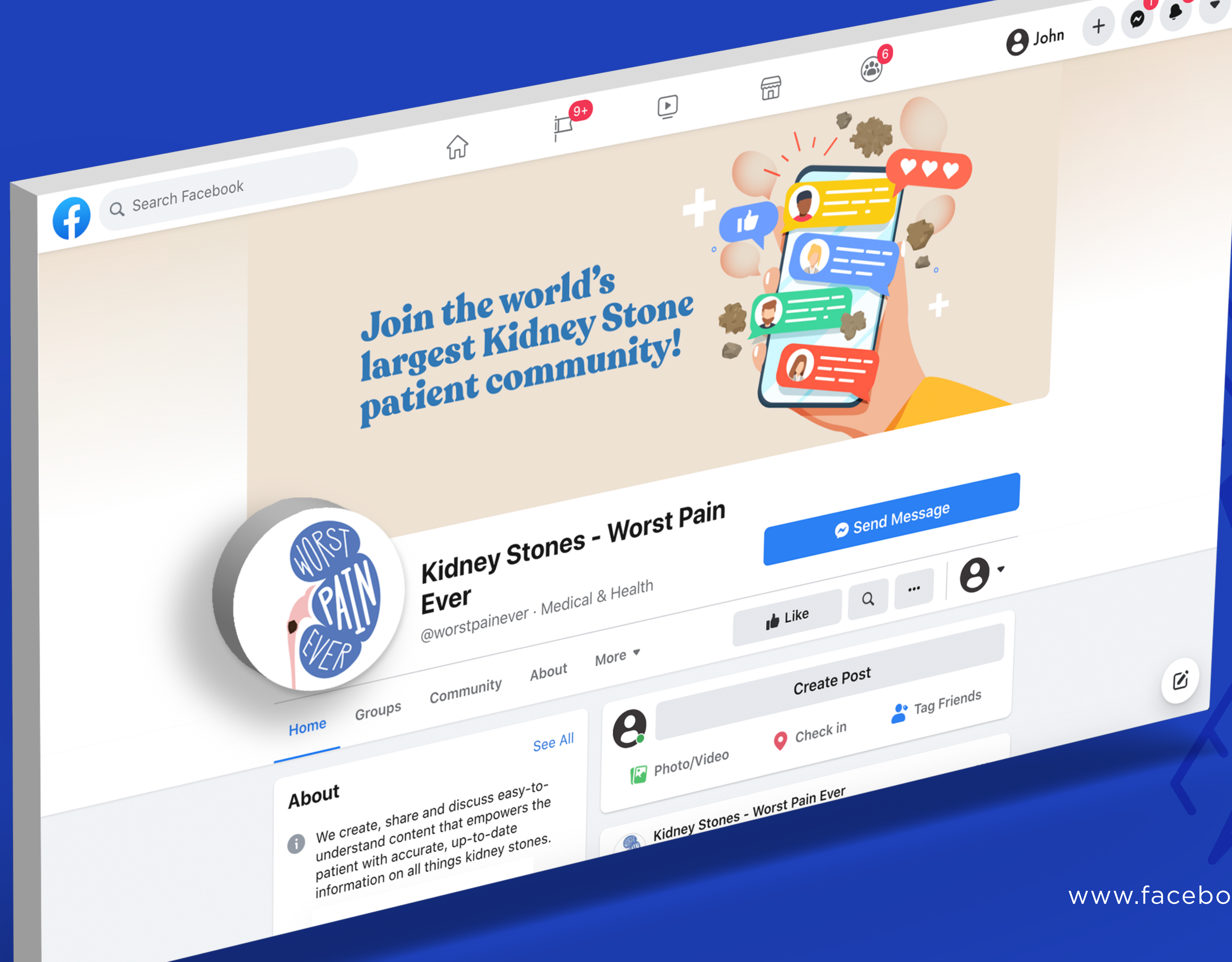


“I have been electrocuted, kicked in the balls, bitten by a dog and shot in the leg. Kidney stone pain is truly the **worst pain** one can experience.”

1 in 10 people will suffer from kidney stones in their lifetime. For many of them, it will be a recurring struggle.

Worst Pain Ever is a Facebook initiative that aims to give these silent sufferers a voice and a community, and to help them better manage their condition.

