

newsworthy trends

Survey: Chronic Pain On The Rise At Work: Up Almost 40 Percent In Past Decade

(NAPSA)—Persistent, chronic pain among full-time U.S. workers has risen dramatically in the past 10 years, with workers in chronic pain choosing to go to their jobs rather than call in sick. In fact, a recent survey found that chronic pain was more common in the workplace in 2006 than it was in 1996 (26 percent vs. 19 percent), leading to a growing trend of presenteeism—a negative impact on work despite being physically present at the job.

The survey findings are from a 2006 national survey on “Pain in the Workplace” sponsored by PriCara™, Unit of Ortho-McNeil, Inc., and conducted in partnership with the National Pain Foundation (NPF)*. The survey was an update to a 1996 poll on the subject. A Web site, www.PainAndWork.com, is available for more information about the survey findings, useful tips for dealing with chronic pain on the job, as well as additional chronic pain resources.

“Chronic pain appears to be increasing in prevalence among U.S. workers as Americans age and lead more sedentary lifestyles,” said Rollin Gallagher, M.D., M.P.H., editor-in-chief of the NPF Web site (www.NationalPainFoundation.org), a founding and current member of the Board of the NPF and clinical professor and director, Center for Pain Medicine, Research and Policy, University of Pennsylvania. “This survey indicates that employees with chronic pain must become their own advocates, understand the impact of their chronic pain and collaborate with their health care professional to identify appropriate treatment options.”

“Patients are looking for ways to manage their pain, and there are treatments that can help, such as diet and exercise, physical therapy, acupuncture and a variety of over-the-counter and prescription medications,” said Charles Argoff, M.D., assistant professor of neu-

According to the survey:

- In 2006, almost nine in 10 employees with chronic pain (89 percent), defined in the survey as pain that lasts for at least six months, typically went to work rather than stayed home when experiencing chronic pain.
- The same percentage of employees (89 percent) reported experiencing chronic pain at work “often” or “sometimes.”
- Ninety-five percent of employees with chronic pain reported that their pain must be moderately severe or very severe to cause them to stay home from work.

For tips on dealing with chronic pain on the job, visit www.PainAndWork.com.



rology, New York University School of Medicine, New York, N.Y. “For adult patients with chronic pain who require around-the-clock treatment of their pain for an extended period of time, extended-release pain medicines such as prescription ULTRAM® ER (tramadol HCl) extended-release tablets, taken once daily, have been shown to relieve moderate to moderately severe chronic pain.”

The methodologies for the 1996 and 2006 surveys were identical and allow for valid comparisons to be made between the two surveys.

*The National Pain Foundation does not endorse or recommend any specific treatment, procedure or product.

About ULTRAM ER: Important Safety Information

ULTRAM ER is used to manage moderate to moderately severe chronic pain in adults who need to be treated around the clock for their pain for an extended period of time.

Do not take ULTRAM ER if you have had an allergic reaction to tramadol, codeine or other opioids in the past.

ULTRAM ER tablets must be swallowed whole. Do not chew, crush or split the tablet before swallowing. This can lead to over-

dose and possible serious injury including death. Use of alcohol should be avoided when taking ULTRAM ER. Do not change your dose or stop taking ULTRAM ER without talking with your doctor first. Talk with your doctor about all the medications you are taking. These may include antidepressants, tranquilizers, hypnotics or other opioid pain medicines. ULTRAM ER may impair your ability to perform potentially hazardous tasks, such as driving a car or operating machinery.

Seizures have been reported in people taking tramadol, the medicine in ULTRAM ER. The risk of seizures is increased with doses of tramadol above the recommended range. Use of tramadol increases the risk of seizures in people taking antidepressants, other opioids or other drugs that can cause seizures. Risk of convulsions may also increase in people with epilepsy or a history of seizures.

ULTRAM ER, like other opioids, can be abused or cause dependence. People who are suicidal or have a history of drug addiction should not take ULTRAM ER. Do not take more than the recommended dose of ULTRAM ER. Taking more than the recommended dose of ULTRAM ER, alone or in combination with alcohol or medications such as tranquilizers, hypnotics or other opioids, can cause respiratory depression, seizures, overdose and possibly death.

Tell your doctor about all your medical conditions and if you are pregnant, think you might be pregnant or are trying to become pregnant.

The most common side effects reported with ULTRAM ER were dizziness, nausea, constipation, headache and drowsiness.

For additional information and to see the full Prescribing Information, visit www.ULTRAM-ER.com.