

NATIONAL PAIN AWARENESS WEEK 2025: SOCIAL MEDIA POSTS BY TOPIC

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About chronic pain and National Pain Awareness Week

This National Pain Awareness Week, people are still needlessly experiencing unmanaged pain. Find out what can be done to address it and look at how far we've come in the implementation of @GovCanHealth's Action Plan for Pain in Canada. #NPAW2025 [PainCanada.ca/actionplan](https://paincanada.ca/actionplan)

Managing pain can be challenging, but there is hope. This #NPAW2025, look at how far the implementation of @GovCanHealth's Action Plan for Pain in Canada has come & how far we still need to go. [PainCanada.ca/actionplan](https://paincanada.ca/actionplan)

Our systems of care can be improved to help the 8M Canadians with pain to live better. This #NPAW2025, look at how far we've come in the implementation of @GovCanHealth's Action Plan for Pain in Canada has come & how far we still need to go. [PainCanada.ca/actionplan](https://paincanada.ca/actionplan)

It's National Pain Awareness Week. Did you know that pain is common in many conditions, from cancer to arthritis, as well as other illnesses? The @GovCanHealth's Action Plan for Pain aims to reduce pain and its impacts. Track its progress here: [PainCanada.ca/actionplan](https://paincanada.ca/actionplan) #NPAW2025

Chronic pain can severely impact a person's ability to accomplish daily activities, manage basic functioning and maintain relationships. We can reduce these impacts by implementing @GovCanHealth's Action Plan for Pain in Canada. Track its progress here: [PainCanada.ca/actionplan](https://paincanada.ca/actionplan) #NPAW2025

Costs of pain

It's National Pain Awareness Week. Did you know pain's direct and indirect cost in Canada is \$40.3B per year? Implementing @GovCanHealth's Action Plan for Pain in Canada can reduce the human and financial toll of pain. Track its progress here: [PainCanada.ca/actionplan](https://paincanada.ca/actionplan) #NPAW2025

Pain research

Many illnesses causing chronic pain are not widely recognized, leaving some people undiagnosed & without care. Implementing @GovCanHealth's Action Plan for Pain in Canada will increase pain research in Canada. Track its progress here: PainCanada.ca/actionplan #NPAW2025

Chronic pain and the elderly

Seniors are disproportionately affected by chronic pain and face unique barriers to accessing care. Implementing @GovCanHealth's Action Plan for Pain in Canada will help provide equitable access to pain care for seniors. Track its progress here: PainCanada.ca/actionplan #NPAW2025

Chronic pain and veterans

Did you know veterans are 2-3 times more likely to experience chronic pain than the general population? We can improve access to pain care & support for veterans by implementing @GovCanHealth's Action Plan for Pain in Canada. Track its progress here: PainCanada.ca/actionplan #NPAW2025

Indigenous peoples and pain

Indigenous peoples are disproportionately impacted by chronic pain and face many barriers to appropriate care. @GovCanHealth's Action Plan for Pain in Canada calls for culturally safe care to address this inequity. Track its progress here: PainCanada.ca/actionplan #NPAW2025

The frequent minimization and stigmatization of Indigenous people's pain means they are less likely to seek and receive care. An Action Plan for Pain in Canada has recommendations to address this inequity. Track its progress here: PainCanada.ca/actionplan #NPAW2025

LGBTQ2S communities and pain

LGBTQ2S people are disproportionately impacted by chronic pain and face greater barriers to accessing effective care. But there's hope. This #NPAW2025, track the work being done to improve equitable access to pain care. PainCanada.ca/actionplan

It's #NPAW2025. Did you know trans people experience higher rates of chronic pain than their cis counterparts & are more likely to experience barriers to accessing health care? Track the work being done to improve equitable access to pain care here: PainCanada.ca/actionplan

Newcomers/refugees and pain

Newcomers & refugees often experience increased pain-related disability due to complex and unique needs stemming from trauma, cultural differences in coping, and much more. Track the work being done to create trauma-informed and culturally relevant supports here:

PainCanada.ca/actionplan #NPAW2025

Immigration status, high health care costs, and language barriers can affect the experiences of immigrants in describing and managing pain. But there's hope - track the work being done to ensure everyone has equal access to pain care here: PainCanada.ca/actionplan #NPAW2025

Homelessness and pain

People experiencing homelessness frequently experience chronic pain but face barriers to care, including facing stigma when accessing health care. But there's hope - track the work being done to improve access to pain care here: PainCanada.ca/actionplan #NPAW2025

Poverty and pain

People who experience poverty are less likely to receive adequate care and treatment for pain, but there's work being done to ensure all Canadians have equal access to pain care. Track the progress here: PainCanada.ca/actionplan #NPAW2025

More than 64% of Canadians with pain believe their quality of life would improve if they could afford more non-pharmacological treatments. Everyone deserves equal access to pain support to live well. This #NPAW2025, track the work being done to make this a reality:

PainCanada.ca/actionplan

It's #NPAW2025. When chronic pain is complicated by poverty, it can further limit a person's ability to access health care – but there's hope. Track the work being done to create more accessible pain care in Canada here: PainCanada.ca/actionplan

Substance use and pain

People who use drugs are disproportionately affected by chronic pain and are often unable to access specialized pain services, but many groups are working to change this. Track the work being done to create pain care that includes all Canadians here: PainCanada.ca/actionplan #NPAW2025

Did you know chronic pain is a common driver of substance use, and that it is experienced by 31-55% of people who use drugs? Treating pain is one way to help prevent overdoses. Track the work being done to improve pain care in Canada here: PainCanada.ca/actionplan #NPAW2025

Gender and pain

It's National Pain Awareness Week. Did you know that men are more likely to downplay pain and less likely to seek treatment? Managing pain can be challenging, but you don't have to face pain alone. #NPAW2025 PainCanada.ca/actionplan

Gender biases in our health care system often result in girls' and women's pain being overlooked and undertreated, but work is being done to change this. This #NPAW2025, track the work being done to create equitable access to pain care here: PainCanada.ca/actionplan

It's #NPAW2025. Did you know trans people experience higher rates of chronic pain than their cis counterparts & are more likely to experience barriers to accessing health care? Track the work being done to improve equitable access to pain care here: PainCanada.ca/actionplan

Arthritis and pain

It's #NPAW2025. Chronic pain impacts millions of Canadians, including the 1 in 5 people living with arthritis, but treatment is possible. We can reduce pain's impacts by implementing @GovCanHealth's Action Plan for Pain in Canada. Track its progress here: PainCanada.ca/actionplan

Cancer and pain

Chronic pain is common among many Canadians with cancer, both from the disease itself and sometimes from cancer treatment. We can reduce pain's impacts by implementing @GovCanHealth's Action Plan for Pain in Canada. Track its progress here: PainCanada.ca/actionplan
#NPAW2025

Crohn's disease and pain

It's #NPAW2025. Did you know persistent pain is a common symptom of Crohn's and colitis? We can reduce pain's impacts by implementing @GovCanHealth's Action Plan for Pain in Canada. Track its progress here: PainCanada.ca/actionplan

Complex regional pain syndrome

It's #NPAW2025. Conditions like Complex Regional Pain Syndrome (CRPS) are not well understood but can impact anyone. The @GovCanHealth's Action Plan for Pain aims to reduce pain's impacts. Track its progress here: PainCanada.ca/actionplan

Chronic migraine

It's #NPAW2025. Did you know that people with chronic migraine experience headaches at least 15 days in a given month? The @GovCanHealth's Action Plan for Pain aims to reduce pain's impacts. Track its progress here: PainCanada.ca/actionplan

Ehlers-Danlos syndrome

Did you know that debilitating pain is one of many symptoms experienced by people living with Ehlers - Danlos Syndrome? We can reduce pain's impacts by implementing @GovCanHealth's Action Plan for Pain in Canada. Track its progress here: PainCanada.ca/actionplan #NPAW2025

Fibromyalgia and pain

It's #NPAW2025. Did you know that the 900,000+ people living with fibromyalgia in Canada also experience chronic pain? You don't have to face pain alone. We can reduce pain's impacts by implementing @GovCanHealth's Action Plan for Pain in Canada: PainCanada.ca/actionplan

HIV and pain

It's #NPAW2025. Did you know that 54-83% of people living with HIV are also #LivingWithPain? Pain is scary and sometimes unavoidable, but treatment is possible. We can reduce pain's impacts by implementing @GovCanHealth's Action Plan for Pain in Canada: PainCanada.ca/actionplan

ME/CFS and pain

It's #NPAW2025. Did you know that many of the 600,000+ Canadians living with myalgic encephalomyelitis are also #LivingWithPain? We can reduce pain's impacts by implementing @GovCanHealth's Action Plan for Pain in Canada. Track its progress here: PainCanada.ca/actionplan

Mental health and pain

It's #NPAW2025. Did you know that people with chronic pain are twice as likely to experience depression and anxiety? Pain is often invisible to others. We can reduce pain's impacts by implementing @GovCanHealth's Action Plan for Pain in Canada: PainCanada.ca/actionplan

It's #NPAW2025. Did you know that pain, when left unmanaged, can result in diminished quality of life, depression and anxiety? We can reduce pain's impacts by implementing @GovCanHealth's Action Plan for Pain in Canada. Track its progress here: PainCanada.ca/actionplan

Multiple sclerosis and pain

It's #NPAW2025. Did you know that many of the 90,000+ Canadians diagnosed with multiple sclerosis experience chronic pain? We can reduce pain's impacts by implementing @GovCanHealth's Action Plan for Pain in Canada. Track its progress here: PainCanada.ca/actionplan

Orofacial pain

Did you know orofacial pain (pain that occurs in the mouth, jaws, face, and head) impacts 22-26% of Canadians, with up to 11% of cases becoming chronic? We can reduce pain's impacts by implementing @GovCanHealth's Action Plan for Pain in Canada: PainCanada.ca/actionplan
#NPAW2025