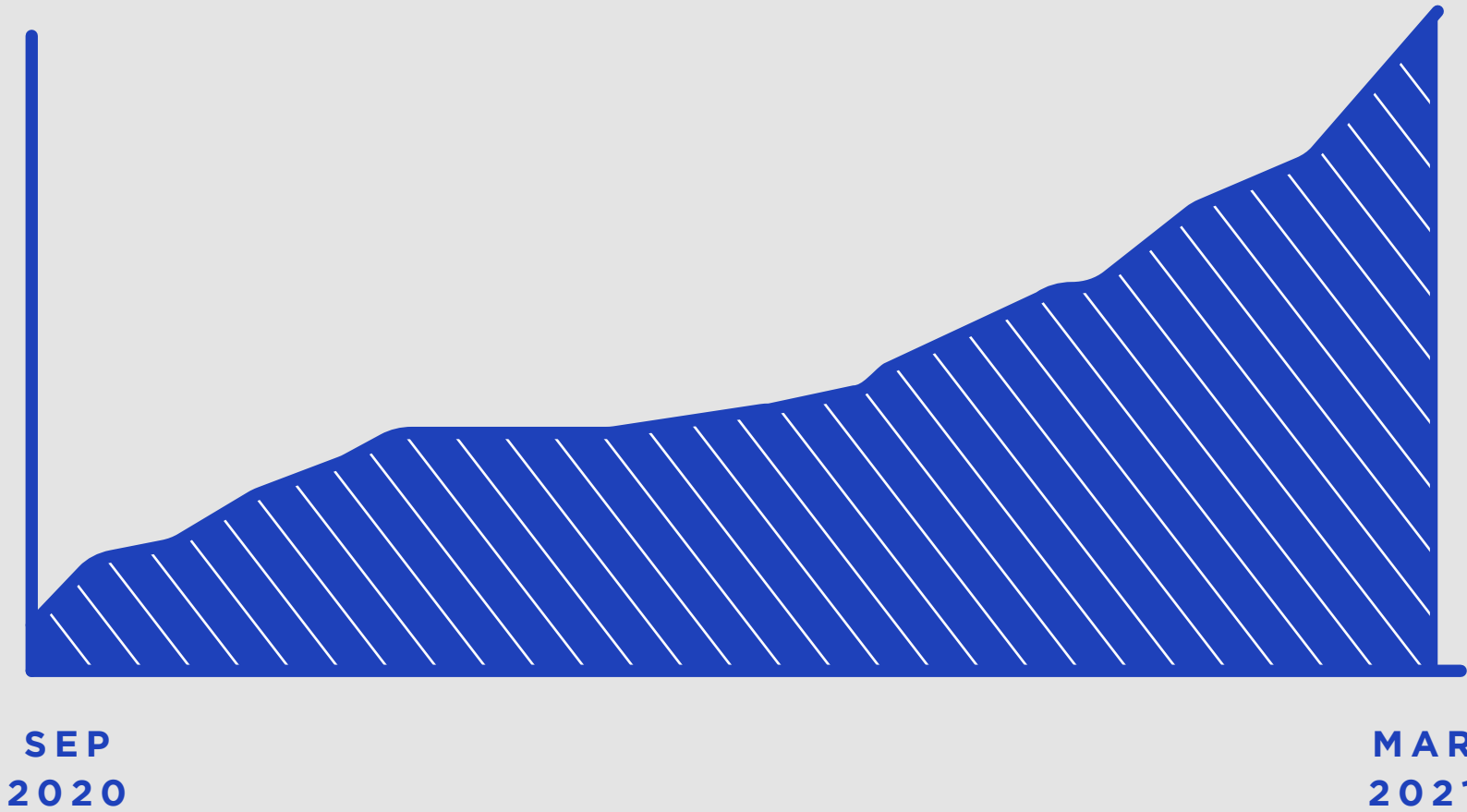




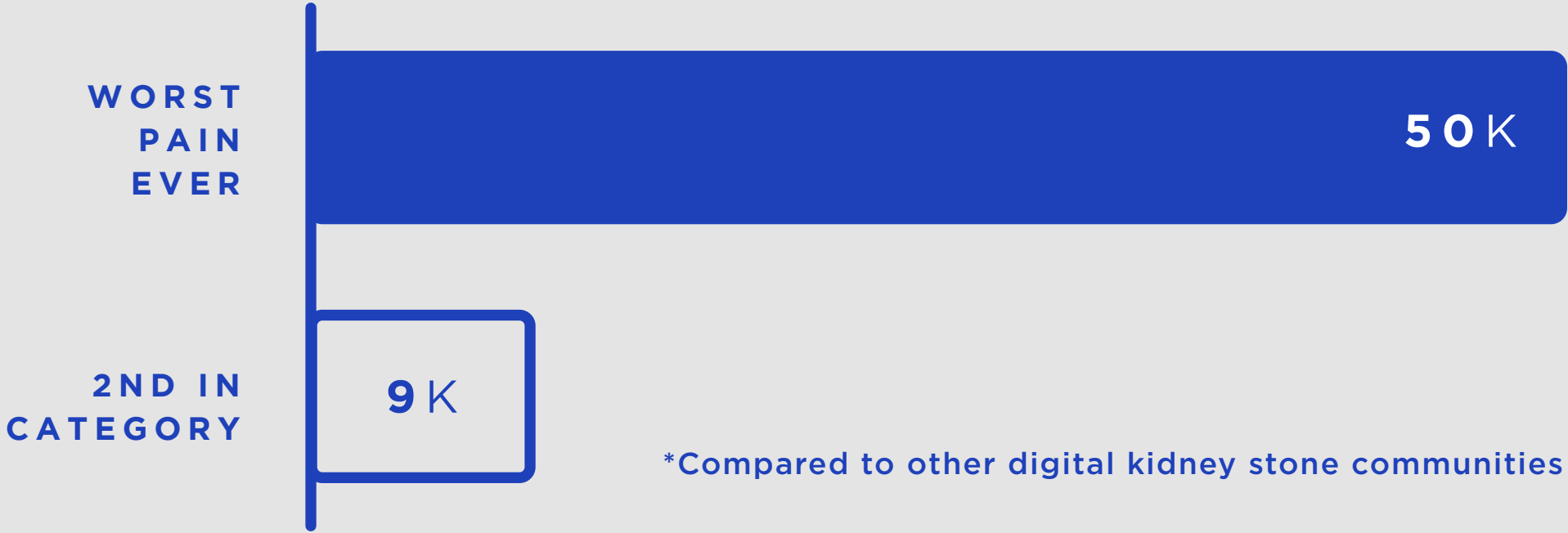
www.facebook.com/worstpainevery/

4+ MILLION
patients and caregivers reached

Community growth in 6 months



5X larger than second in category*



*Compared to other digital kidney stone communities

24,000
post likes, shares & comments

Building a Community

**because it's important
that every patient feels
heard and cared for.**



REAL TALK WITH
REAL UROLOGISTS

COMICS OF PATIENT
EXPERIENCES

Creating Better Habits

**through simple and
actionable steps, backed
by clinical studies.**



MEDICAL FACTS
& MYTHBUSTERS

Laughter is the Best Medicine

**finding the 'bright side' helps
patients to cope with the harsh
realities of stone disease.**



RELATABLE MEMES

REAL TALK WITH REAL UROLOGISTS ?

We're bridging the gap between physicians and patients, by hosting acclaimed doctors for live Q&A sessions where patients can ask about absolutely anything.

The mundane, the strange... the floor is open.

Patel's Pearls

Let's get fizzical!

Dr. Nishant Patel, MD, Endourologist and Assistant Professor at UVA

fb.com/WorstPainEver

WorstPainEver

Patel's Pearls

My milkshake brings oxalate to the gut

Dr. Nishant Patel, MD, Endourologist and Assistant Professor at UVA

fb.com/WorstPainEver

WorstPainEver

Patel's Pearls

Meat me halfway: 1 serving a day is OK

Dr. Nishant Patel, MD, Endourologist and Assistant Professor at UVA

fb.com/WorstPainEver

WorstPainEver

9:41

LIVE

Mackenzie Jennings
Is exercise something that helps prevention of kidney stones??

Hanna Rothwell · 31:35
I've had 6 lithotripsies. I have multiple stones in each kidney. Why do they come back so fast? I watch sodium and such. Nothing works.

Nina Shindel · 31:55
is there such a thing as a sugar stone?

