

Tampa Physician Launches Community Pain Map for Pain Awareness Month

Dr. Myrdalis Díaz-Ramírez launches “Where Does Tampa Bay Hurt?” initiative inviting residents to anonymously identify where they experience chronic pain

TAMPA, FL, UNITED STATES, September 16, 2026 /EINPresswire.com/ -- Tampa Bay pain-management physician Dr. Myrdalis Díaz-Ramírez has launched “[Where Does Tampa Bay Hurt?](#)”, an interactive community pain map designed to raise awareness of chronic pain during Pain Awareness Month.

The virtual initiative invites Tampa Bay residents to anonymously identify where they experience chronic pain by marking the affected area on a human figure. As residents participate, the responses will create a visual representation of where people across the Tampa Bay area report experiencing pain.



Dr. Myrdalis Diaz-Ramirez

“Pain can be incredibly isolating because you can’t always see it,” Díaz-Ramírez said. “We wanted to give people a way to show us where they hurt and, hopefully, remind them that they’re not alone.”

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Chronic pain affects millions of Americans and can interfere with mobility, independence, work and everyday activities. The community pain map is not intended to diagnose medical conditions or determine the cause of an individual’s pain. Instead, the initiative is designed to increase awareness and encourage conversations about chronic pain and treatment options.

“People can live with pain for years without really talking about it,” Díaz-Ramírez said.

"Sometimes we accept it as part of getting older or something we simply have to push through. I want people to know that pain deserves a conversation."

Díaz-Ramírez is a double board-certified physician in anesthesiology and pain medicine and founder of [DR2SPINE](#) Regenerative Medicine in Tampa Bay. She has spent more than 25 years treating patients with chronic pain.

As part of the Pain Awareness Month initiative, DR2SPINE has also requested that the City of Tampa recognize September 2026 as Pain Awareness Month. The proposed proclamation highlights the effects chronic pain can have on mobility, independence, daily life and overall well-being and encourages residents to learn more about pain and available treatment options.

"People deserve to understand their pain and the options available to them," Díaz-Ramírez said. "There isn't one answer that is right for every patient. The first step is understanding what you're experiencing and asking questions."

Virtual Community Discussion Scheduled for Sept. 25

Díaz-Ramírez will host a free virtual community discussion on Sept. 25 to discuss results from the "Where Does Tampa Bay Hurt?" map and developments in pain care. The event will focus on chronic pain awareness, education and available approaches to treatment.

"Pain is personal, but it is also something millions of us share," Díaz-Ramírez said. "If we can get Tampa Bay talking about it, we've already taken an important first step."

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