

## ACR 72 – Pain Awareness Month

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### Assemblymember Jared Huffman

#### IN BRIEF

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This Measure would recognize September 2009 as Pain awareness Month and call upon all Californians to observe that month by learning how to improve the quality of life of Californians suffering from pain.

#### THE ISSUE

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More than 75 million Americans live with chronic pain caused by various diseases or disorders, and each year, nearly 25 million Americans suffer with acute pain

#### BACKGROUND

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People who suffer from chronic pain are often stigmatized and marginalized and are often not informed about the right to effective pain assessments and management, and most people with pain, including those at the end of life, get little or no relief.

#### THE SOLUTION

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The goal of ACR 72 is to educate Californians on how to improve the quality of life for people with pain, empower health care professionals with information on pain management, and serve as an advocate for people experiencing pain.

The goals of treatment are to reduce chronic pain and increase an individuals ability to function. Several combinations of treatments exist such as Integrative pain management treatments that links traditional (mainstream medicine) and nontraditional approaches (complementary and alternative medicine).

Another option is Interventional pain management which involves the use of

minimally invasive techniques designed to diagnose and treat painful conditions.

Interventional pain medicine often utilizes a multidisciplinary approach to provide a full range of treatments and services for patients suffering from chronic and/or acute pain. Goals of interventional pain management include the relief, reduction, or management of pain and resulting improvement for patients' overall quality of life through minimally invasive techniques such as the injection of anesthetic agents and/or steroids around peripheral nerves, into the spaces outside and inside of the dura mater, into fluid-filled chambers in the brain, into major plexi, and into the articular surfaces in the back; use of radiofrequency lesion production to inactivate nerves; use of freezing to inactivate nerves; use of Laser light to complete injuries to the Dorsal Root Entry Zone (DREZ) after traumatic avulsion; and implantation of medication delivery systems and spinal cord stimulators are some of the alternative treatments that exist to combat pain.

There are many resources that exist to get information, one extensive site with knowledge and tools to practitioners and individuals interested in furthering their understanding about pain and pain management is [Painawareness.org](http://Painawareness.org)

#### FOR MORE INFORMATION

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Staff: Dyane Osorio (916) 319-2006,  
[dyane.osorio@asm.ca.gov](mailto:dyane.osorio@asm.ca.gov)