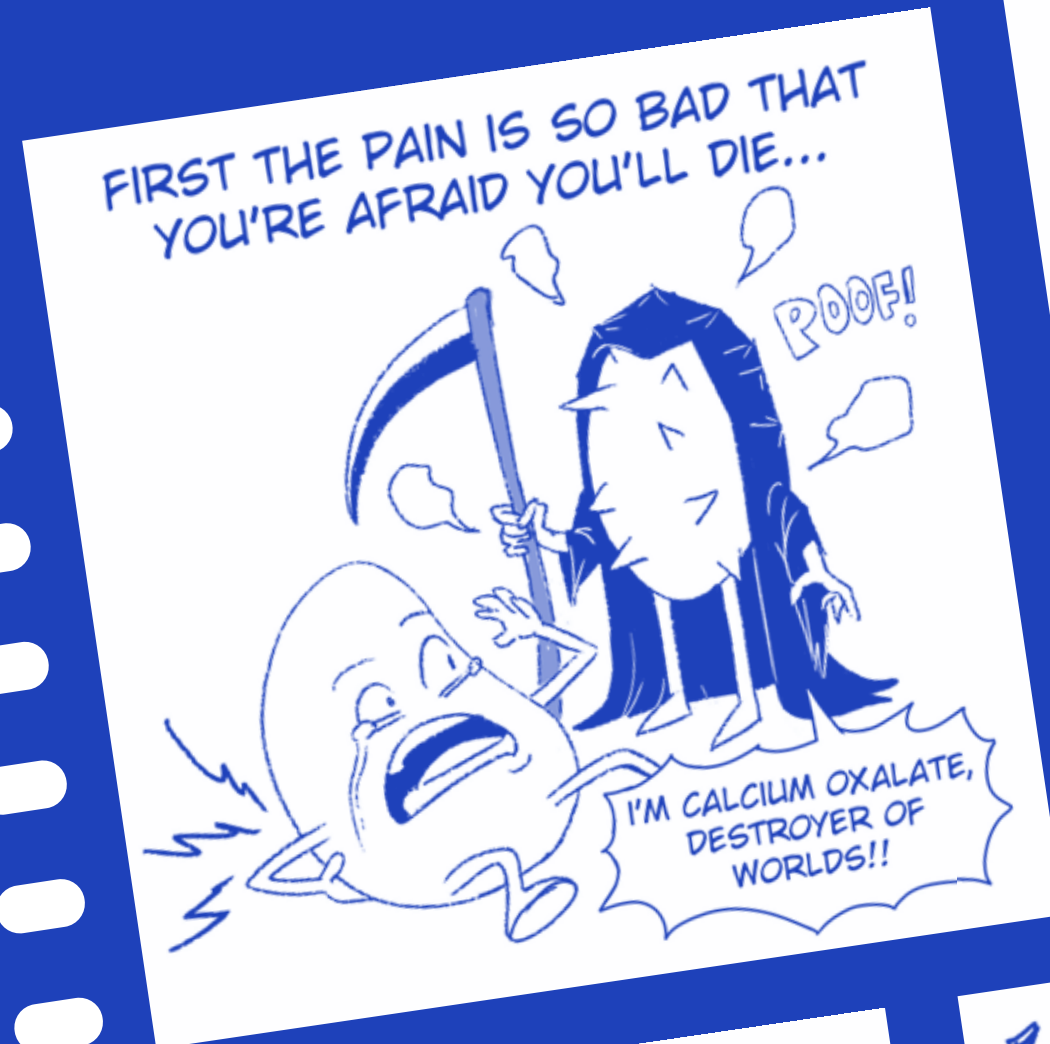
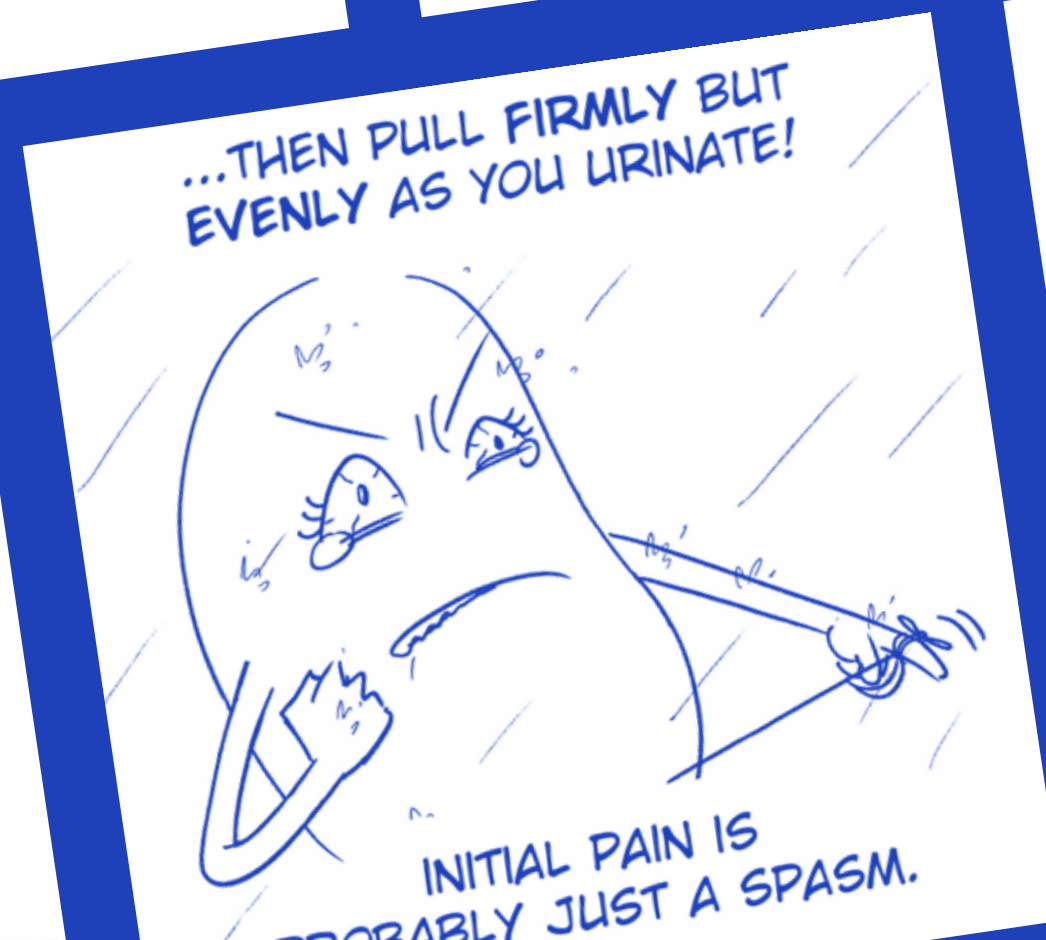
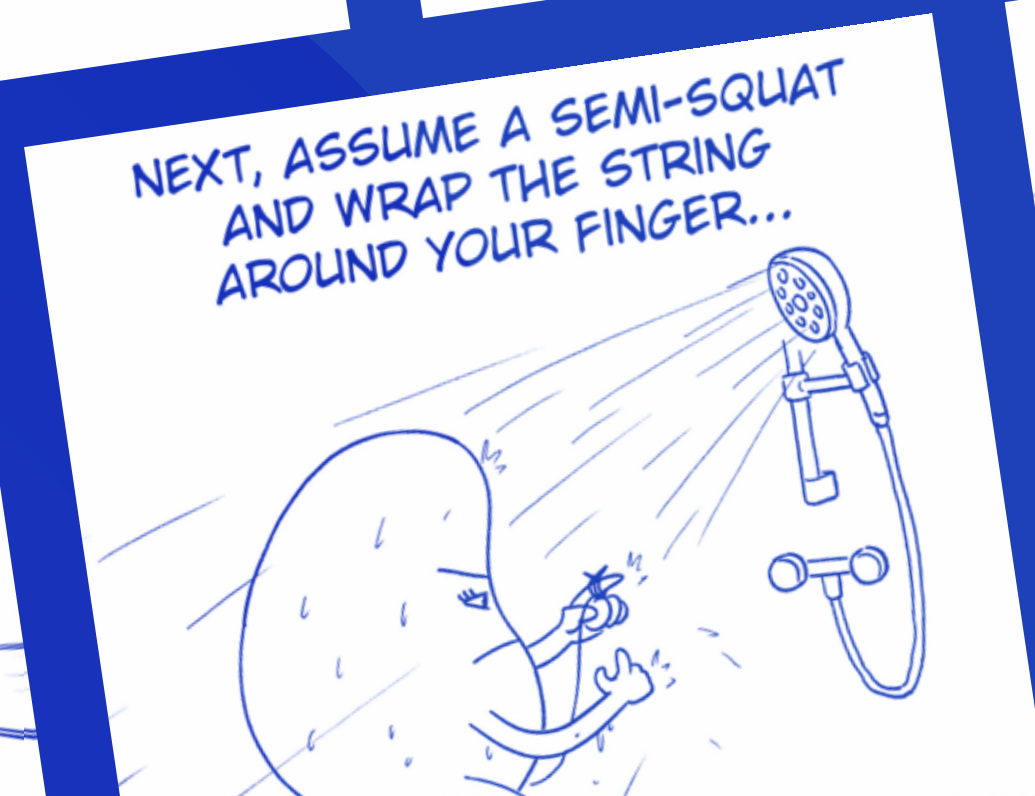
