



About ACTION Atlantic

We are a volunteer group working to raise awareness about the prevalence and impacts of chronic pain, to support patients and physicians, and to advocate for improved and equal access to pharmaceuticals and treatment on behalf of chronic pain sufferers. Our vision is to inspire change and make chronic pain a key health issue that is no longer invisible in Atlantic Canada.

We maintain support groups throughout our region, fund awareness campaigns, organize informative events during National Pain Awareness Week, and frequently reach out to politicians, doctors, educators and other key influencers. We are funded solely by independent grants and our accomplishments thus far have been a result of the generosity of organizations such as Pfizer, Purdue Pharma and Merck, as well as the dedication and passion of volunteers.

Facts About Chronic Pain

- Chronic pain affects one in five Canadians. In the Atlantic Provinces, 20 to 25% of adults aged 18 and older suffer from chronic pain.
- Associated health care costs are thought to exceed the combined costs of heart disease, cancer and AIDS.
- Pain is the most common reason why Canadians see a doctor. An estimated 80% of physician office visits involve a pain related component.
- At any one time, 7 million Canadians are taking pain medication, yet many do not find relief.
- Generally the last two to three days of a hospital stay are due to pain.
- A recent Canadian Pain Society survey found that 33% of Canadians lost a job because of their pain and 47% had reduced job responsibilities.
- After a chronic pain patient is off work for two years, there is a less than 2% chance they will ever be able to return to work.
- Workplace costs of chronic pain in Canada amounts to approximately \$37 billion per year, including lost jobs and sick days.