

[September is National Pain Awareness Month](#)

Living with pain can be debilitating and have a negative effect on everyday life. Nearly 100 million Americans currently experience chronic pain, which is defined as pain that lasts more than 3 months. More Americans are living with chronic pain than with diabetes, heart disease, and cancer combined.

The purpose of Pain Awareness Month is to educate and empower people living with chronic conditions that cause pain. The American Society of Anesthesiologists has useful resources for individuals suffering from pain to better understand the nature of pain symptoms, available treatments, and risks associated with opioids used to treat chronic pain. For more information, visit the links below:

- Chronic Pain: <https://www.asahq.org/whensecondscount/pain-management/types-of-pain/chronic/>
- Opioid Treatment and Risks: <https://www.asahq.org/whensecondscount/pain-management/opioid-treatment/>
- Non-Opioid Treatment: <https://www.asahq.org/whensecondscount/pain-management/non-opioid-treatment/>