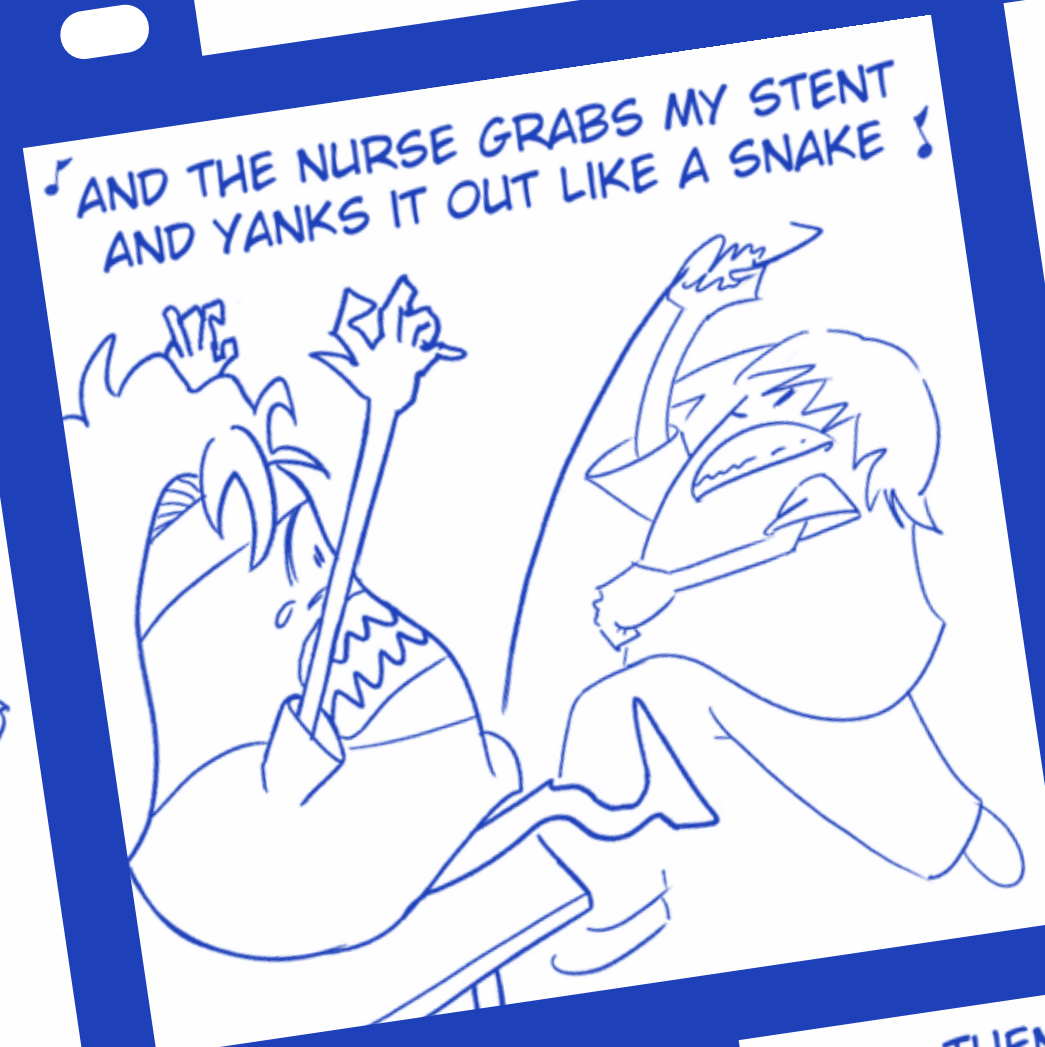
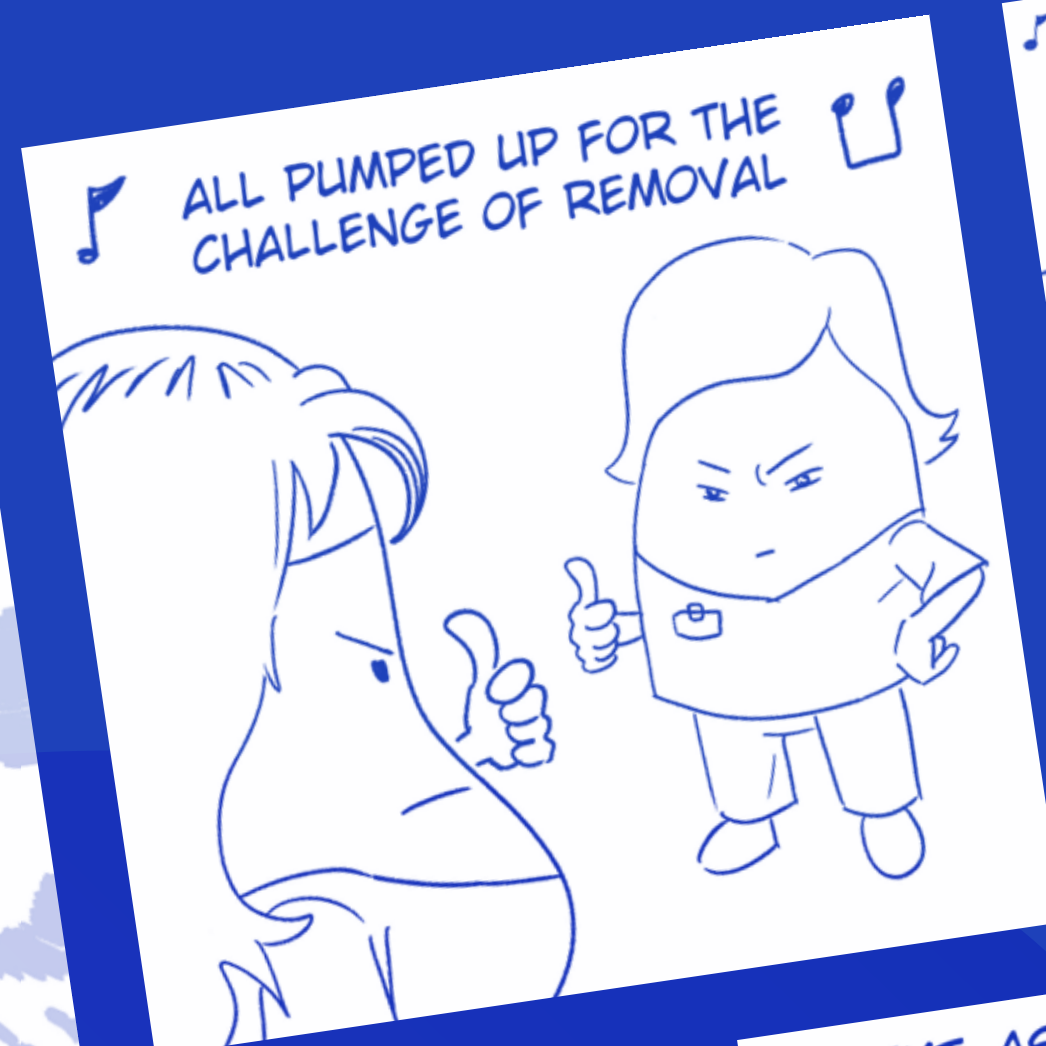
Anna Jones Curts · 32:25
So I'm hearing high citrates, low oxalates and high calcium, of course all in moderation.

