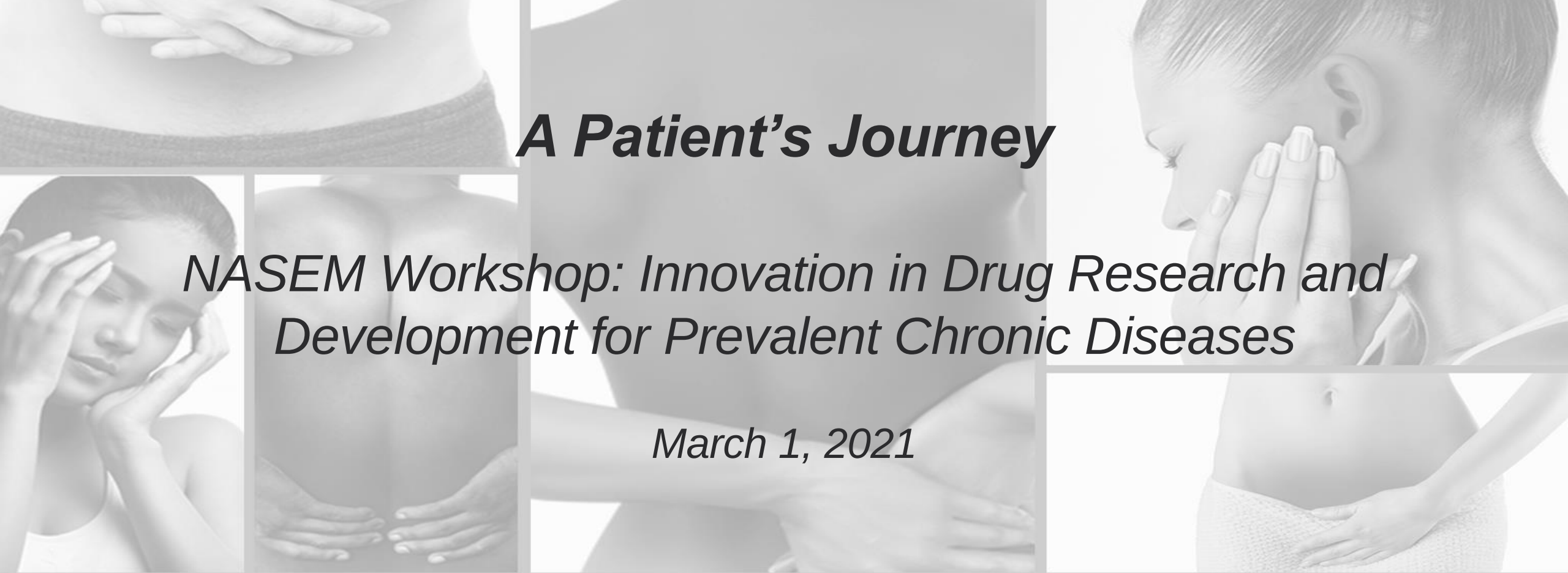




A Patient's Journey

NASEM Workshop: Innovation in Drug Research and Development for Prevalent Chronic Diseases

March 1, 2021

Christin Veasley
Co-Founder & Director



www.ChronicPainResearch.org

America Has Become a Nation of Chronic Disease

CHRONIC DISEASES IN AMERICA

6 IN 10

Adults in the US
have a **chronic disease**



4 IN 10

Adults in the US
have **two or more**

THE LEADING CAUSES OF DEATH AND DISABILITY

and Leading Drivers of the Nation's **\$3.5 Trillion** in Annual Health Care Costs



HEART DISEASE



CANCER



CHRONIC LUNG
DISEASE



STROKE



ALZHEIMER'S
DISEASE



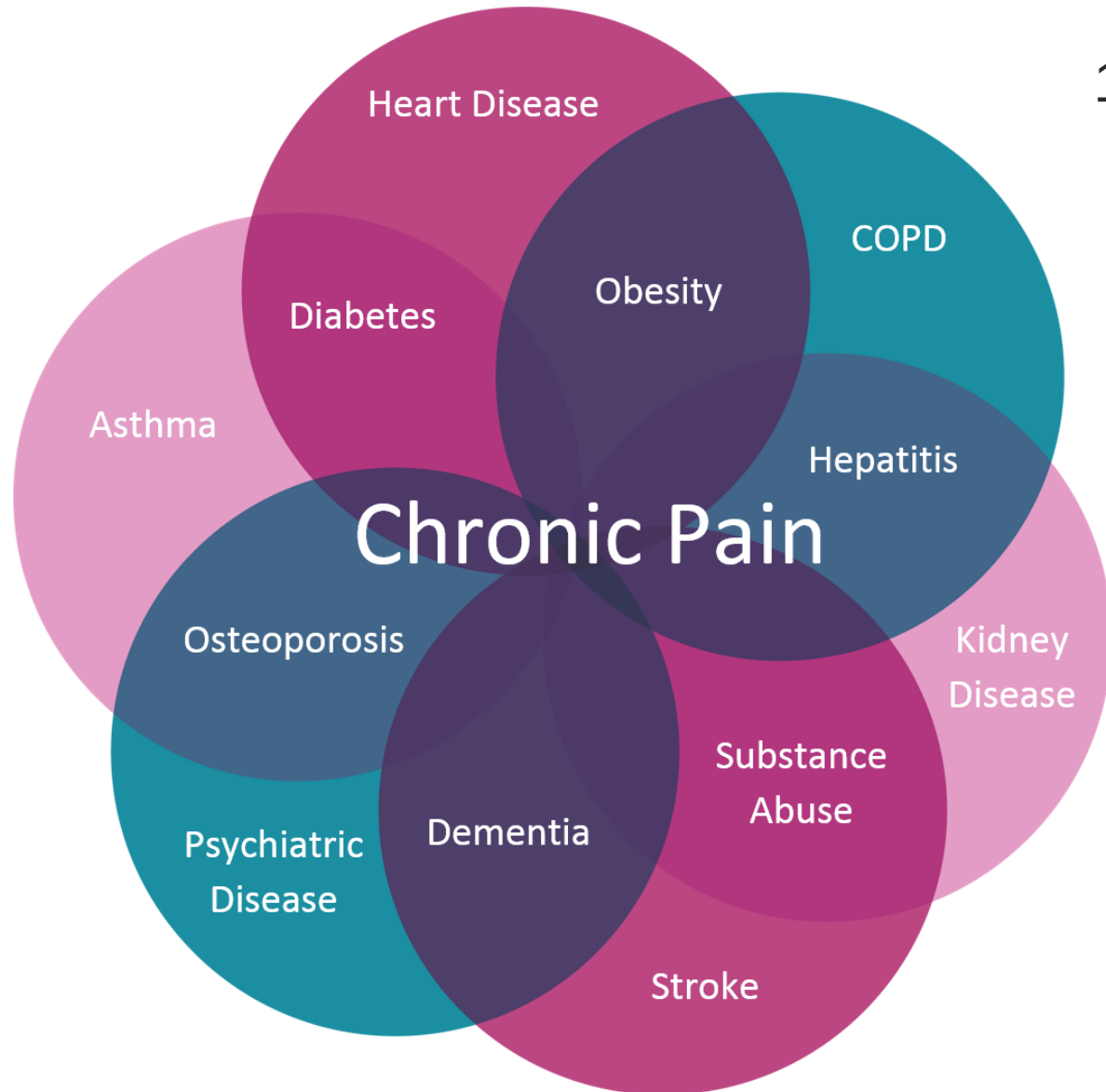
DIABETES



CHRONIC
KIDNEY DISEASE



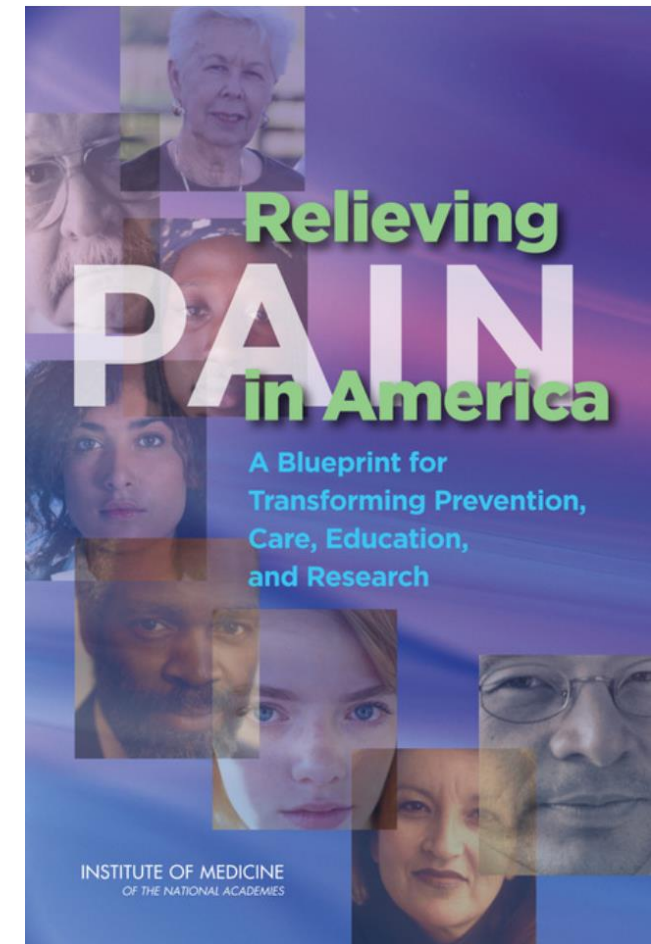
Chronic Pain: A Prevalent, Costly, Often Ignored Chronic Disease that Co-exists with Other Chronic Diseases



