

Who is the Maryland Pain Initiative (MPI)?

- ◆ The Maryland Pain Initiative (MPI) is an independent, voluntary, statewide, interdisciplinary, non-profit organization.
- ◆ MPI exists because of volunteers who care about others living with pain. They come from all walks of life: from neighbors and friends to healthcare professionals, lawyers and association leaders. Many live with pain themselves.
- ◆ **Mission Statement:** MPI is dedicated to improving the quality of life of all Maryland residents affected by pain through Empowerment, Advocacy and Education.



We do this through our committee work:

- ◆ Executive Board
- ◆ Board of Directors
- ◆ Public Policy
- ◆ Professional Education
- ◆ Fundraising
- ◆ Membership
- ◆ Public Awareness: **Power Over Pain Campaign**

**We need your help and contributions!
Come share your talents.**

Key Achievements

- ◆ **February 2002:** Conducted the first state-wide pain survey in partnership with the American Pain Foundation (APF).
- ◆ **March 2002; September 2004:** Granted Governor's Proclamations for Pain Awareness Month.
- ◆ **2002:** Supported legislation to create the Maryland State Pain Advisory Council; worked closely to create the Governor's report on Pain in Maryland (completed Sept. 2004).
- ◆ **2003:** Aligned with APF to conduct Public Listenings on Pain in the State: First listening began November 2003 in Washington County. This is ongoing and growing.
- ◆ **2004:** Recognized as the seventh (7th) Power Over Pain State by APF and the American Alliance of Cancer Pain Initiatives (AACPI).
- ◆ **October 2004:** Offered the first continuing education program on pain management to community pharmacists.
- ◆ **October 2003; March 2005:** Provided public policy testimonies against the over-restriction of long-acting analgesics within the Medicaid Preferred Drug List.
- ◆ **May 2005:** Provided "Pain & End-of-Life" educational program at a community college setting. This offering targeted healthcare professionals in a variety of disciplines.

Visit our website at
www.marylandpaininitiative.org

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MARYLAND PAIN INITIATIVE



Dedicated to improving the quality of life for Marylanders affected by pain.

Help us eliminate the under-treatment of pain in Maryland

**MARYLAND
PAIN
INITIATIVE**



Maryland is a Power Over Pain State



Why Help the Maryland Pain Initiative?

The under-treatment of pain is an epidemic in America. Over 75 million Americans experience pain each year. Did you know that over 50-70 million Americans are either partially or totally disabled by chronic pain?



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Pain management for those living with cancer is no better. One study revealed that up to 50% of people with cancer pain reported significant pain and of those with advanced metastatic cancer, up to 70-80% lived with pain.

The National Institutes of Health (NIH) estimates that uncontrolled pain (considering decreased productivity, disability payments, cost of care, etc.) costs our economy over \$110 billion each year. This is a serious societal problem that must be solved.

The management of pain is disheartening in our dear State of Maryland. A 2002 survey of Maryland residents found that 66% reported they or someone in their household suffered from pain on a monthly basis. Of those people, 46% reported pain occurred daily to several times per week. Sixty-eight percent reported that their pain was moderate to severe in intensity. This is alarming as we know that moderate pain alone can interfere with the quality of one's life.

Pain affects not only the person, but all those around him/her. There are many barriers to adequate pain management. These barriers can originate from the person with pain, their family and loved ones, employers, healthcare professionals, insurance companies, regulators and legislators. Working together we can tackle these obstacles and find solutions that will help eliminate under-treatment of pain in Maryland.

Join Us To Make a Difference!

You have an open invitation to attend our meetings. Meet and learn from experts about what can be done to break down the barriers of pain management in our own backyard. Talk with others who understand, and enlighten those who need answers. Come join us in influencing a change in laws that interfere with effective pain management and influence policy that positively impacts those directly affected by pain. Using our Power Over Pain Public Awareness Campaign, MPI is reaching out to people adversely affected by pain. Find out how to bring this activity to your community.

What Can You Do to Help?

We need your voice and your energy. Help us spread the word:

- ◆ Join our email mailing list for updates
- ◆ Attend our meetings
- ◆ Join a committee of interest
- ◆ Invite us to speak at a local community meeting or association
- ◆ Tell others about MPI and the pain problem in Maryland

Visit our website at



www.marylandpaininitiative.org

How Can I Contribute?

- ◆ Become an active member
- ◆ Share and add to our resources
- ◆ Tell your story to others
- ◆ Volunteer to give testimony to lawmakers when needed
- ◆ Make a tax-deductible donation



WHEN? Join Now!

Name: _____

Address: _____

Phone #: _____

Email: _____

I would like to make a tax-deductible charitable donation of \$ _____

Check # _____

Cash

Money Order

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