Mackenzie Jennings · 33:37
Is exercise something that helps prevention of kidney stones??

Chelsea Michaels · 34:34
How safe are the medications to treat recurrent kidney stones while breastfeeding?

SHARE Write a comment...

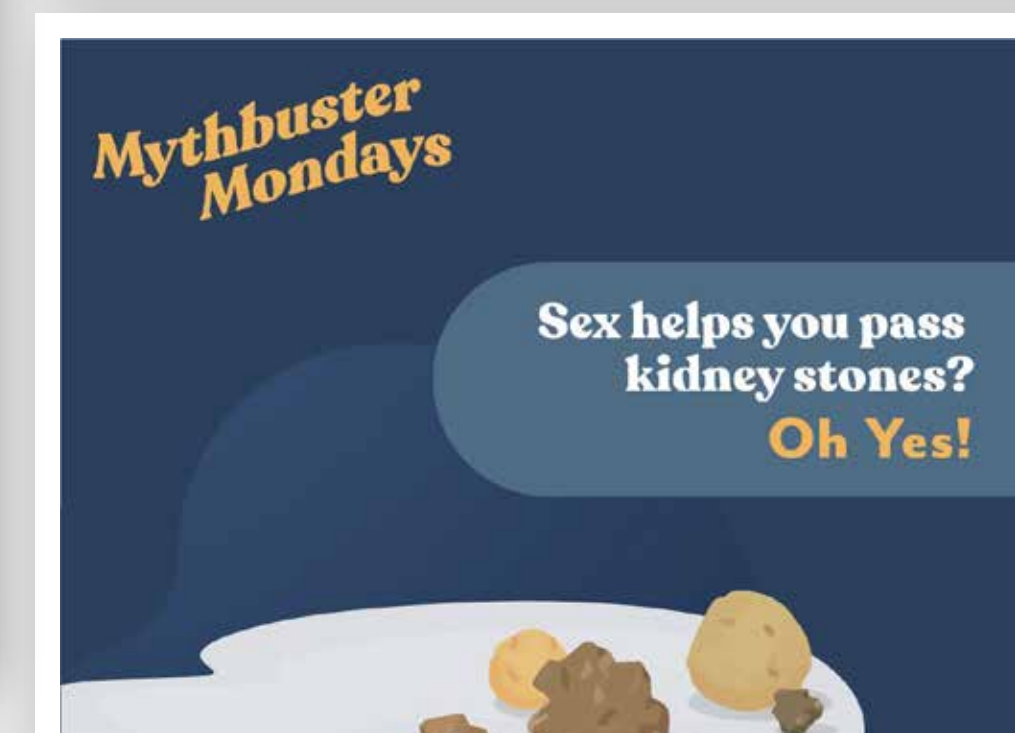
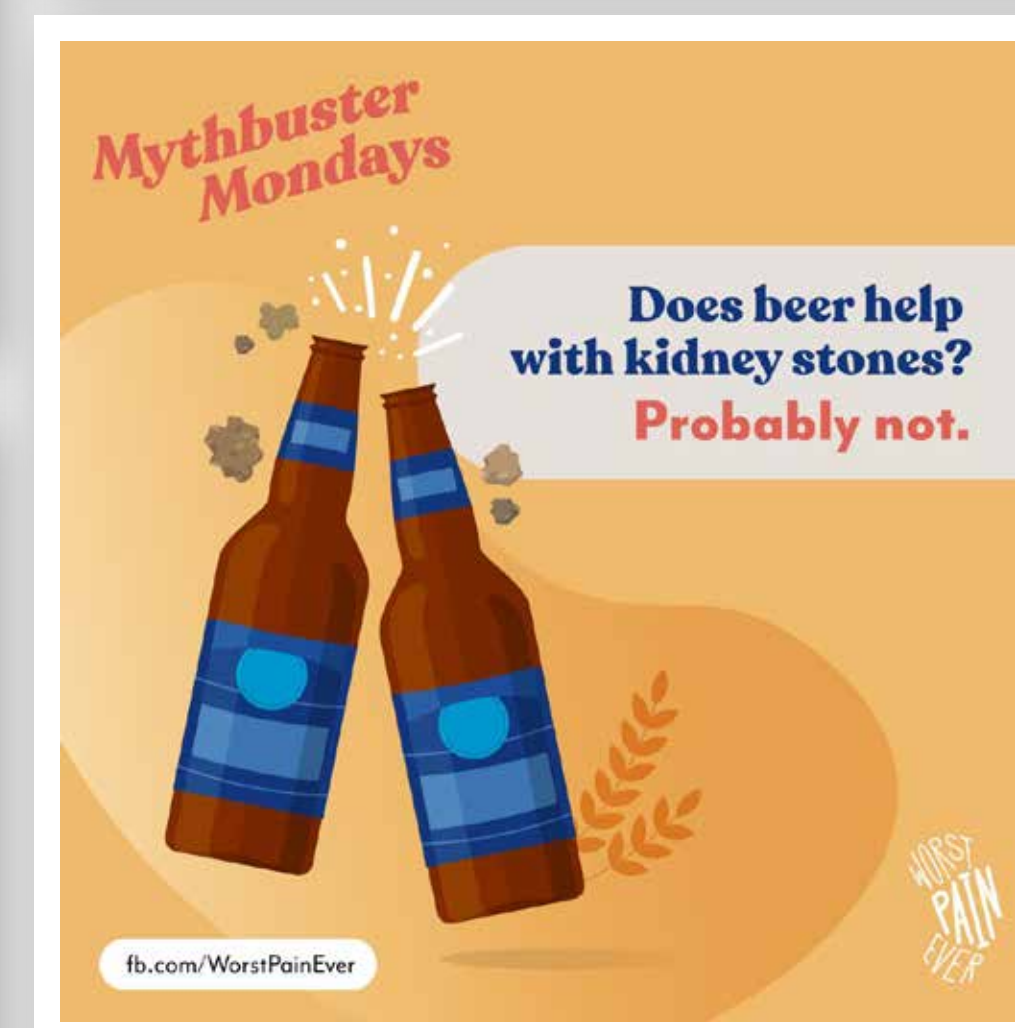