100 million US adults

\$635 billion/year

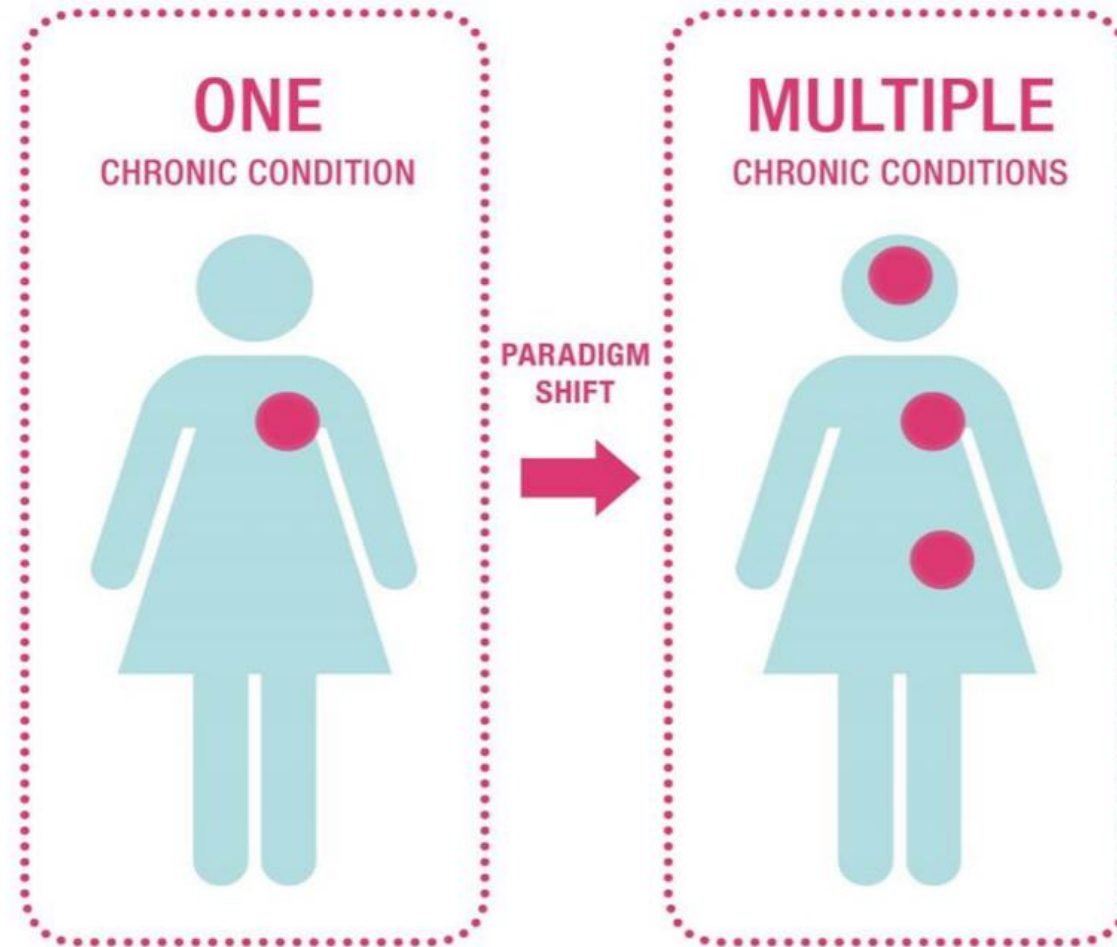
Plagued by similar problems as other chronic diseases



“Chronic pain can be a disease in itself.”

Chronic pain has a distinct pathology, causing changes throughout the nervous system that often worsen over time... and can constitute a serious, separate disease entity.”

“The most common chronic condition experienced by adults is multimorbidity.”



Multimorbidity - Multiple Chronic Conditions (MCCs)

Approximately 1 in 4 Americans have MCCs, including 1 in 15 children



In those >65 years, 3 in 4 have MCCs



Increased risk for mortality and poorer functioning

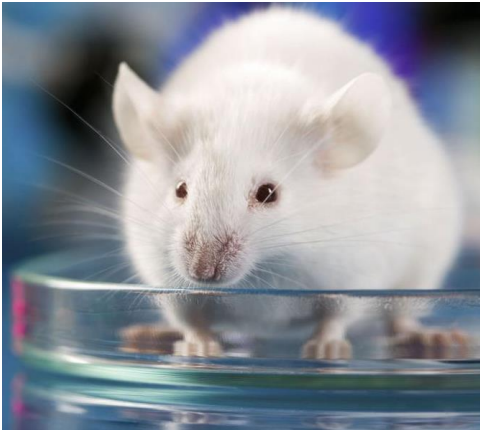


66% of total health care spending is associated with MCCs

None of Our Systems are Designed to Address Complexity of Chronic Disease & Especially Multimorbidity (with few exceptions)

ICD-11

Disease
Classification



Animal Models & Basic
Research



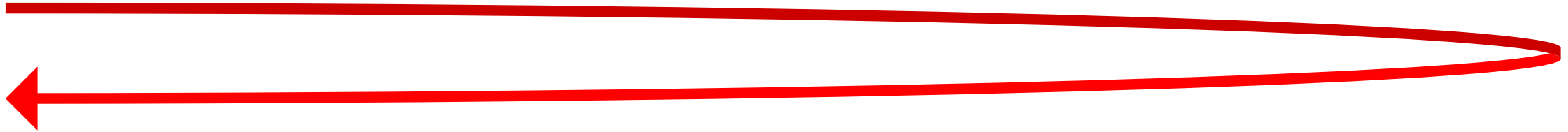
Pharma & Med Dev Industry



Clinical Trials



Regulatory System



Payors - Coverage & Reimbursement



Health Systems - Acute Care Model with Limited Time



So ... where does this leave people with chronic disease?



The Patient Journey



8 Dimensions of Wellness

“Suffering for Art” by Tanya Paterson

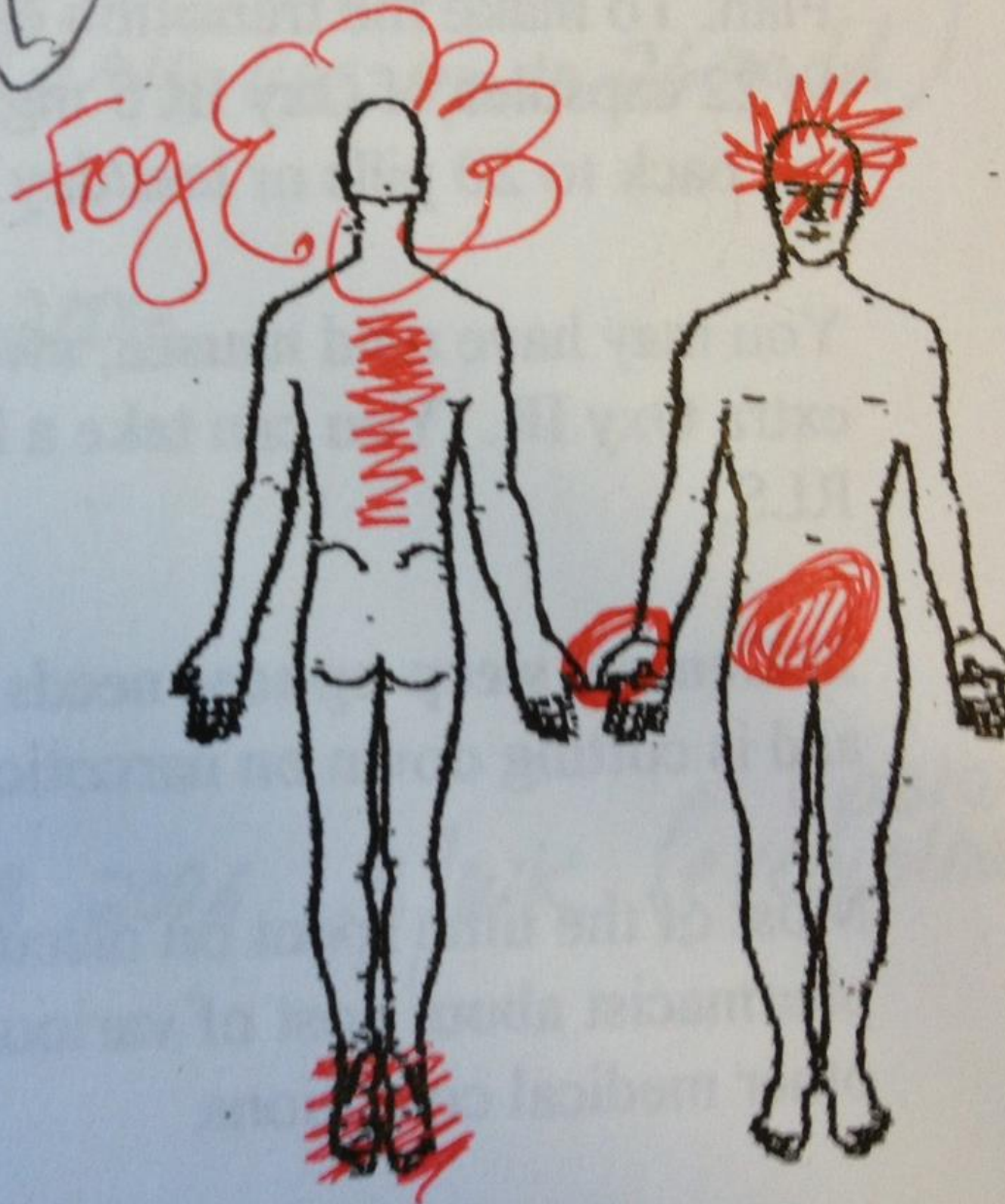


“The pain of RA can make it feel like if I move my hand ... everything will disintegrate.”

“The flames represent searing hot pain in the joints, the cracking represents the slow destruction of my body by this disease.”

“The pain, like my drawings, becomes my world.”

COLOR IN ALL PAIN AREAS IN RED INK



“The pain is bad enough.”

“But I can’t think straight either.”

“My family can’t count on me.”

“And I can’t count on myself.”

“Self Portrait” by Katherine Stock



“I feel like my body is being eaten by acid and disintegrating.”

“The mask is the happy face I have to put on for the world.”

“The darkness is where I am mentally.”

“The bright lights are painful to me but must be endured for the sake of my public image.”

“Swirl of Life” by Christine Jasky



“My illnesses are all connected and intertwined.”

“They are confusing and do not have any definite answers or cures.”

“Not sure where the illnesses will take me next.”

“The depression from the constant pain and fear looks like this painting.”

“Hiding” by Francis Vercoutere



“When I walk down the street, I portray the image of a young healthy girl, yet when you open me (the box) there is a world drowning in constant struggle and pain.”

“No one can see past the outside layer-therefore nothing beyond the surface exists to anyone but me.”

"Resonance: Erasure"
by Susan Gofstein

"To live in pain is to live in isolation."

"Pain is a solitary truth that defies communication, maddeningly subjective and resistant to language and measurement."





“No Way Out” by Chris Mearkle

“The feeling of being stuck in chronic pain...”

“The safe represents unattainable medical care.”



“Weight of the World” by Chris Mearkle

“The day to day feeling of trying to stay above ... while what feels like the weight of the world is bringing you down.”

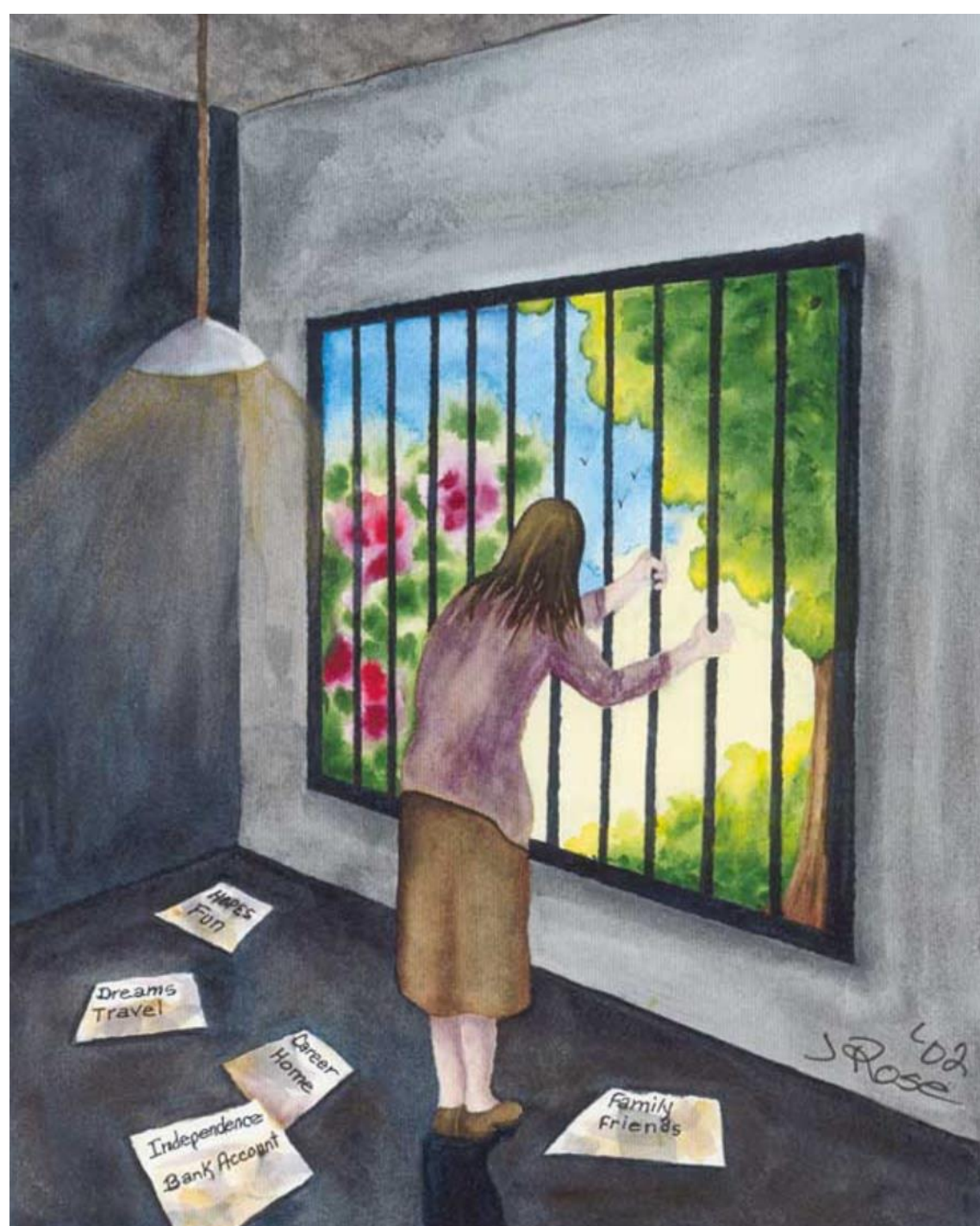
“Living with Chronic Illness and Pain” by Judith Rose

“The picture represents the isolation and imprisonment those of us with chronic pain and chronic illnesses feel.”

“We see and hear what the outside world is offering but we are tied to our homes and our diseases.”

“We are often unable to take part in any activities outside our sickroom.”

This leaves us feeling sad, depressed, hopeless, and helpless.”



“Pain Scale” by Corbin Louis



“No number can gauge the amount of time lost.

Sleepless nights.

Relationships gone.

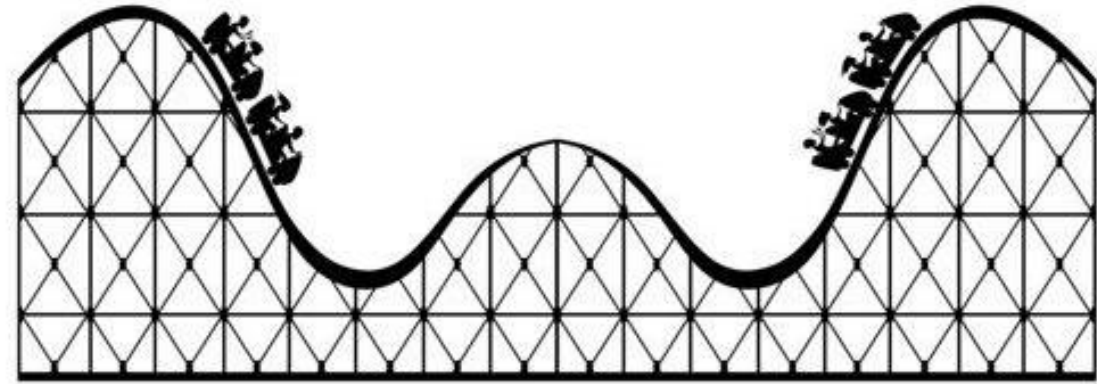
Faithless and scared and unable to take care of myself.”

“This piece deals ... more so, the struggle to maintain faith.”

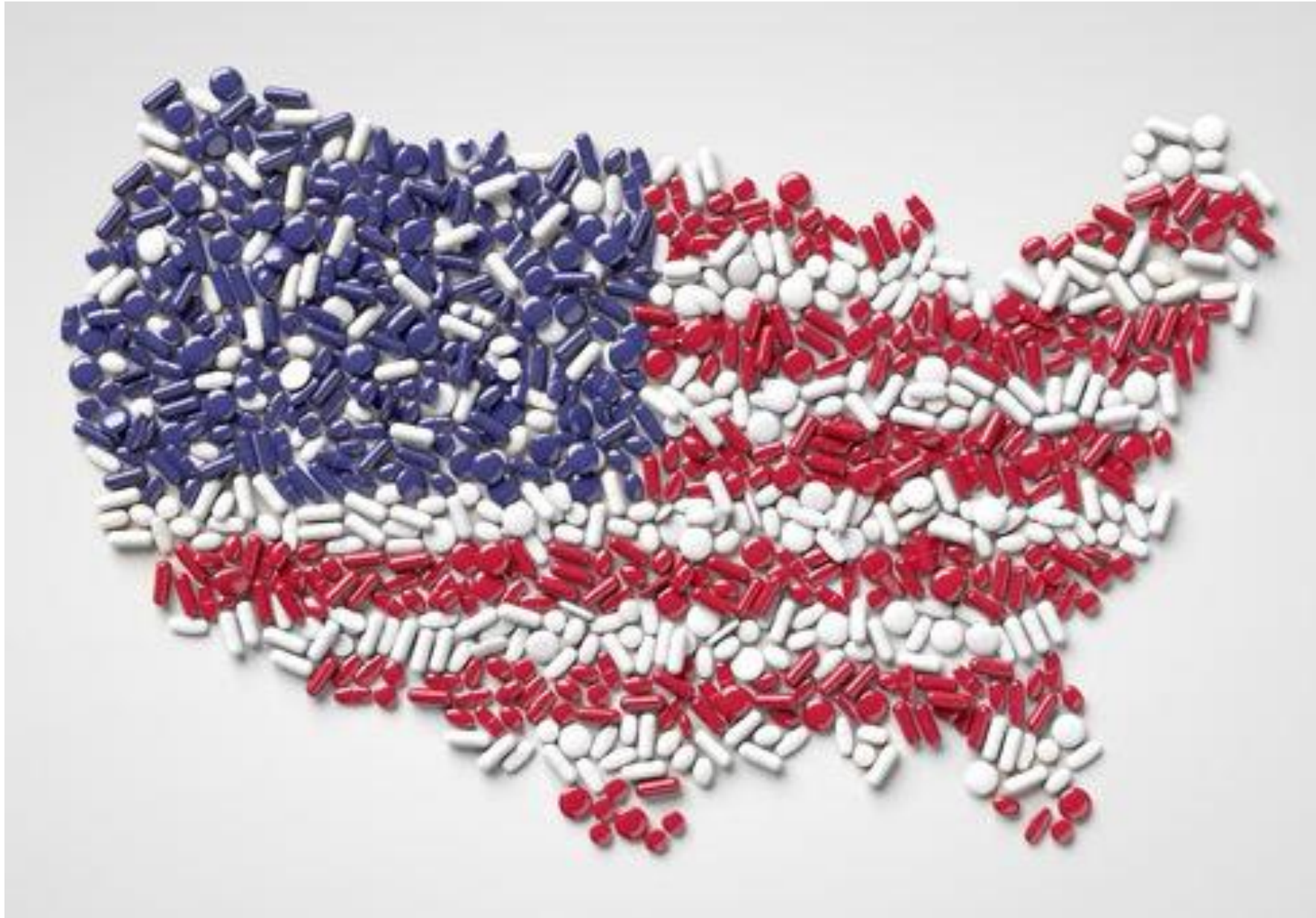
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The Journey

