



PAIN RELIEF / PREVENTION

Gallup Report: Americans Want Drug-Free Pain Relief

Editorial Staff

Initial findings from the Gallup-Palmer College of Chiropractic Annual Study of Americans reveal U.S. adults' experiences with pain and their perceptions of and opinions regarding pharmaceutical vs. nondrug pain management. "Americans Prefer Drug-Free Pain Management Over Opioids," a Gallup brief based on specific findings from the 2017 survey, should come as welcome news to all AOM practitioners (and nondrug health care providers of all disciplines):

- Pain is an ongoing issue for many Americans: "About one in four adults in the U.S. (27%) have seen a healthcare professional for significant neck or back pain in the last 12 months. More than half of those adults (54%) have had an ongoing problem with neck or back pain for five years or more."



•

Nearly eight in 10 (78 percent) of Americans "prefer to try other ways to address their physical pain before they take pain medication prescribed by a doctor."

- Despite that desire, "Among those who have had ongoing neck or back pain for less than 12 months, seven in 10 have taken a nonsteroidal anti-inflammatory drug (NSAID), such as Advil®, aspirin or Aleve®, to manage the pain, and 45% have taken acetaminophen, such as Tylenol®. One in four of these new neck or back pain sufferers say they took an opioid for pain management."

So, Americans are in pain, don't want to take prescription or over-the-counter pain medication for pain relief ... but frequently do it anyway. What an opportunity for the AOM profession!

SEPTEMBER 2017