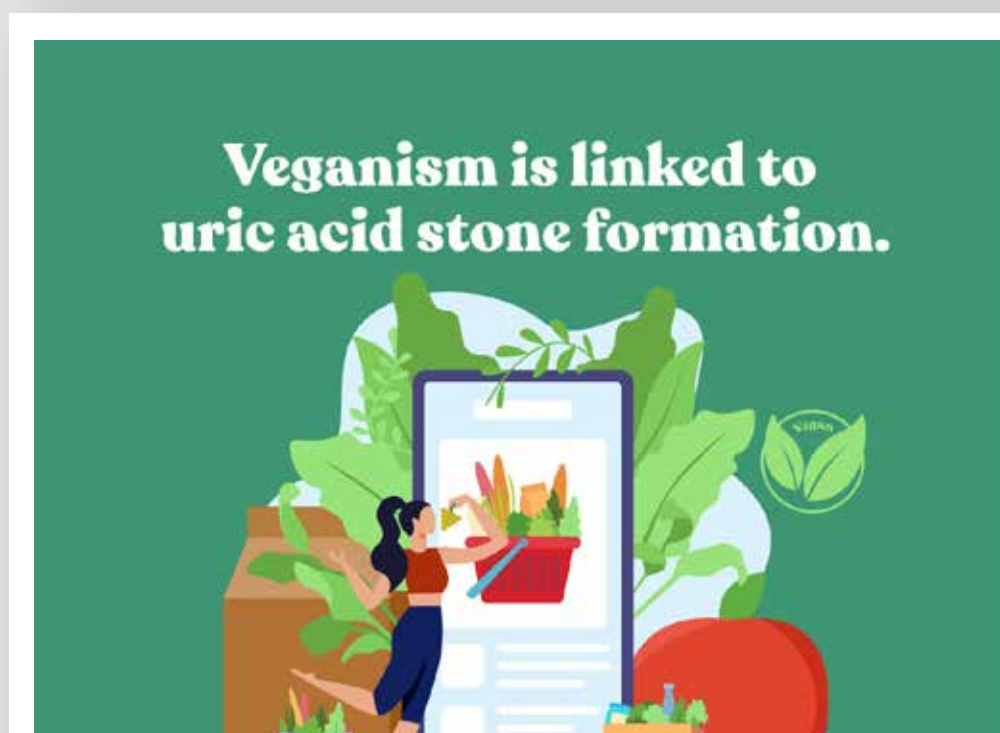
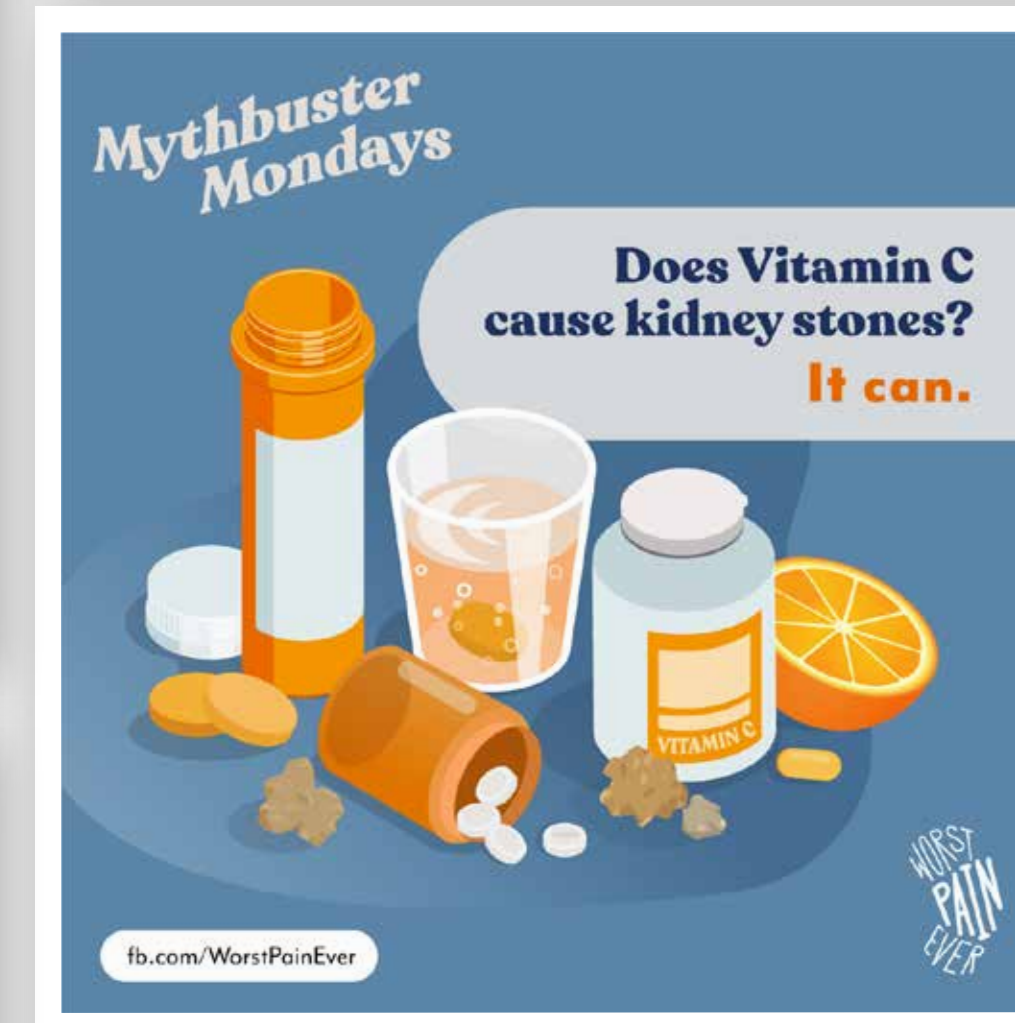
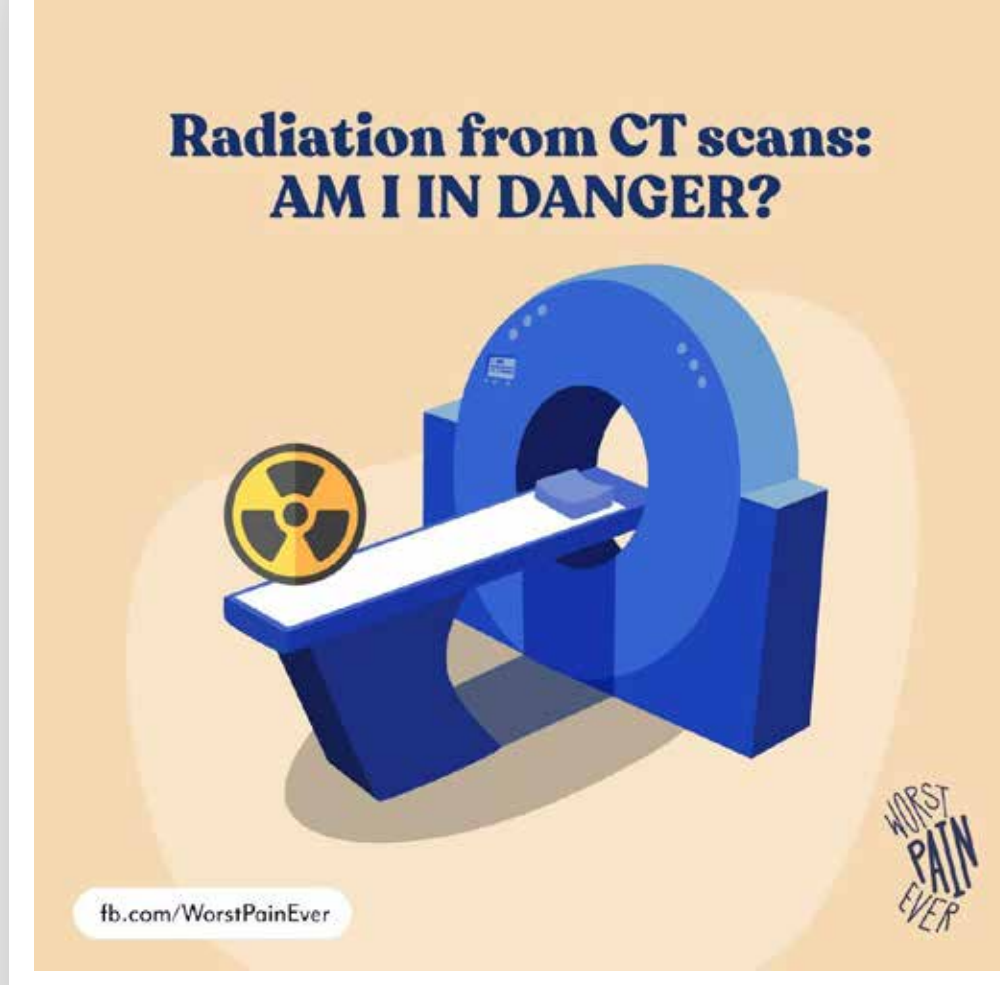
Imagine seeing your stories brought to life, and seeing a part of your journey in someone else's story. Our comics evoke the power of shared experiences to deepen connections within our community.



