New Study Investigates Use of Soy-Rich Diet for Preventing Chronic Pain after Breast Cancer Surgery
September 2, 2010 [Source: HealthCanal.com]
Researchers at the Alan Edwards Pain Management Unit of the McGill University Health Centre and McGill University will begin a new National Institutes of Health-funded study to determine if a diet enriched with soy protein consumed prior to surgery could prevent the development of chronic postsurgical pain. Researchers believe that the clinical implications would be significant and help many women suffering from chronic pain after breast cancer surgery. Full story...

OxyContin Worries Misplaced: Pain Experts
September 2, 2010 [Source: CBC News]
Findings from McGill University on opioid prescribing trends were presented at the World Congress on Pain, indicating that the highest opioid use in Ontario was in people over age 80. The researchers comment that they are concerned Ontario’s new strategies to combat abuse and misuse of opioids may unintentionally cause chronic pain patients to suffer needlessly. Full story...

Research Demonstrates Benefits of Medical Cannabis As a Treatment for Chronic Pain
August 30, 2010 [Source: PR Newswire]
A new study by researchers at the McGill University Health Centre and McGill
University found that low doses (25 mg) of inhaled cannabis containing approximately 10 percent THC, smoked as a single inhalation using a pipe three times daily over a five-day period, offered modest pain reduction in patients suffering from chronic neuropathic pain. Researchers concluded that "larger-scale studies with longer time frames and higher doses of THC are needed to evaluate the efficacy and long-term safety of medical cannabis." Full story...

View at CMAJ...

New Migraine Gene Discovered
August 29, 2010 [Source: HealthDay News]
Researchers in England identified a specific genetic variant of a gene on chromosome 8, between the MTDH and the PGCP gene, which is associated with a heightened risk for the most common types of migraines. The researchers found that one of the genes regulate an additional gene involved in glutamate regulation, which researcher speculate may play a role in migraines. Full story...

Research Finds Association Between Pain Quality and Patient Functioning in Carpal Tunnel Syndrome
August 26, 2010 [Source: MedlinePlus]
Researchers at the University of Washington examined specific pain qualities and found that they were associated with changes and functioning over and above pain intensity and other measures. Patients with carpal tunnel syndrome were part of a clinical trial comparing a five percent lidocaine patch to 500 milligrams of naproxen. Full story...

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Ethics

Patients Wary of Doctors’ Relationships
August 24, 2010 [Source: MedPage Today]
Patients in a recent survey by Consumer Reports reported that on average, they were routinely taking four different medications. Of this group, 47 percent indicated that they thought gifts from pharmaceutical companies influenced their doctor’s choice of drugs, and 81 percent were concerned their doctor was rewarded by the pharmaceutical companies for prescribing their drugs. Full story...

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Pain Treatments/Trials in the News

BioDelivery Sciences Hopes to Increase Access to Cancer-Pain Drug
September 2, 2010 [Source: Fox Business]
The FDA is currently reviewing a streamlined REMS for ONSOLIS, which would give healthcare providers greater ability to prescribe ONSOLIS and expand its access for patients. Meda’s ONSOLIS was the first opioid product that required a REMS. Full story...

Transdel Pharmaceuticals Presents Phase 3 Study Data On Ketotransdel® At World Pain Congress In Montreal, Canada
September 2, 2010 [Source: PR Newswire]
Results from a Phase 3 study of Ketotransdel®, TDLP-11, a non-steroidal anti-inflammatory drug that utilizes a transdermal deliver platform to deliver the active drug ketoprofen, confirms that the 10 percent cream had statistically greater reductions in pain intensity than placebo treated patients and demonstrated excellent safety and tolerability. Full story...
PATIENT INFORMATION

Patient Education Videos Now Available Online
Online videos are now available in the Patient Portal section of the AAPM website for your patients to view:

View "Finding Relief: Pain Management for Older Adults" video
View "Managing Chronic Pain: A Guide for Patients" video

Educational Booklet and DVD
Copies of the new educational booklet and DVD, Finding Relief: Pain Management for Older Adults are available to members free of charge, with the addition of a modest shipping fee. To request copies of this resource email: info@painmed.org.

UPDATES

The AAPM Power Point Presentation on the Federal Regulations for Prescribing has been updated as of 6/01/2010. View this new presentation.

Revised AAPM Ethics Charter
Includes statement on conflicts of interest.

