

Dear pain warriors,

Today, people with chronic pain face unprecedented challenges. Health care costs are high and continue to rise. Clinicians, inundated with demands on their time and resources, struggle to keep up with the needs of complex patients. State and federal budgets are tight, leaving less funding for support services for those with health issues and fewer grants for medical research and innovation. Stigma and stereotypes about pain remain entrenched in society, adding a level of emotional distress to the physical symptoms. Meanwhile, the tragedy of the opioid crisis is often conflated with the issue of chronic pain, creating further stigma and, unintentionally, a chilling effect on pain care.

But there is also ample reason for hope.

In the last two years, the federal government has significantly increased investments in pain research through the HEAL initiative and the Common Fund project. In 2018, Congress also convened a high-ranking task force on pain management best practices, which we were proud to have our very own Cindy Steinberg, National Director of Policy and Advocacy, take part in. In May of 2019, the task force released a commendable blueprint for improving pain care at the national level, which emphasizes the need for comprehensive, patient-centered, multidisciplinary pain care. Further drawing attention to the issue of pain, for the first time in years, the Senate held a hearing dedicated to current challenges in pain care, which we were also grateful to be a part of.

We are cautiously optimistic that these efforts will lead to improvements in the lives of people with pain everywhere. We are still a long way away from the world we dream of, where people with pain are listened to and quickly diagnosed, effectively treated (or even cured!), and offered the empathy and respect they deserve. But perhaps we're a little bit closer.



Until then, we will keep fighting for you.

Thank you for your support.

Nicole Hemmenway
*Interim CEO,
U.S. Pain Foundation*

“We will keep fighting for you.”

REACH



218,500
fans on Facebook



13,060
followers on Twitter



16,400
mailing list subscribers



2,030 VOLUNTEERS
nationwide



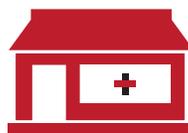
37 NEWS PIECES

written by staff or featuring U.S. Pain efforts in outlets like *The Boston Globe*, *The Providence Journal*, *Business Insider*, *Morning Consult*, and *Health Central*

EDUCATION & AWARENESS



FOUR
INVISIBLE PROJECT ISSUES
PUBLISHED with
83,000
readers annually



Presence in
1,300
provider offices



9,500
EDUCATIONAL
BROCHURES
distributed



14,500 total
participants in
16 online
educational **EVENTS**
AND **WEBINARS**



FOUR SURVEYS CONDUCTED
with **3,990** people responding

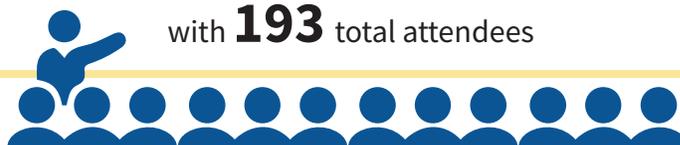


THREE
TAKE CONTROL
OF YOUR PAIN DAYS
with **375** total attendees

THREE

NATIONAL COALITION OF CHRONIC PAIN PROVIDERS
AND PROFESSIONALS WELLNESS FAIRS

with **193** total attendees





Together, we are stronger than pain

SUPPORT & EMPOWERMENT



12,000 PAIN WARRIOR BRACELETS DISTRIBUTED

4,120 SUBSCRIBERS
to the Pain Connection newsletter

1,315 INDIVIDUALS ATTENDING
Pain Connection support groups



14 IN-PERSON GROUPS and
THREE MONTHLY SUPPORT GROUP CALLS

20 NEW SUPPORT GROUP LEADERS TRAINED
through program created and led by staff social
worker & long-time group leaders



125 ATTENDEES at the first-ever **PEDIATRIC PAIN WARRIORS** weekend retreat

ADVOCACY



86 PROCLAMATIONS received and
77 LANDMARKS LIT IN BLUE during
Pain Awareness Month



TWO ADVOCACY DAYS
organized at state houses



TWO NEW APPOINTMENTS to high-ranking federal
committees or task forces: **The Pain Management
Best Practices Inter-Agency Committee** and the
Interagency Pain Research Coordinating Committee



1,040 VOLUNTEERS
contacted policymakers
through online campaigns



Active members of
36 STATE and
9 NATIONAL
patient-centered
coalitions and
alliances