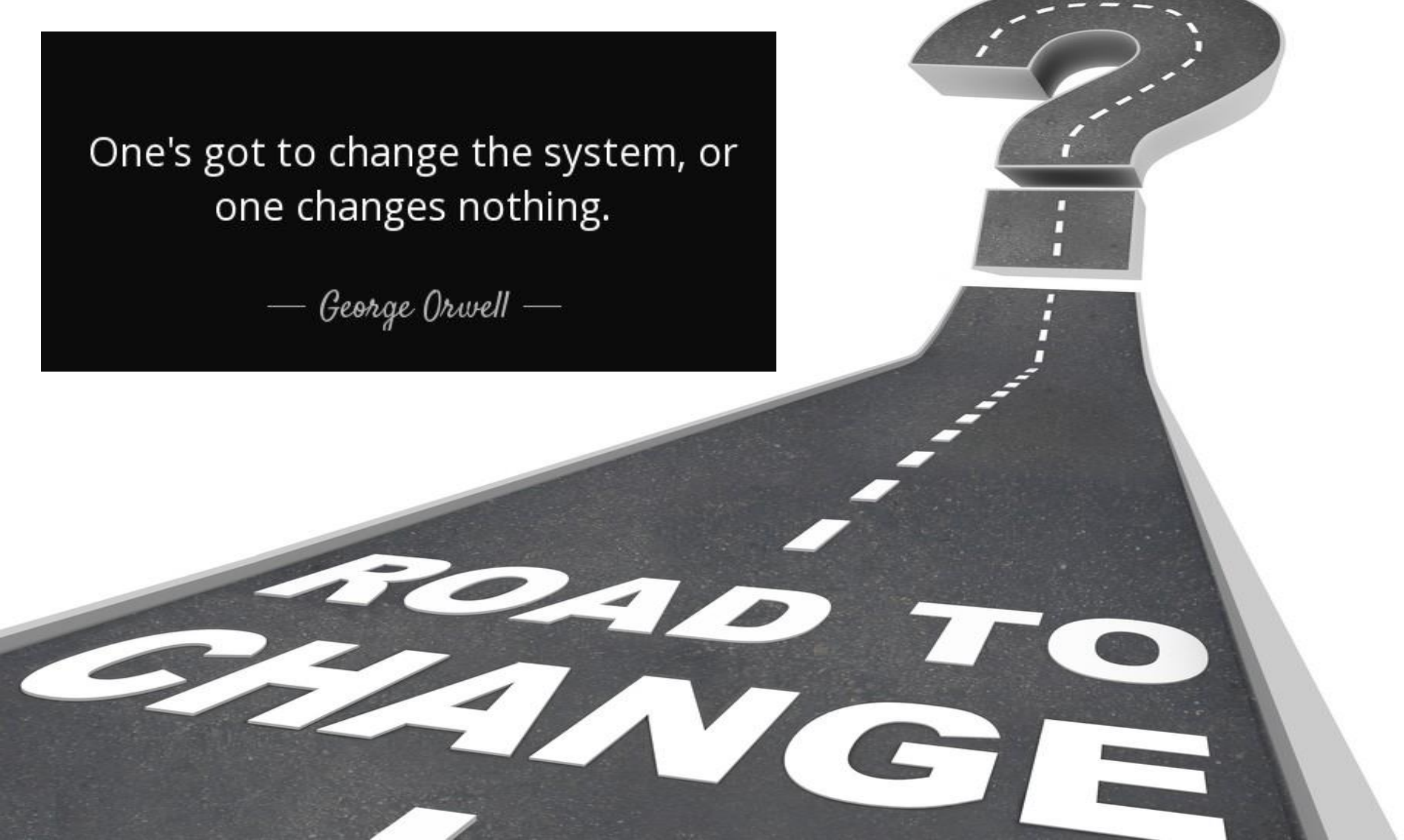


So...what happens to a nation when it becomes one of chronic disease?