Ortho-McNeil-Janssen Pharmaceuticals, Inc.’s Pivotal Phase 3 Study Compares Tapentadol Extended Release Tablets to Placebo in Patients with Chronic Osteoarthritis Knee Pain; Announces Positive Results
August 31, 2010 [Source: BioSpace]
A Phase 3 safety and efficacy study compared tapentadol extended release (ER) tablets, an investigational pain medication, to placebo in patients with moderate to severe chronic osteoarthritis knee pain. The study also included an active control group that compared oxycodone controlled release (CR) to placebo. The study found that tapentadol ER tablets achieved at least a 50 percent improvement in average pain intensity compared to placebo (32 percent vs. 24.3 percent, respectively; nominal p = 0.027), indicating a clinically significant improvement in pain intensity. Full story... View Tapentadol Schedule II Status on Federal Register... View Pharmacology Description at the American Society for Pharmacology and Experimental Therapeutics...

Substance Abuse & Addiction Research

MonoSolRx LLC Announces Reckitt Benckiser Plc (RB.L) FDA Approval of Suboxone(R) Sublingual Film for Treatment of Opioid Dependence
August 31, 2010 [Source: ClinicaSpace]
The FDA has given approval for the product Suboxone® (buprenorphine HCI/naloxone HCI dihydrate) sublingual film, for the treatment of opioid dependence. Full story... View pharmacology information at Drug Metabolism & Disposition...

Study Identifies Risk Factors for Painkiller Addiction And Links the Addiction to Genetics
August 27, 2010 [Source: Newswise]
a new study from the Geisinger Health System identified four common risk factors for opioid addiction in patients with chronic pain that include: those age 65 or younger, a history of drug abuse, as well as a history of depression, and the use of psychiatric medications. Opioid addiction was as high as 26 percent among these patients. Full story...

Practice Management & Coding Updates

CODING & REIMBURSEMENT UPDATES

The Office of Inspector General (OIG) Releases Report on Transforaminal Injections
Emily Hill, PA
In the fall of 2010, the Office of Inspector General (OIG) indicated its plans to review claims for transformaminal injections to determine the appropriateness of Medicare payments for these services. The results of that study have been
Need Facts on Pain?
Updated: Visit AAPM's "Facts on Pain" section in the Patient Center of the AAPM website, which now includes detailed references to each fact. These are helpful to have on hand for media calls. Read more...

Affiliate Membership
Are the members of your pain team AAPM members? Affiliate membership information...

The American Board of Pain Medicine (ABPM) is committed to the certification of qualified physicians in the field of Pain Medicine. Visit abpm.org to view ABPM's mission, vision, and objectives.

Pain Medicine: September, 2010

Highlights:

EDITORIAL
Gender Differences in the Affective Processing of Pain: Brain Neuroscience and Training in "Biopsychosocial" Pain Medicine

SPINE SECTION
Efficacy of Fluoroscopically Guided, Contrast-Enhanced Lumbosacral Interlaminar Epidural Steroid Injections: A Pilot Study

PALLIATIVE CARE SECTION
Factors Associated with Clinician Intention to Address Diverse Aspects of Pain in Seriously Ill Outpatients

PSYCHOLOGY, PSYCHIATRY & BRAIN NEUROSCIENCE
Differences in Pain, Psychological Symptoms, and Gender Distribution among Patients with Left- vs Right-Sided Chronic Spinal Pain

ACUTE PAIN SECTION
Continuous Transversus Abdominis Plane (TAP) Block Catheters in a Combat Surgical Environment

View all topics slated for the next issue of Pain Medicine Journal or go to the Library section of the AAPM website for more information.

MEMBERSHIP
AAPM Membership Renewals

released and suggest that up to 34 percent of services did not meet Medicare’s requirements for payment. According to the report, documentation errors and failure to meet medical necessity requirements were responsible for 19 percent and 13 percent of the improper payments, respectively. In addition to providing education to physicians, the OIG recommends that CMS "examine transforaminal epidural injection services provided in offices". Read more...

View Office of Inspector General (OIG) Report on Transforaminal Epidural Injection Services

PRACTICE MANAGEMENT

The Practice Management section of the AAPM website offers practical tools and resources for you to use in your pain practice, as well as coding updates, reimbursement news, and other information that impacts your practice. Visit this helpful section on the website

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International Pain News

Health Care Professionals and Advocates from 84 Countries to Issue Declaration that Access to Pain Management is a Fundamental Human Right
September3, 2010 [PR Newswire]
The first annual International Pain Summit was part of the 13th World Congress on Pain held in Montreal, Canada, August 29-September 2, 2010. Delegates from 84 countries issued a declaration asserting that access to pain management is a human right. Full story...

