EPF EFIC position on the debate on

„Pain as a disease in its own right“

Thomas R. Tölle
Munich, Ger
Europe Against Pain

While acute pain may reasonably be considered a symptom of disease or injury, chronic and recurrent pain is a specific healthcare problem, a DISEASE IN ITS OWN RIGHT

EFIC DECLARATION, Oct. 2001
now recommends the Global adoption of EFIC'S Declaration on Chronic Pain as a Major Healthcare Problem, a Disease in its Own Right

launched in Geneva, 11th October, 2004
1. immobility and consequent wasting of muscle, joints, etc.;
2. depression of the immune system and increased susceptibility to disease;
3. disturbed sleep;
4. poor appetite and nutrition;
5. dependence on medication;
6. over-dependence on family and other care-givers;
7. overuse and inappropriate use of professional healthcare systems;
8. poor performance on the job or inability to work, disability;
9. isolation from society and family, turning inward;
10. anxiety, fear; and
11. bitterness, frustration, depression, suicide.
Two person´s experience with pain.....
Cyclists live with pain. If you can´t handle it you will win nothing

Eddi Merckx

There are two types of Pain in this world: Pain that hurts you, and Pain that changes you!
„Describing the problem“..... - a patients view on his pain
Aetiology and Neurobiology of Chronic Pain

- Peripheral Sensitization
- Central Sensitization
  
  **Segmental Control:**
  - Inhibitory Interneurons ↓
  - Excitatory Interneurons ↑

  **Central Control:**
  - Descending Inhibition ↓
  - Descending Excitation ↑

- Anatomical Reorganization
- Recoding of central processing
Pain sensitisers exhibit grey matter changes after repetitive pain exposure: A longitudinal voxel-based morphometry study

Anne Stankewitz\textsuperscript{a,\textdagger,1}, Michael Valet\textsuperscript{a,b,1}, Enrico Schulz\textsuperscript{a,c}, Andreas Wöller\textsuperscript{d}, Till Sprenger\textsuperscript{a,e}, Dominik Vogel\textsuperscript{a,f}, Claus Zimmer\textsuperscript{g}, Mark Mühlau\textsuperscript{a,c}, Thomas R. Tölle\textsuperscript{a}

\textsuperscript{a} Department of Neurology, Technische Universität München, Munich, Germany
\textsuperscript{b} Benedictus Krankenhaus Feldafing, Feldafing, Germany
\textsuperscript{c} TUM Neuroimaging Center, Technische Universität München, Munich, Germany
\textsuperscript{d} Department of Psychiatry, Klinikum rechts der Isar, Technische Universität München, Munich, Germany
\textsuperscript{e} Department of Neurology and Division of Neuroradiology, University Hospital Basel, Basel, Switzerland
\textsuperscript{f} Schön Kliniken, Bad Aibling, Germany
\textsuperscript{g} Department of Neuroradiology, Technische Universität München, Munich, Germany
The control of pain has been a relatively neglected area of governmental concern in the past, despite the facts that cost-effective methods of pain control are available. The time is right to raise the profile of pain, to promote the recognition that chronic pain is a disease in its own right and an important health concern, but above all, to raise global awareness to a fundamental truth - the relief of pain should be a human right.
Abstract & Background Booklet

TIME FOR ACTION!
#SIP2016action

The Societal Impact of Pain (SIP) symposium takes place under the high patronage of the Italian Ministry of Health.

The scientific framework of the Societal Impact of Pain (SIP) platform is under the responsibility of the European Pain Federation EFIC®. Cooperation partners for SIP 2016 are Pain Alliance Europe (PAE) and Active Citizenship Network (ACN). The pharmaceutical company Grünenthal GmbH is responsible for funding and non-financial support (e.g., logistical support). The scientific aims of the SIP symposia have been endorsed by a large number of international and national pain advocacy groups, scientific organizations and authorities.

www.sip-platform.eu
Working group 2 - Chronic Pain: a disease or symptom?

DRAFT SIP 2016 policy suggestions

Neil Betteridge, Secretary, Workshop 2 on behalf of Workshop participants SIP Meeting, 23-24 May 2016, Brussels.

Ways forward:

Policy/legal framework

Advocacy/awareness-raising

Implementation/service delivery