Sickle cell disease

It's #NPAW2025. Did you know chronic pain is the most common complication affecting people with sickle cell disease? We can reduce pain's impacts by implementing @GovCanHealth's Action Plan for Pain in Canada. Track its progress here: PainCanada.ca/actionplan

Sleep disorders and pain

Did you know that approximately 1 in 4 people living with chronic pain also experience sleep disorders like insomnia? We can reduce pain's impacts by implementing @GovCanHealth's Action Plan for Pain in Canada. Track its progress here: PainCanada.ca/actionplan #NPAW2025

It's #NPAW2025. Did you know that anywhere from 50-90% of people seeking care for chronic pain experience ongoing sleep disturbances? We can reduce pain's impacts by implementing @GovCanHealth's Action Plan for Pain in Canada. Track its progress here: PainCanada.ca/actionplan

Spinal cord injury and pain

It's #NPAW2025. Did you know that chronic pain is a common symptom reported among the 86,000+ people living with a spinal cord injury in Canada? We can reduce pain's impacts by implementing @GovCanHealth's Action Plan for Pain in Canada: PainCanada.ca/actionplan

Spondylitis and pain

Did you know that chronic pain is a common symptom experienced by the 300,000+ Canadians living with ankylosing spondylitis? We can reduce pain's impacts by implementing @GovCanHealth's Action Plan for Pain in Canada. Track its progress here: PainCanada.ca/actionplan #NPAW2025

Children and pain

No one should experience untreated pain. Yet, in Canada, 2 out of 3 children experience painful procedures without any pain management, and 1 in 5 live with pain that lasts months to years that prevents them from everyday activities. #NPAW2025

Pain management is a fundamental human right and vital to the health of our children. Health professionals in Canada need the knowledge and resources to provide equitable access to the best possible care for patients and their families. #NPAW2025

When it comes to chronic pain, children and their families have well-founded concerns about being believed by others. Investing time to talk to children and families about their pain ensures they feel heard and cared for, reduces stigma around pain and its treatments, and increases the likelihood of engagement in care. #NPAW2025

Managing pediatric pain can be challenging. Children are unique, and solutions to their pain need to be tailored, but resources and tools exist to help deliver care that has real impact. Canada's first national Pediatric Pain Management Health standard developed by @KidsinPain @HSO_world actions @GovCanHealth's Action Plan calling for quality, equitable pain care for all. #NPAW2025

Close the gap for kids in pain. Children are disproportionately impacted by pain. When their pain is undertreated or ignored, children experience gaps in care, safety, equity, and even human rights. But it doesn't have to hurt. We have the evidence, tools and techniques to prevent and treat children's pain. It's time to close the gap and ensure that every child receives equitable, evidence-informed pain management—every time, no matter where they receive care. #NPAW2025

Children's pain management is a safety gap. Safety is more than the absence of harm. Did you know that the Pediatric Pain Management health standard classifies improperly managed pain as a patient safety incident? A patient safety incident occurs when care is provided or omitted in a way that could lead to, or has already caused, unnecessary harm. Common examples of pain-related patient safety incidents include not using topical analgesics before a child's vaccination or IV insertion, or delaying pain relief after major surgery. Safety incidents can have lifelong impacts, from vaccine hesitancy and healthcare avoidance to prolonged pain. 1 in 4 children who undergo major surgery develop chronic pain. By treating pain as a safety issue, we take a vital step toward safer care and brighter futures for all children. #NPAW2025

Children's pain management is an equity gap. Most kids seen in specialized pain clinics are white, urban, and from higher-income families. But children from marginalized and equity-deserving communities are more likely to experience pain – and less likely to have it acknowledged, treated, or believed. The Pediatric Pain Management Standard calls for equity in pain care – urging health systems to recognize and address these disparities, and to ensure every child has access to culturally safe, inclusive, trauma-informed and effective pain care. #NPAW2025

Children's pain management is a care gap. Quality pain management isn't one-size-fits-all – it requires partnership. Children, caregivers, and health professionals must work together using a broad approach that may include medication, physical, and psychosocial strategies. But not every child has access to this kind of care. The Pediatric Pain Management Standard calls for a shift from fragmented treatment to collaborative, comprehensive pain care that meets children where they are. Importantly, the Standard recognizes that children and families are equal members of the health care team, actively involved in discussions and decision-making about their pain care. It guides organizational leaders and dedicated health care teams to provide pain care based on the needs, goals, abilities, and preferences of children and their families. Closing this gap requires people-centred care for kids in pain. #NPAW2025

Children's pain management is a human rights gap. Access to pain management is a fundamental human right. Yet, poorly managed pain remains one of the most distressing parts of

healthcare for kids. On top of that, it can put them at risk for serious immediate and long-term harm. Canada is a world leader in pediatric pain research – but we're falling short where it matters most: translating that knowledge into care. Evidence-based solutions exist, and it's time that they reach the children who need them. #NPAW2025