Don't Be on Pins and Needles Waiting for Acupuncture to Work, Says Neuroscientist
August 31, 2010 [Source: The Vancouver Sun]
In a plenary session at the World Congress on Pain, neuroscientist Ji-sheng Han, director of the Neuroscience Research Institute at Peking University and founder of the Chinese Association for the Study of Pain, discussed the use of pre-surgery acupuncture and its use to increase the effect of "acupuncture analgesia" during surgery, as well as its great variability to help reduce chronic pain. Full story...

View related article at Yale Journal of Biology and Medicine...

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Join the Discussion

Latest Topic in the AAPM Members' Discussion Forum
An AAPM Member from Omaha, NE, asked the question, "Does anyone have experiences to share regarding EMR or EHR. I'd love to go electronic, but who has the best solution for a small interventional pain medicine practice?"

Visit the Discussion Forum to post your comments (login required)

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AAPM Members in the News

Rx for Death: Troop Deaths Soar with Prescriptions for War
Membership renewals are currently being sent out. Don't miss the opportunity to continue being a part of the primary organization for physicians practicing in the specialty of pain medicine. As a member you will continue to receive the AAPM E-News, Pain Medicine, the official journal of AAPM, as well as representation and advocacy in Washington DC, up-to-date coding information, discounts on AAPM's Annual Meeting, and a host of other member benefits.

Pay dues online or for phone assistance, please call customer service at 847/375-4731.

Bring in a new, paid, active AAPM member and receive the Plenary Proceedings of the 24th Annual Meeting, which contains exciting, forward thinking perspectives currently driving the emerging field of Pain Medicine. A $79 value. Contact phenderson@connect2amc.com to receive your thank you for referring a new AAPM.

**Join AAPM Now**

With membership at an unprecedented level, more than 2,500 physicians and their pain teams are part of this premier medical specialty society, practicing in pain medicine from origins in anesthesiology, neurosurgery, neurology, physiatry, and psychiatry. For more than 25 years, the American Academy of Pain Medicine (AAPM) has provided education, training, advocacy and research in the specialty of pain medicine. Consider joining AAPM today and become part of this growing medical specialty society. Visit www.painmed.org for more information.

**Wounded**

*September 3, 2010 [Source: Navy Times]*

AAPM Treasurer, **Lynn Webster MD**, commented in the *Navy Times* about the need for families to monitor those family members on prescription painkillers. [Full story...](#)

**FDA Opioid Safety Plan Promotes Patient, Physician Education to Prevent Abuse**


AAPM’s Director at Large and Chair of the Legislative & Regulatory Affairs Committee, **Scott Fishman MD**, is interviewed in a recent article in the *Journal of the American Medical Association* regarding REMS. [Full story (log-in required)...](#)

**Move to Restrict Pain Killers Puts Onus on Doctors**


AAPM Co-Chair of the Research Committee, **Alex Cahana MD**, is featured in this *New York Times* article discussing the efforts of Washington State to develop regulations directed at controlling how doctors use narcotics to treat legitimate pain patients. [Full story...](#)

**New York University Langone Medical Center Celebrates Pain Awareness Month**

ABPM Liaison Director, **Michel Y. Dubois MD**, is a featured speaker at several lectures sponsored by the New York University Langone Medical Center’s Interdisciplinary Pain Committee during September’s Pain Awareness Month.

**Pain Awareness Month**

*September is Pain Awareness Month*

Celebrate Pain Awareness Month this September by sending your patients to view AAPM’s patient education videos:

- [Managing Chronic Pain, A Guide for Patients](#)
- [Finding Relief: Pain Management for Older Adults](#)
- [Living with Chronic Pain is Not Much of a Life](#)

AAPM President, **Eduardo Fraifeld MD**, is featured in a local television news program, in which he discusses the various treatments options available to the patient suffering with chronic pain.

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Grant News

AAPM Member Receives Department of Defense Grant

AAPM member, **Thomas E. Buchheit MD**, along with fellow colleagues at Duke University, was recently awarded a $1.5 million grant from the Department of Defense to study pain in soldiers with traumatic amputations returning from Iraq and Afghanistan.

