

Study finds Chronic Pain is Preventable. People's Campaign Provides Training to End the Suffering.

Chronic pain is #1 cause of disability, addiction, and high health care costs, yet is eminently preventable. Learn how!

MINNEAPOLIS, MINNESOTA, U.S.A., September 4, 2015 /EINPresswire.com/ -- The Institute of Medicine found that [chronic pain](#), including back [pain](#), headaches, neck pain, jaw pain or others are #1 condition for seeking care leading to more costs than cancer, heart disease, and diabetes. Chronic pain costs the United States alone over \$500 billion in health care and lost work— equivalent to 25% of all health care costs and 5% of the gross domestic product. The personal impact in terms of suffering, loss of function, disability, depression, and addiction is incalculable. Chronic pain can kill too! Addiction to pain killers lead to more deaths than motor vehicle accidents.

With your generous donation to the People's Campaign for Preventing Chronic Pain at <http://igg.me/at/preventingpain>, we could not only end the suffering of millions of people but also transform the health care system in the process. The People's Campaign, lead by the International MYOPAIN Society and the National Fibromyalgia and Chronic Pain

Association, will begin this week to support preventing chronic pain and, in the process, start a revolution in health care.

“This Campaign is about changing our whole approach to chronic pain.” Dr. James Friction explains;

“Research has found that we have much more control over chronic pain than any treatment can provide. By training people to make simple lifestyle changes, we can prevent chronic pain. Self-management training is the most important



Chronic Pain is...

- #1 reason for seeking care
- #1 driver of health care costs
- #1 cause of disability and addiction
- More expensive than cancer, heart disease, and diabetes

Help us change this!



9 out of 10 people have pain conditions

Why is this?

Preventing Chronic Pain

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***It's Real. It's Preventable.
Learn how.***

component of care. The Campaign is about teaching people and health professionals how to prevent chronic pain through on-line toolkits. Everybody should get one.”

The Campaign provides an engaging personalized on-line training toolkit as a Perk for contributing. The toolkits are available for individuals, health professionals, and employers to help everyone learn how to prevent chronic pain. Initial results show 93% of participants who participated in the on-line training believed it changed their life. "This is one of the most generous offerings that I have ever encountered. There is so much life-changing, life-affirming information available to anyone who wants it, is rare and amazing. I am VERY grateful for it."

With the funds, the global campaign has three goals:

1. Expand education with on-line Training Tool-kits to educate consumers, patients, employees, and health professionals and transform healthcare so that every person learns how to prevent chronic pain.
2. Expand research with Research Toolkits to connect health professionals with patients and researchers to better understand causes and treatments for chronic pain.
3. Expand advocacy with Media Toolkits to spread the word about the importance of preventing chronic pain and how we can transform health care for all.

For more information, visit <http://igg.me/at/preventingpain>, website at www.preventingchronicpain.org email at preventingchronicpain@gmail.com and Facebook at www.facebook.com/preventingchronicpain and Twitter at @prevent_pain

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This press release can be viewed online at: <http://www.einpresswire.com>

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