



www.mypainfeelslike.com

## “My pain feels like...” patient initiative gets the status of European best practice

**Brussels, October 2th, 2014** – The [“My pain feels like...”](#) initiative is presented today at an [EU conference](#) hosted by the European Economic and Social Committee under the patronage of the Italian Presidency in Brussels. Active Citizenship Network organized the conference to put forward European good practices in chronic pain management, and “My pain feels like...” has been chosen one of these best practices across Europe.

“My pain feels like...” is presented by its co-developer Dr. Roberto Casale from the Department of Clinical Neurophysiology & Pain Rehabilitation Unit, Montescano, Italy. The initiative has been developed in collaboration with Grünenthal - a company constantly searching for innovative ways to treat patients with pain better and to improve communication between patients and physicians. Key to the initiative is the [“My pain feels like...” questionnaire](#), which helps patients describe their pain in detail with their own words. Doctors’ better understanding of their condition can lead to more successful diagnosis and treatment.

*«The “My pain feels like...” questionnaire helped my patients to better describe what is relevant in their pain. – said Dr. Roberto Casale. I also find it very helpful in terms of making the right diagnosis and choosing appropriate treatment» – he added.*

In the educational website [www.mypainfeelslike.com](#), patients can find out more about the pain they are suffering from, read other patients’ experiences and download the questionnaire which will help them talking to their doctors.

Over 26 million people worldwide suffer from neuropathic pain<sup>1</sup>, approximately 60%, can be identified as localized neuropathic pain (LNP) as it affects a circumscribed area of the body<sup>2</sup>.

Only 40-60% of neuropathic pain patients achieve adequate pain relief<sup>3</sup>. They often undergo ‘trial and error’ treatments or endure a stepwise treatment approach over months and years<sup>3</sup>. These patients suffer emotionally, physically, psychologically and socially.

A correct and early diagnose is crucial to find the right treatment. In 80% of cases physicians over- or underestimate the level of pain-related impairment of their patients<sup>4</sup>. Therefore patients need to describe their symptoms as detailed as possible to their doctor. If physicians and patients have the same understanding of the impact and the type of pain, treatment can start earlier and the success can be higher.



...a fire under my skin



...a hot iron on my skin



...waves that come and go.

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### **About “My pain feels like....”**

The “My pain feels like....” initiative has been developed by Grünenthal in collaboration with the Department of Clinical Neurophysiology & Pain Rehabilitation Unit, Montescano, Italy. On the website [www.mypainfeelslike.com](http://www.mypainfeelslike.com), patients can find out more about the pain they are suffering from and also learn from other patients’ experiences. Central part of the project is the “My pain feels like...” questionnaire, which helps patients to describe more in detail how their pain feels like, how it affects their life and where the pain is located. Patients record their symptoms and then print out the completed questionnaire for the next doctor appointment. This assessment can aid healthcare professionals in the diagnostic process and in choosing the appropriate treatment.

### **About Grünenthal**

The Grünenthal Group is an independent, family-owned, international research-based pharmaceutical company headquartered in Aachen, Germany. Building on its unique position in pain treatment, its objective is to become the most patient-centric company in the field of pain and thus to be a leader in therapy innovation.

Grünenthal is one of the last five remaining research-oriented pharmaceutical companies with headquarters in Germany which sustainably invests in research and development. Research and development costs amounted to about 27 percent of revenues in 2013. We are intensely focused on discovering new ways to treat pain better and more effectively, with fewer side-effects than current therapies.

Altogether, the Grünenthal Group has affiliates in 25 countries worldwide. Grünenthal products are sold in more than 155 countries and approx. 5,500 employees are working for the Grünenthal Group worldwide. More information: [www.grunenthal.com](http://www.grunenthal.com).

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### **References**

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- <sup>3</sup> Dworkin RH, O'Connor AB, Backonja M, et al (2007). Pharmacologic management of neuropathic pain: evidence-based recommendations. *Pain*;132:237–51.
- <sup>4</sup> Müller-Schwefe G., et al (2011). Make a CHANGE: optimising communication and pain management decisions. *CMRO* 27(2):481–488.