

Chronic Cancer Pain: An Ignored Disease?

S. Wirz

CURA - Katholisches Krankenhaus im Siebengebirge Bad Honnef

Abteilung für Anästhesie, Intensivmedizin, Schmerzmedizin/Palliativmedizin;
Zentrum für Schmerzmedizin

(CA Priv.-Doz. Dr. S. Wirz)



Cancer is a chronic disease

5-Year Relative Survival (%) by Year of Diagnosis

Year of Diagnosis	All Races		
	Both Sexes	Males	Females
1975-1977 ^b	48.9	41.7	55.9
1978-1980 ^b	49.0	43.1	54.9
1981-1983 ^b	50.2	45.2	55.1
1984-1986 ^b	52.4	47.2	57.6
1987-1989 ^b	55.3	51.1	59.6
1990-1992 ^b	59.9	59.1	60.9
1993-1995 ^b	61.3	60.8	61.8
1996-1998 ^b	63.3	63.0	63.6
1999-2001 ^b	66.0	66.3	65.7
2002-2005 ^b	67.2	67.8	66.6
2006-2012 ^b	69.0	69.3	68.6

http://seer.cancer.gov/csr/1975_2013

Predictors of Chronic Pain in Cancer Survivors

Neurophysiological Predictors	Psycho-Social Predictors
Sensitisation (e.g. NGF, Zytokines, Interleukines, TNF α , TRPV1)	Depression, Fear, Trauma
Activation of Genes	Psycho-Social „Stress“
Recruitment (e.g. neuroplastic changes, wdr-neurons)	Lower Social Status
Postoperative Pain	Coping Problems (Catastrophising, Fear-Avoidance, Endurance)
Neuropathic Pain (e.g. after Chemotherapy, Radiotherapy)	Detection of Chronicity
Undertreatment of Pain	Barriers to Treatment



**Persistent Pain
after Mastectomy and Radiotherapy**

**Epidemiology
unclear: 20%,
40%, 70%?**

**Undertreatment
Rates: 50%**

A Palliative Patient?

A Chronic Cancer Pain Patient?

A Long-Term Survivor?

**A Chronic Pain Patient with Psycho-Social
Impairment?**

“In Summary” - What Action is Needed?

- identifying long-term survivors with chronic pain as a new aspect
- early integration of pain specialists
- adjustment of patients' needs to non-palliative and palliative or stages of cancer
- educational programmes on pain medicine in academic institutions and medical capacities
- efforts in epidemiology, diagnosis, and treatment of chronic cancer pain beside “acute” cancer pain