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AAPM Annual Meeting

AAPMedicine's 2011 Call for Scientific Poster Abstracts:

**DEADLINE: September 30, 2010**

The 2011 Program Committee invites you to submit proposals for scientific abstracts to be presented at the AAPM 27th Annual Meeting, March 24-27, 2011, at the Gaylord National Hotel and Convention Center in National Harbor, MD.

2011 - Poster Award

The 2011 Scientific Poster Abstract Committee will select up to 5 scientific poster abstract submitters to present their research during a "live" Plenary Research Highlights session held Saturday morning during the 2011 Annual Meeting. This honor includes the recognition of "Faculty" status at the meeting. *As faculty of the annual meeting, the presenters' airfare, lodging and Annual Meeting registration are complementary (up to a dollar amount that will be specified at a later date.)* If there are questions regarding this amount, please email mokeefe@connect2amc.com.

As an additional reward, *each of these presenters will also receive complementary meeting registration for the 2012 AAPM Annual Meeting* in Palm Springs, California.

**Hurry! AAPM's Scientific Abstract Submission Deadline is September 30th!**

Click Here for complete details.

For more information, or to apply online, visit: [www.painmed.org](http://www.painmed.org) or call Mary O'Keefe 847-375-4809.

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Meetings of Interest to AAPM Members

**21st Annual Meeting of the Alliance of State Pain Initiatives**

October 21-23, 2010, Atlanta, GA

[More information...](#)
Advocacy

**ABPM Continues to Receive Specialty Board Recognition in California**

AAPM and ABPM continue their advocacy efforts throughout the country as an influential participant in policy making for Pain Medicine services. Through the persistent efforts led by ABPM's Executive Vice President, Philipp M. Lippe MD, along with a team of others, new legislation in California will continue to recognize non-ABMS boards such as ABPM. The new legislation, AB 583 (Hayashi) Health Care Practitioners: Disclosure of Education, is currently awaiting the Governor's signature and mandates that California physicians disclose certain information to all patients, including specialty board recognition.

American Board of Pain Medicine (ABPM)

**ABPM Now Accepting 2011 Examination Applications**

**Deadline: October 1, 2010**

There is still time to apply for the American Board of Pain Medicine (ABPM) 2011 certification and recertification examinations. The final filing postmark deadline for both examinations is Friday, October 1, 2010. Both examinations are available in an electronic format, eliminating the need to travel to one location to take a paper and pencil exam. Online testing is offered through ACT testing sites nationwide during the 3-week window of Saturday, April 2, 2011 through Saturday, April 23, 2011. For information on ACT test center locations, visit [http://www.act.org/actcenters/locate/index.html](http://www.act.org/actcenters/locate/index.html).

If you are interested in certifying with ABPM, or if you are a Diplomate who needs to recertify, please visit www.abpm.org to download the applicable examination materials, or contact the ABPM office to request a copy of the Examination packet at (847) 375-4726 or info@abpm.org.

Pain Abstracts in the News

**Prevention of Medication Overuse in Patients with Migraine**  
August 30, 2010 [Source: ScienceDirect]

Abstract: This multi-center study compared the therapeutic effect of a cognitive-behavioral minimal contact program (MCT) to the effect of a brochure (bibliotherapy) for the prevention of medication overuse headache (MOH) in migraine patients.  
[Read more...](#)

**View related article at the Cleveland Clinic Journal of Medicine...**

**Identification, Treatment, and Clinical Outcomes of Neuropathic Pain for the Primary Care Physician**  
August 24, 2010 [Source: Journal of Clinical Outcomes]

Abstract: Objective: To provide an overview of and roadmap to using the options available for the appropriate diagnosis and treatment of neuropathic pain. Methods: A literature review was conducted to collect current data regarding the diagnosis and treatment of neuropathic pain.  
[Read more...](#)

**Milnacipran for Treatment of Fibromyalgia**
Abstract: OBJECTIVE: To review the pharmacology, pharmacokinetics, efficacy, and safety of milnacipran and evaluate relevant clinical trial data.

Read more...
View related article at Neuropsychiatric Disease and Treatment...

PubMed Pain Abstracts

The following abstracts are posted at PubMed.gov

Severity of Acute Pain After Breast Surgery is Associated with the Likelihood of Subsequently Developing Persistent Pain
Clin J Pain. 2010 Sep;26(7):556-60
Hickey OT, Burke SM, Hafeez P, Mudrakouski AL, Hayes ID, Shorten GD. Department of Anaesthesia, Cork University Hospital and University College Cork, Ireland.
Abstract: OBJECTIVES: Persistent postsurgical pain (PPSP) after surgery for breast cancer has a prevalence of 20% to 52%. Neuroplastic changes may play a role in the aetiology of this pain. The principal objective of this study was to examine the relationship between acute pain after surgery for breast cancer and the likelihood of subsequently developing PPSP.
PMID: 20639740 [PubMed - in process]
Read more...

Mas-Related G-Protein-Coupled Receptors Inhibit Pathological Pain in Mice
Guan Y, Liu Q, Tang Z, Raja SN, Anderson DJ, Dong X. Department of Anesthesiology and Critical Care Medicine, School of Medicine, Johns Hopkins University, Baltimore, MD 21205.
Abstract: An important objective of pain research is to identify novel drug targets for the treatment of pathological persistent pain states, such as inflammatory and neuropathic pain. Mas-related G-protein-coupled receptors (Mrgprs) represent a large family of orphan receptors specifically expressed in small-diameter nociceptive primary sensory neurons. To determine the roles of Mrgprs in persistent pathological pain states, we exploited a mouse line in which a chromosomal locus spanning 12 Mrgpr genes was deleted (KO). Initial studies indicated that these KO mice show prolonged mechanical- and thermal-pain hypersensitivity after hind-paw inflammation compared with wild-type littermates. Here, we show that this mutation also enhances the windup response of dorsal-horn wide dynamic-range neurons, an electrophysiological model for the triggering of central pain sensitization.
PMID: 20724664
Read more...

Topical NSAIDs for Acute Pain in Adults
Massey T, Derry S, Moore RA, McQuay HJ. Pain Research and Nuffield Department of Anaesthetics, University of Oxford, West Wing (Level 6), John Radcliffe Hospital, Oxford, Oxfordshire, UK, OX3 9DU.
Abstract: BACKGROUND: Use of topical NSAIDs to treat acute musculoskeletal conditions is widely accepted in some parts of the world, but not in others. Their main attraction is their potential to provide pain relief without associated systemic adverse events.
PMID: 20556778 [PubMed - indexed for MEDLINE]
Read more...
View the article at Cochrane Reviews...
Age and Gender Trends in Long-Term Opioid Analgesic Use for Noncancer Pain
Division or Research, Kaiser Permanente Medical Care Program.
Abstract: Objectives. We describe age and gender trends in long-term use of prescribed opioids for chronic noncancer pain in 2 large health plans. Methods. Age- and gender-standardized incident (beginning in each year) and prevalent (ongoing) opioid use episodes were estimated with automated health care data from 1997 to 2005. Profiles of opioid use in 2005 by age and gender were also compared.
PMID: 20724688 [PubMed - as supplied by publisher]
Read more...
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NIH Clinical Studies & Trials
The following studies and trials are posted at ClinicalTrials.gov

Transcutaneous Electrical Nerve Stimulation (TENS) and Head and Neck Cancer Pain (HNC) (TENS & HNC)
This study is not yet open for participant recruitment.
First Received: September 1, 2010
Sponsor: University of Iowa
Information provided by: University of Iowa
ClinicalTrials.gov Identifier: NCT01194466
Stated Purpose: The overall goal of this study is to examine the effect of a single dose of TENS on mucositis pain and function secondary to head and neck radiation therapies. Oral mucositis is an extremely debilitating, unpreventable condition (inflammation, ulcers, bleeding in the mouth, nose, and throat) that causes significant pain, functional impairment, and diminished quality of life.
Read more...

Safety of Twice Daily Oxycodone Hydrochloride Controlled-release Tablets in Children With Moderate to Severe Malignant and/or Nonmalignant Pain Requiring Opioids
Verified by Purdue Pharma LP, August 2010
First Received: August 30, 2010 Last Updated: August 31, 2010
Sponsor: Purdue Pharma LP
Information provided by: Purdue Pharma LP
ClinicalTrials.gov Identifier: NCT01192295
Stated Purpose: The purpose of this study is to characterize the safety of oxycodone hydrochloride (HCl) controlled-release (CR) tablets in opioid experienced pediatric patients aged 6 to 16 years, inclusive, with moderate to severe malignant and/or nonmalignant pain requiring opioid therapy.
Read more...
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