



August 27, 2014

FOR IMMEDIATE RELEASE

CONTACT:

Sara Sahli/ACS CAN 608-662-7557

Monica Kamal/Madison SCI 608-444-2225

Mia DeFino/MCRPS 414-690-9252

Rob Gundermann/ALZ&DEM 608-232-3408

Melanie Clark/Central CWFSG 715-693-0398

WISCONSIN PAIN COALITION ISSUES REMINDER DURING SEPTEMBER - NATIONAL PAIN AWARENESS MONTH - THAT "NO ONE NEEDS TO SUFFER PAIN IN SILENCE"

WPC Joins Gov. Walker and Other Patient Advocacy and Pain Management Groups Urging Pain Sufferers to Get Help

MADISON – The Wisconsin Pain Coalition, a statewide organization of patient advocacy groups, today encouraged the nearly 2 million Wisconsinites who suffer with chronic pain to explore a variety of options available to help navigate through their health challenges.

“Chronic pain negatively affects more than 83 million people nationwide, but help is available,” said Sara Sahli, a coalition member with the [American Cancer Society Cancer Action Network](#) (ACS CAN). “Pain is a very real fear among cancer patients and others who must struggle with it daily, along with the emotions and other challenges of serious illness. While pain can be minor or major, we want people to know they are not alone. Relief can come in many forms ranging from doctors and medicine, to caring support groups and ongoing therapy.”

During September, which is [National Pain Awareness Month](#) and [National Spinal Cord Injury Awareness Month](#), the WPC is offering four simple tips to help educate those struggling:

- Identify your pain
- Talk to your doctor about treatment, medication and/or potential physical/chiropractic/aquatic and other therapies
- Explore pain self-management tools that can help reduce healthcare costs
- Consider joining a support group to learn more about your pain and share with others who are facing similar challenges

WPC members [Alzheimer's & Dementia Alliance of Wisconsin](#), [Madison SCI](#) (Spinal Cord Injury Group) - the Wisconsin chapter of the National Spinal Cord Injury Association, [Midwest Complex Regional Pain Syndrome Support Group](#), and the [Central Wisconsin Fibromyalgia Support Group](#) all offer information and opportunities for pain sufferers to interact. [The Arthritis Foundation](#) is another organization that provides a variety of resources to help individuals discover ways to cope with everyday pain. Additional information on pain management is available through the [American Chronic Pain Association](#), [Advanced Pain Management](#) and the [American Society for Pain Management Nursing – Wisconsin Chapter](#).

Gov. Scott Walker has declared September [Pain Awareness Month in Wisconsin](#) indicating in a proclamation that “chronic pain is the leading cause of lost work days, and costs an estimated \$100 billion in lost productivity every year and results in higher health care costs.”