

Life with Chronic Pain

Real life experiences

Impact on life



Biggest challenge



Pain Sensation



Mental health



“ Not being able to do paid work, maintaining boundaries (especially for myself), managing the impact of my pain on others, and my own impatience with pain ”



“ Chronic pain has an enormous effect on my mental health. **Loneliness weighs heavily** and can be terrible at moments. Living with chronic pain can trigger my chronic depression and make it very present during a certain period ”



“ At 52 I can no longer work and my activities are dictated by my pain levels ”



“ Isolation, not having a normal life and feeling like there is no future because there is not a lot of support [due to] the lack of research ”



Ruth Fitzmaurice, 52
Irish

Neuropathic Pain

38 years
Living with chronic pain

Burning and aching pain sensation



Koert Hommel, 49
Dutch

Postsurgical Pain
Back pain, failed back surgery syndrome and neuropathic pain

10 years
Living with chronic pain

Aching, burning and stinging pain sensation



Tristan Vandepuuten, 27
Belgian

Chronic Widespread Pain
Fibromyalgia and Dystonia

11 years
Living with chronic pain

Being pulled inside out, constant pain sensation



Kaat Cleenewerck, 57
Belgium

Irritable Bowel Syndrome (IBS),
Low back pain and Sciatic pain

25 years
Living with chronic pain

Aching, stabbing, pins and needles pain sensation