65 TOTAL COMMENTS
AND TESTIMONIES
SUBMITTED

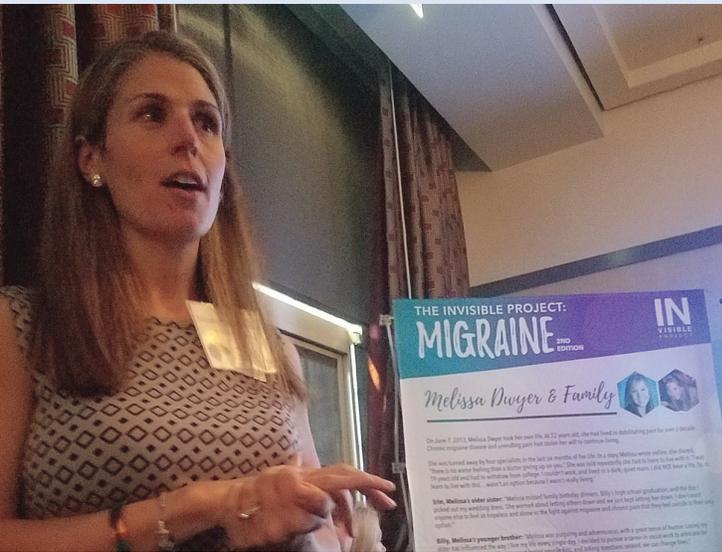
on patient issues at the state
and federal level

We are pain warriors.



OTHER 2018 HONORS AND ACCOMPLISHMENTS

- Received the **“End Pain, Not Lives” Champion Award** for medical cannabis advocacy from Americans for Safe Access.
- Awarded a **grant from the Massage Therapy Foundation** to study the effects of massage on pain levels.
- **Held third Real Hope, Real Heroes gala** featuring a special guest: actress, author and patient advocate Karen Duffy.



OUR COMMUNITY



“U.S. Pain Foundation has given me resources that help me learn to cope, live, and ideally thrive with adhesive arachnoiditis and Ehlers Danlo’s syndrome.”

COURTNEY G., TEXAS



“My involvement in U.S. Pain literally helped give my life a purpose again and also allowed me to feel as though I was once again a contributing member of society.”

ROBERT J., SOUTH CAROLINA



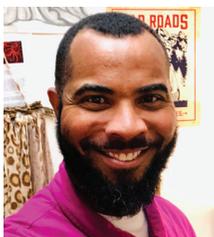
“U.S. Pain Foundation has been such an inspiration in my life after I was given the opportunity to share my journey as part of the INvisible Project. I realized my pain doesn’t define me.”

SYLVIA ANN F., VIRGINIA



“As a Boston Marathon attack survivor, the U.S. Pain Foundation gave me a voice with which to share what I’ve learned in order to help others with chronic pain heal as well.”

LYNN J., MASSACHUSETTS



“Through my training with Pain Connection, I’ve been able to establish a support group to help the Pascua Yaqui people recognize that pain does not have to be their enemy. Now, they have tools and resources to manage it.”

ANDRE M., ARIZONA



“The U.S. Pain Foundation is an amazing way to connect with others with chronic pain and learn more about other chronic pain conditions. It reminds me daily that I am not alone in this fight!”

JORDAN F., PENNSYLVANIA

OUR PROGRAMS

Awareness & Advocacy

- INvisible Project
- Advocacy Program
- Pain Awareness Month
- Points for Pain
- Medical Cannabis Program

Support & Empowerment

- Pain Connection
- Pain Ambassador Network
- Pediatric Pain Warriors
- Share Your Story

Educational

- Take Control of Your Pain
- Pain Education Portal (PEP) Talks
- Learn About Your Pain
- Pain Medicine 411

For Clinicians

- National Coalition of Chronic Pain Providers and Professionals

THANK YOU

The programs and services of U.S. Pain Foundation would not be possible without the support of our many donors, both private and corporate. Their contributions help advance our mission of improving the lives of people with pain. Detailed information about all of our donors can be found on our website.

We'd like to give special thanks to our 2018 Corporate Council members:



Platinum Members:



Gold Members:

