

WOMEN'S CHRONIC PAIN IN GERMANY

From medication use to mechanism-informed care

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WOMEN TAKE MORE PAINKILLERS.

PRESCRIBED ANALGESICS

2X

the annual defined daily doses

WOMEN 6.3 / MEN 3.1

1.4X

OTC PAINKILLER USE

52.9% WOMEN / 38.5% MEN • PAST 4 WEEKS

1.7X

ANALGESIC PRESCRIPTIONS

0.36 WOMEN / 0.21 MEN • PER YEAR

SOURCES: RKI GEDA 2013S • TK GESUNDHEITSREPORT 2026 (EMPLOYED MEMBERS, 2025, STANDARDISED)
ZUCKER & PRENDERGAST 2020 (ADVERSE DRUG REACTIONS ACROSS MEDICINES).

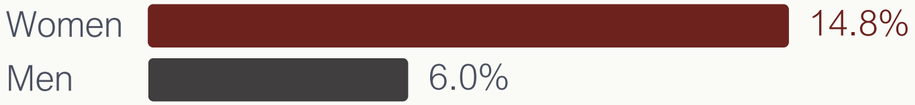
WOMEN CARRY MORE CHRONIC PAIN

ADULTS · WOMEN VS MEN

CHRONIC BACK PAIN



MIGRAINE



OSTEOARTHRITIS



WORLDWIDE

11 OF 11
body sites where women report more pain
(6.1 million people, 118 countries)

50–70%
more likely: women vs men with chronic pain

≈ 1 IN 2
midlife women live with chronic pain, often several conditions at once

SOURCES: RKI BURDEN 2020 · RKI GEDA 2014/15 · ZI VERSORGUNGSATLAS 2017 · FILLINGIM ET AL., NAT MED 2026 · IMS WHITE PAPER 2026



WHAT THE HELL ARE WE DOING WRONG WITH WOMEN'S PAIN?

THE RECALIBRATION

A MULTI-DIMENSIONAL FAILURE

“What we all thought was pain biology was male pain biology.” J. Mogil

PAIN RESEARCH HAD A MALE DEFAULT.

79%

male animals only

HISTORICAL TEN-YEAR REVIEW

WHAT STUDYING BOTH SEXES REVEALED

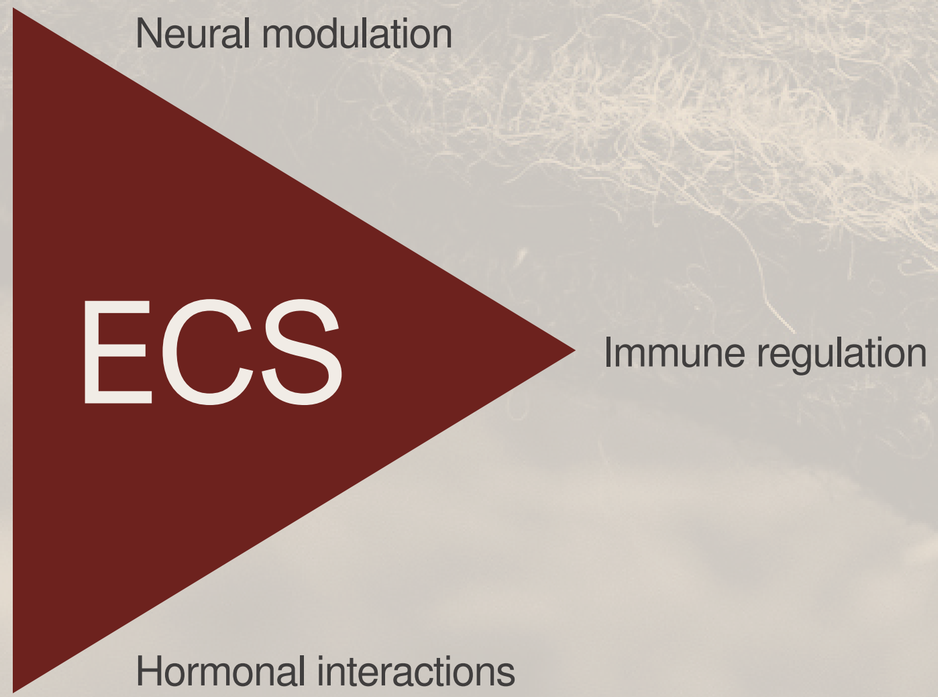
① Different immune pathways

② Hormone-linked nerve sensitisation

③ Immune–nerve communication

MOUSE STUDIES · SOURCES: MOGIL & CHANDA, PAIN 2005 · SORGE 2015 · XIE 2022 · LUO 2021 · VENKATARAMAN 2025

WHY THE ECS COULD CHANGE THE GAME



PAIN IS NOT ONE ISOLATED SIGNAL.
THE ECS IS PART OF THE NETWORK THAT MODULATES IT.

