

Conquering Pain Together: SEPTEMBER IS PAIN AWARENESS MONTH and

Community Events Offered to Address Issues Relating to Access to Pain Care

Phoenix, AZ — (September 8, 2009)—September has been officially designated as Pain Awareness Month, and September 26, 2009, is the National Day of Action. To help promote awareness of chronic pain in Arizona, Valley Pain Specialists, an 11-physician group of board-certified, fellowship-trained pain medicine specialists with offices in Scottsdale and Peoria, is available to speak with groups of patients and physicians throughout the community. Valley Pain Specialists will be available for events in September and subsequent months to raise awareness about pain, highlight the issues surrounding pain management and address the lack of access to pain care. According to the American Pain Foundation, pain impacts an estimated 76.5 million Americans, including more than 1 million residents in Arizona.

“A hallmark of many chronic conditions, pain affects more Americans than diabetes, heart disease and cancer combined according to the National Centers for Health Statistics,” said Daniel Choi, MD, Medical Director, Valley Pain Specialists. “Additionally, chronic pain affects quality of life and also plays a role in reducing work force productivity”, he added.

“Despite the high prevalence of pain in our community, access to appropriate and effective pain care remains a barrier for many Arizonans. These barriers may include limited access to health insurance or choice of physicians, limited access to prescribed pain treatments, limited access to pain specialists who have been appropriately trained in pain management, and negative stereotypes about chronic pain patients,” Dr. Choi continued.

For additional information about chronic pain, or to learn more about the services offered by Valley Pain Specialists, visit www.ValleyPain.org. To learn more about the American Pain Foundation, visit www.conqueringpaintogether.org.

Facts about Chronic Pain

According to the National Center for Health Statistics National Household Survey:

- More than one-quarter of Americans (26%) age 20 years and over- or, an estimated 76.5 million Americans- report that they have had a problem with pain of any sort that persisted for more than 24 hours in duration. This number does not account for acute pain.
- Adults age 45-64 years were the most likely to report pain lasting more than 24 hours (30%).
- More women (27.1%) than men (24.4%) reported they were in pain.
- Non-Hispanic white adults reported pain more often than adults of other races and ethnicities (27.8% vs. 22.1% Black only or 15.3% Mexican).

About Valley Pain Specialists: The physicians of Valley Pain Specialists are fellowship-trained and board-certified in pain medicine. They and their staffs are dedicated to improving the quality of life of each of their patients through the multidisciplinary and compassionate treatment of acute, chronic and cancer pain. Offering a comprehensive spectrum of therapeutic options, Valley Pain Specialists is a division of Valley Anesthesiology Consultants, one of the nation's premier providers of anesthesia services; a physician group nationally recognized for its commitment to the highest standards of patient care, serving patients and their physicians throughout Arizona for more than 25 years.