MEDICAL FACTS +

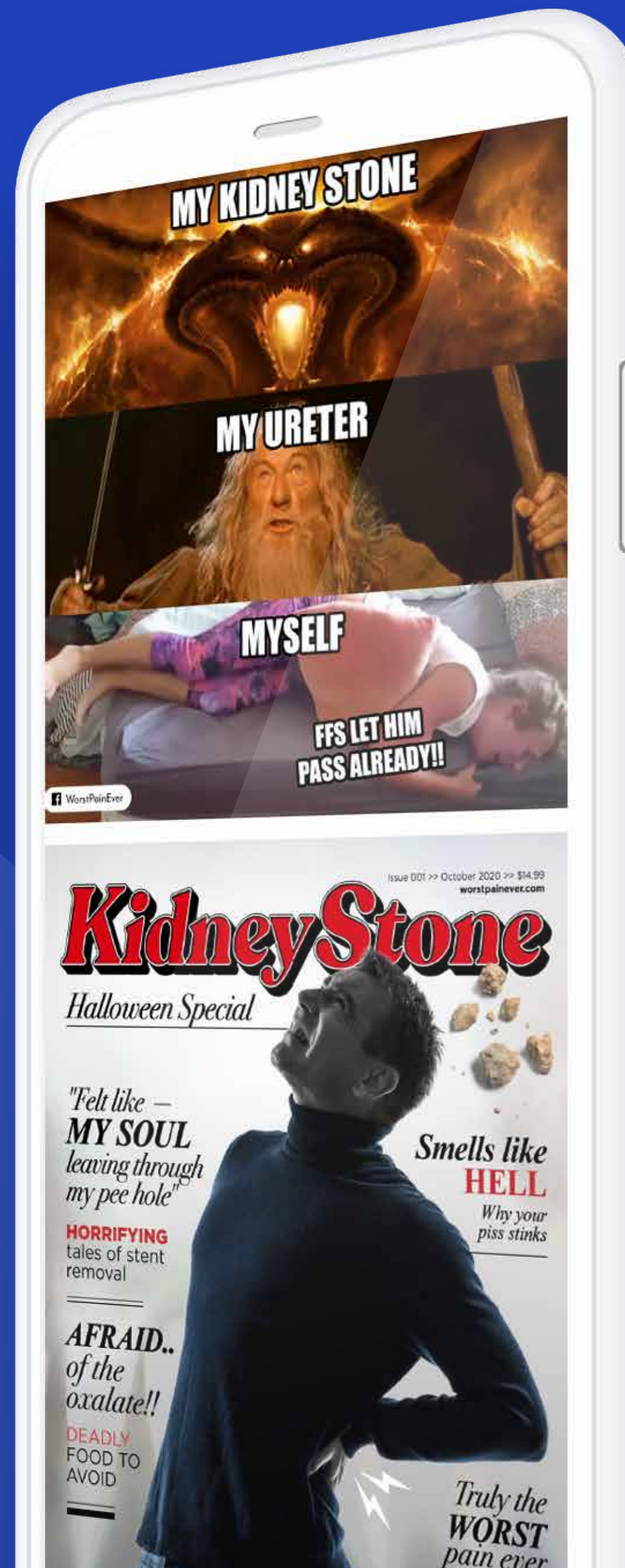
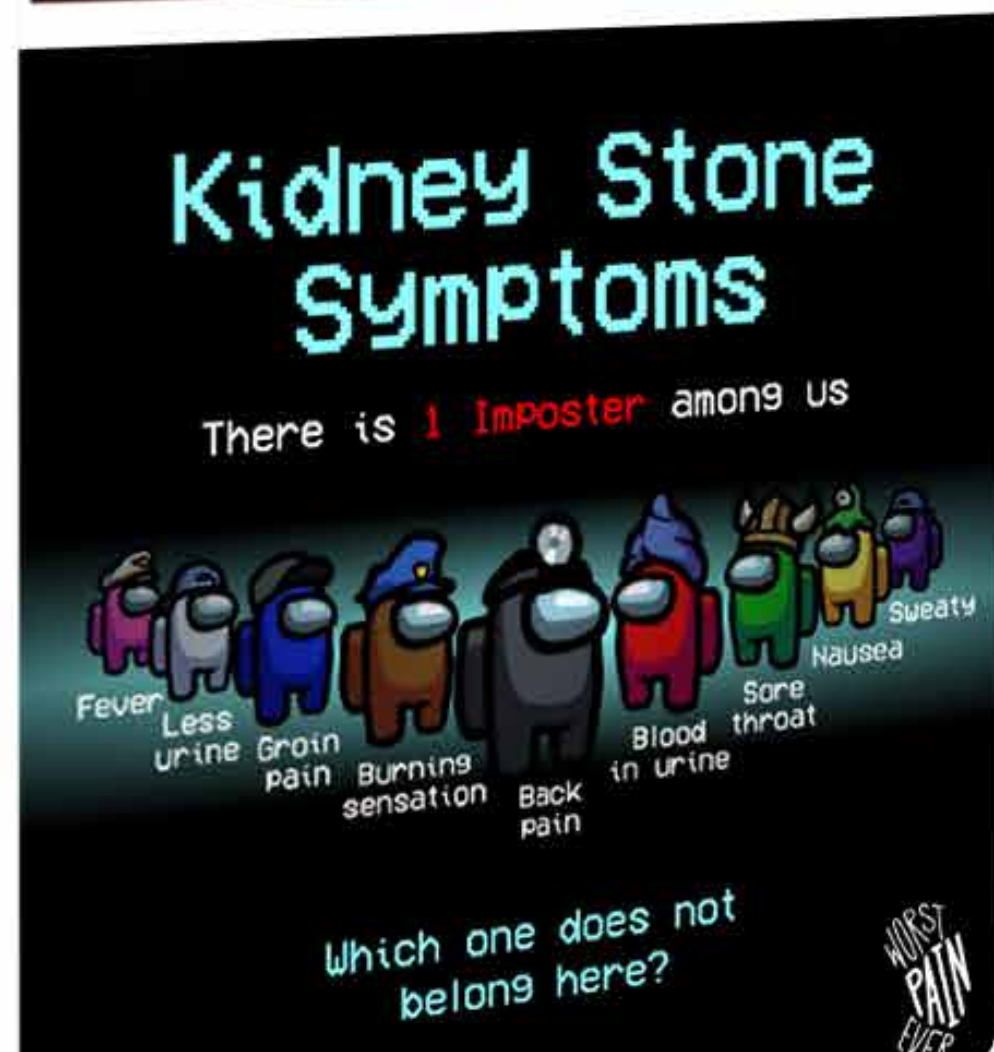
Let me Google that for you... or not!

We keep things simple here, with straight facts, attainable steps, all scientifically-backed. Change can be easy.





When your f.r.i.e.n.d passes
a kidney stone



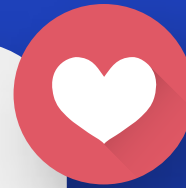
These are our favourite
inside jokes, privy only
to those who have
suffered from kidney
stones. This is how they
know that they belong.

THE RESPONSE?



Billy Fergusom

Yikes, who knew? I juice organic beets, almost daily in my juice regimen. I will cease this immediately!



Annie Blanks

I found this page due to having stones, and it showed me how strong I could be



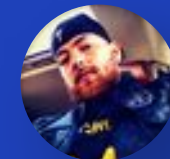
Tom Bohl

You rock it, Erica! Glad to see you are not in kidney stone pain and enjoying life!



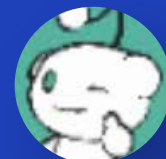
Renee Dennis Simmons

I wish I had found your page earlier, because I have many stories to tell about my stones!



Timothy M Waters Jr.

I've found my people!!! Renial failure from stone blockages are the worst!!!



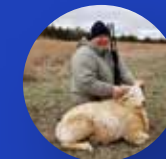
Forever Ginger

OH MY GOSH AH IT'S ME. I LOVE THIS SO MUCH. I'm gonna be honest. This by far, was the most amazing thing I've ever seen, ever. I've given many people kidney stone advice as a veteran stoner, and I never thought it would ever warrant some hilarious, awesome art. Thank you for this! I'll be looking through it everytime I get a stent removed



Denise Waibel-Rycek

Good to know! Didn't want to give up my smoothies that I make with yogurt!!



Tom Bohl

My silver lining from kidney stones was to take better care of myself, also I get to be a part of this nifty group!



Ritchie Cotton Roberts

Yeah I don't wish a stone on anybody. I've got one now in my right kidney. And that's cool. Maybe my story will help someone decide what to do



Deborah DeRouen

I learn a lot from this page!



Caroline Annelie

Love when people break health myths, why do you think people started to use Apple Cider in the first place?



“Change moves
at the speed of **trust**”

– **Stephen Covey**

Taking that first step towards opening up and changing lifestyle habits is hard, and even more so when it seems like no one understands what you're going through.

At **Worst Pain Ever**, we've witnessed the transformative impact of our information bites and community culture on kidney stone patients, who trust our credibility and commitment to supporting them.

This is how we get better, together.