One's got to change the system, or
one changes nothing.

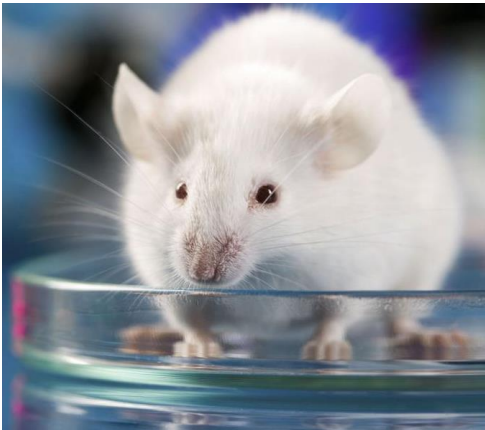
— George Orwell —



What Needs to Change Within Each System – and Who/How to Incentivize?

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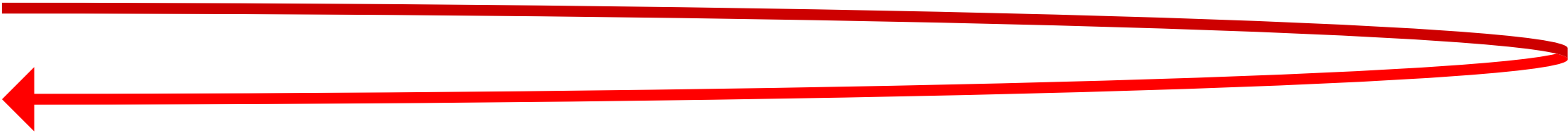
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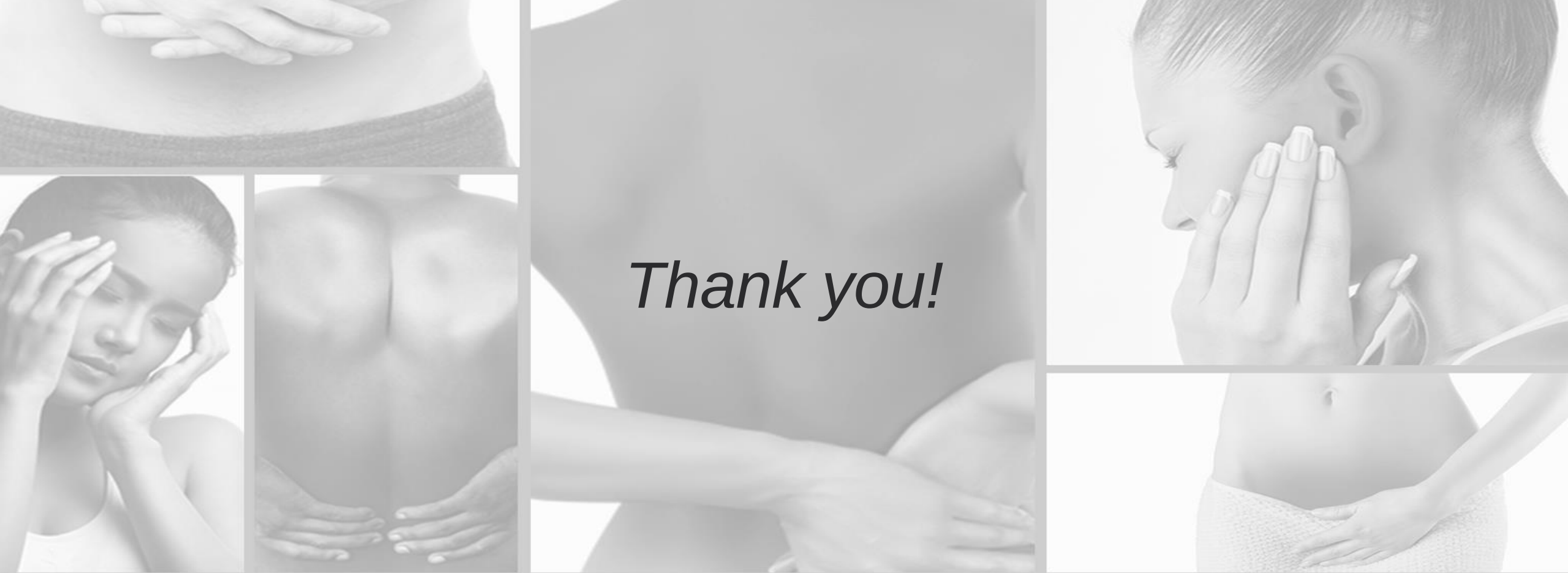
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Health Systems - Acute Care Model with Limited Time







Thank you!

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