SOURCES: CUI ET AL. 2017 · RUSSO 2016 · KARST ET AL., NAT MED 2025 · MAILIS ET AL., CLIMACTERIC 2026 ·

FIBROMYALGIA: A MAJOR UNMET NEED

FEMALE DISEASE BURDEN



3.13X HIGHER RISK IN WOMEN AT MIDLIFE

MEDICINES DELIVER LIMITED RELIEF

87 trials · 17,631 patients
Best-supported fibromyalgia medicines provide substantial pain relief in **only 1 in 10** additional patients versus placebo.

151 trials · 32,592 participants
No drug's average pain benefit reached the threshold for clinical importance.

CANNABINOIDS SHOW A CLEAR SIGNAL

14 clinical studies + 5 systematic reviews
A 2024 systematic review reported **improvements in pain, sleep and quality of life** across the included literature, while concluding that evidence remains limited.

151 trials · 32,592 participants
No drug's average pain benefit reached the threshold for clinical importance.

SOURCES: MOORE ET AL. RHEUMATOLOGY. 2025;64:2385–2394 · ZERAATKAR ET AL. BMJ MEDICINE. 2026;5:E002902.,WOLFE ET AL. 2013, 2018 · IMS WHITE PAPER 2026 · ANN RHEUM DIS 2025 · KURLYANDCHIK ET AL. 2026 · KRUGER ET AL. 2026 · NACHNANI ET AL. 2021

DID YOU KNOW

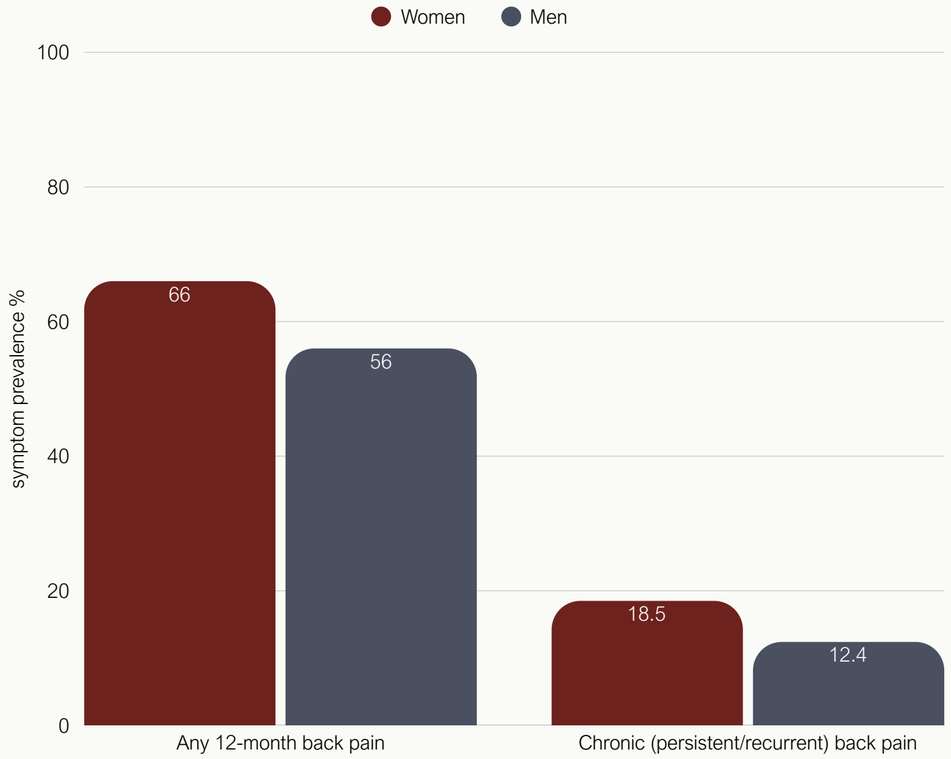


58%

OF PATIENTS WERE WOMEN

BFARM BEGLEITERHEBUNG 2022 - FLOWER EXCLUDED

WOMEN CARY MORE PAIN AT EVERY MEASURE, EVEN CHRONIC BACK PAIN



THE RECALIBRATION

SOURCE: RKI BURDEN 2020 (TELEPHONE SURVEY, DATA COLLECTED OCT 2019–MAR 2020, N=5,009) — HEADACHE/MIGRAINE, JOHM S6/2020; BACK & NECK PAIN, JOHM S3/2021. SELF-REPORTED POPULATION-SURVEY PREVALENCE — NOT DIAGNOSED OR CLAIMS-BASED



THANK YOU

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Newsletter

THE RECALIBRATION

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