



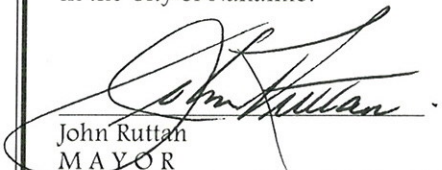
**PROCLAMATION  
NATIONAL PAIN AWARENESS WEEK  
NOVEMBER 4 - 10, 2012**

- WHEREAS: chronic pain, a distinct entity of its own, occurs in one in three Canadians who live with some moderate to severe pain as a part of their daily lives; and
- WHEREAS: pain is considered chronic when it lingers beyond a six month period and it can be from a simple accident or illness; and
- WHEREAS: the number of individuals who will experience some form of chronic pain will increase considerably as our population ages; and
- WHEREAS: individuals with this type of pain usually have had either a loss of job and/or a reduction of income or both as well as disruptions within the family units; and
- WHEREAS: many Canadians have to endure long wait lists for proper and effective pain management and without timely and appropriate treatment, pain will dominate their lives; and
- WHEREAS: the idea that chronic pain is a disease of its own will eventually lead to new and highly specific individualized types of treatment aimed at an interdisciplinary level of management which includes pain psychologists; and
- WHEREAS: Pain is very complex; it cannot be fixed with one modality; and
- WHEREAS: generally the sooner the intervention, the better the outcome for individuals with chronic pain.
- WHEREAS: there is no known cure for this yet, with the advance of new research, education, understanding and awareness of this condition, British Columbians can learn both to cope with it and eventually win the battle over chronic pain.

NOW THEREFORE, I, John Ruttan, Mayor of the City of Nanaimo, do hereby proclaim the week of November 4 to November 10, 2012 as:

"NATIONAL PAIN AWARENESS WEEK"

in the City of Nanaimo.

  
John Ruttan  
MAYOR

DATED THIS 26<sup>TH</sup> DAY OF OCTOBER, 2012.

