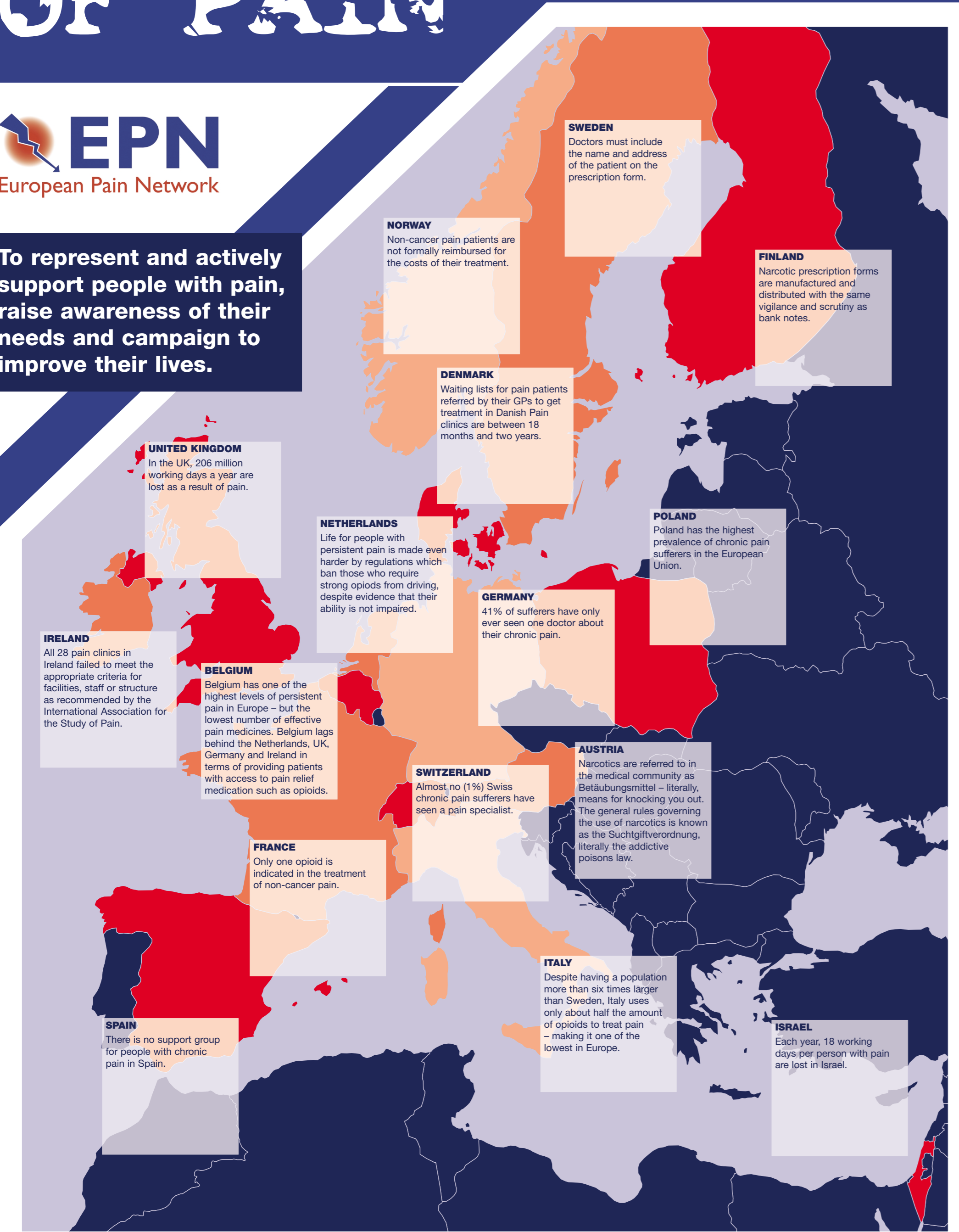


# EUROPEAN MAP OF PAIN



**To represent and actively support people with pain, raise awareness of their needs and campaign to improve their lives.**



# EUROPEAN PAIN NETWORK:

## A CALL TO ACTION

### The EPN Manifesto

#### Putting Pain on the Agenda

The EPN was formed to campaign on six key areas. These form the central tenets of the EPN Manifesto. Broadly the six issues break into two main categories; those that raise awareness of long term pain, and those which improve the day to day life of people living with pain.

#### Raise Awareness

##### Pain: A Low Priority in Society

Nearly 1 in 5 of the adult population across Europe suffers from long-term pain. Despite this, awareness of the impact of pain on people's lives is woefully lacking. People with long term pain need an environment where there is greater understanding of the impact, their needs, and sympathy for the barriers that they encounter at home and in the workplace.

*The EPN will make pain the priority it should be.*

##### Lack of Political Will

The absence of political leadership for long term pain is not only insensitive and irresponsible, but also short-sighted. Across Europe, chronic pain accounts for nearly 500 million lost working days and a 34 billion euro hole in the economy every year. Chronic pain also affects the economy through the cost of carers, social security and greater pressure on healthcare budgets.

*The EPN will drive pain onto the political agenda to get the problem of pain addressed.*

##### Cause and Consequence

The study and treatment of pain is only formally recognised as a specialisation in one country in Europe: Sweden. No wonder then that under 2% of people questioned in the Pain in Europe survey were being treated by a pain management specialist.

*The EPN will ensure pain gets the same urgency and focus as the underlying cause, and support EFIC's call to have pain treated as a disease in its own right.*

#### Improving Lives

##### Stigma Sticks

In Austria and Germany, narcotics are referred to as "Betäubungsmittel" (literally meaning to knock you out) whilst the laws in Austria governing their use is known as the Suchtgiftverordnung, literally the laws on "addictive poisons." This stigmatises people in pain as addicts, or dependent on medication.

*The EPN will work to eliminate the stigma that surrounds long term pain and its treatment.*

##### Inequality

Stigma and a lack of understanding mean people with pain face daily inequality. As an example, Dutch people with persistent pain who require strong opioids are banned from driving, despite evidence that their ability is not impaired.

*The EPN will strive to gain equality for people with long term pain.*

##### Patient's Despair

All this combines to leave one in five people living with chronic pain depressed. And the despair that as many as 15 million Europeans consider suicide as a direct result of pain.

*The EPN will provide a unified voice for people with pain.*



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