1</sup>. Even though many people live with pain, 49% of Americans believe pain is just a part of life<sup>2</sup>, and therefore, don't talk to their physician about the various treatment options that are available.

Are YOU one of the 76 million Americans living with pain? [Take this short quiz to find out:](#)

1. Have you experienced pain in any area of your body in the last 30 days?
  - a. Yes
  - b. No
2. If you have experienced pain in the last 30 days, has it caused you to miss work or prevented you from participating in activities you otherwise would have done?
  - a. Yes
  - b. No
3. Do you ever notice pain in a part of your body, and have no idea what is causing it?
  - a. Yes
  - b. No
4. Do you ever notice pain in one area of your body and ignore it, hoping it will go away?
  - a. Yes
  - b. No
5. Do you ever ignore mild pain until it becomes more severe?
  - a. Yes
  - b. No
6. Have you ever taken an over-the-counter pain relief medication to alleviate your pain?
  - a. Yes
  - b. No

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<sup>1</sup> National Center for Health Statistics. Health, United States, 2006 With Chartbook on Trends in the Health of Americans. Hyattsville, MD: 68-71

<sup>2</sup> 2010 Consumer Awareness Survey by Kelton Research on behalf of the American Osteopathic Association

7. Have you ever taken prescription pain relief medication to alleviate your pain?
  - a. Yes
  - b. No
  
8. Have you ever had to change any of your daily routines or habits because they were causing you pain?
  - a. Yes
  - b. No
  
9. Has pain impacted your family life (i.e. limited your interaction with or placed additional responsibility on family members)?
  - a. Yes
  - b. No

**NOTE ABOUT ANSWERS:** If you answered “yes” to three or more of the questions above, please print this out and share your answers with your physician.