

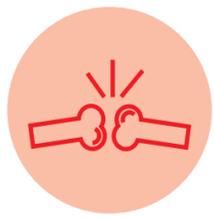
Acute Pain Landscape in Canada

What is acute pain?

- ◆ Acute pain occurs for a short time and typically lasts **less than 3 months.**¹
- ◆ It is directly related to soft tissue damage, or can originate from internal organs, such as **swelling, bruising or abdominal pain.**^{1, 2}
- ◆ Acute pain is temporary pain that can result from **surgery, acute headaches, menstrual cramps, broken bones, burns or cuts.**³

What does acute pain look like or how does it feel?

Acute pain tends to start out sharp or intense, but can also be dull and difficult to localize, before gradually improving. **Common reasons for acute pain include but are not limited to:**



Broken bones



Dental work



Surgery



Acute headaches

Pain accounts for up to

78% of visits⁴

to emergency departments (ED).⁴ Not all should be initially treated for pain (i.e. appendicitis).

A recent study in **20 US and Canadian EDs**, most of which were located in urban centers, continues to demonstrate that pain remains poorly treated in the ED with only

60% of patients

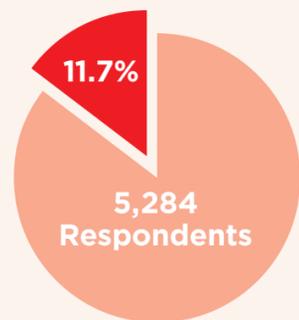
in severe pain receiving pain medications and

74% discharged

discharged in moderate to severe pain.⁵

Oral pain affects a large number of Canadians.

In fact, **11.7%** of **5,284** survey respondents reported experiencing dental pain in the past **12 months.**⁶



Acute pain vs Chronic pain

What's the difference?

- Acute pain is distinct from chronic pain and is relatively more sharp and severe, but it can also be dull and hard to localize.³
- Chronic pain is persistent and on-going pain that can result from headaches, arthritis, nerve pain, and even cancer.³
- Chronic pain is ongoing and usually lasts longer than six months.³
- Chronic pain can continue even after the injury or illness that caused it has healed. Pain signals remain active in the nervous system for weeks, months, or years.³

Acute pain can happen to anyone at any point in time.

- Pain is the most frequent cause for patient admission to emergency rooms in Canada.⁷
- Research shows personal characteristics such as race, ethnicity and culture have different influences on pain. Factors include whether an individual's culture values or disvalues the display of emotions, postural mobility or verbal expression in response to pain or injury.⁸
- Genetics may play a role in the perception of both acute and chronic pain. If an individual has more pain receptors, they will likely experience more pain.¹⁰
- Acute pain can be controlled using appropriate physical, pharmacological and psychological treatments.¹¹

Speak to your healthcare provider to learn about new and effective medications for acute pain relief.

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