AAPM E-NEWS


LATEST NEWS from the American Academy of Pain Medicine

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NIH News

Dr. Franziska B. Grieder Appointed as Director of the Office of Research Infrastructure Programs at NIH
January 15, 2012 [Source: NIH]
The National Institutes of Health announced today the appointment of Franziska B. Grieder, D.V.M., Ph.D., as director of the Office of Research Infrastructure Programs (ORIP) in the Division of Program Coordination, Planning, and Strategic Initiatives. Dr. Grieder's appointment was effective Jan. 13, 2013. Read more...

National Institute of Neurological Disorders and Stroke, Interagency Pain Research Coordinating Committee; Call for Committee Membership Nominations
January 2, 2013 [Source: NIH]
The Department of Health and Human Services (Department) has created the Interagency Pain Research Coordinating Committee and is seeking nominations for this committee with a deadline of Jan. 25, 2013. Read more...

AAPM Foundation News

AAPM Foundation Faces 2013 Prepared to Advance Science and Practice of Pain
The American Academy of Pain Medicine Foundation was created in 2011 to work in cooperation with the AAPM to amplify and expand the Academy’s vital work. The overarching focus of the foundation’s efforts is to advocate for patient safety by providing funding support to expand and enhance education...
Designate AAPM on Your AMA Membership Ballot

If you are an AMA member, you should be receiving your Specialty Representation Ballot in the mail shortly. Please take a moment and complete your Ballot, either with the self-addressed postcard or on the Internet at: [www.ama-assn.org/go/ballot](http://www.ama-assn.org/go/ballot).

Be sure to designate AAPM as your Specialty Society. It is very important that we have sufficient AAPM votes for continued representation in the House of Delegates. Thank you.

Join in on discussions today (login required)

Advocacy Day 2011 on Capitol Hill

On March 23, 2011 AAPM state representatives visited Capitol Hill to advocate for better pain care.

AAPM Online Medical Education Now Available

and research. [Our priorities...](#) (Click to Continue reading).

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Annual Meeting

Registration is Now Live for AAPM's 29th Annual Meeting

April 11-14, 2013 Fort Lauderdale, FL
Preconference sessions: April 10-11, 2013

Register Now

View AAPM's 2013 Annual Meeting [Schedule at a Glance.](#)

Plan to attend the 29th Annual Meeting which includes a COMPREHENSIVE PAIN MEDICINE CURRICULUM:

**Chronic Pain**
- Chronic Pain in Women
- Chronic Pain and Addiction Treatment in Interdisciplinary Chronic Pain Rehabilitation Programs
- Chronic Abdominal Pain: An Interdisciplinary Approach
- Treating Insomnia and Fatigue in the Chronic Pain Population

**Cutting Edge of Pain**
- Smoking and Chronic Pain: Does It Really Matter
- Platelet-Rich Plasma: Overview and Evidence Review
- New Sacroiliac Joint Interventional Procedures
- Using Exercise as Medicine for Spinal Pain Disorders

**Interventional Pain**
- Advancing Interventional Pain Treatment Through Ultra-Minimally Invasive Spinal Solutions Session
- The Future of Spinal Cord Stimulation and Intrathecal Drug Therapy
- Prospective Evidence-Based Studies for Implantable Therapies
- Best Practices for Lumbar Spinal Stenosis

**Military Pain Track**
- Learn pain treatment techniques currently used by the Department of Defense (DOD) and the U.S. Department of Veterans Affairs (VA) in treating returning military veterans who were injured in combat as they transition between healthcare systems.

**Opioid/Analgesics**
- Clinical Pearls of Safe Opioid Prescribing
- Chronic Opioid Therapy Under Siege: Strategies, Protocols, and Outcomes with High-Risk Patients
- Managing Acute Pain in Chronic Opiate Patients
- Curbing Opioid Dose Escalation in Chronic Non-Cancer Pain Chronic Pain and Addiction

**Psychology**
- Psychopharmacology
- Hot Topics in Pain Psychology

**Research**
- Plenary Session on Functional Neuroimaging of Chronic Pain, along with Clinical
Trials and Clinical Practice
- Advancing Pain Research in Clinical Practice
- National Institutes of Health (NIH) Pain Research: Optimizing Funding Through Grant Writing

Specific Pain Types
- Headache
- Shoulder and Neck Pain
- Chronic Abdominal Pain
- Complex Regional Pain Syndrome (CRPS)
- Cancer Pain: Improving the Diagnosis and Treatment of Cancer Pain Syndromes

Plus
- Value-Based Care for Pain Medicine
- Assessing Impairment and Disability of the Pain Patient

Preconference Sessions: April 10-11, 2013

Hotel and Travel Information
- Make your room reservation now
  Be sure to select the BOOK A ROOM button on this webpage for AAPM’s 2013 Annual Meeting in Fort Lauderdale, FL. Space fills up fast. Ensure you get a room in the main hotel by reserving a room now. For more information...
  **Please note** that if you are calling in a reservation you need to mention that you are attending the AAPM Annual Meeting.
- Take advantage of discounts on airline travel...
- Resources for international travelers...

Practice Management & Coding Updates

Update on 2013 Medicare Physician Fee Schedule
Emily Hill, PA, AAPM Coding Consultant
Congress has averted the 26.5% cut to the Physician Fee Schedule as part of the legislative package associated with the “fiscal cliff”. Current Medicare payment rates will be extended through December 31, 2013. Full story...

Physicians Call for Evidence-Based Appropriate Criteria for Elective Surgeries
A team of Weill Cornell Medical College researchers are recommending the nation's health care leaders and medical community join forces to establish evidence-based appropriateness criteria to determine which patients are most in need of elective procedures, such as joint replacement surgery, in order to curb the expected increase in demand for these procedures, according to the Perspective column in the Dec. 27 edition of The New England Journal of Medicine. Full story...

Deadline to Request Exemption from ePrescribing Penalty is Jan. 31
[Source: AMA]
Physicians who were unable to file for a Medicare ePrescribing hardship exemption by the original deadline have until Jan. 31, 2013 to avoid the 1.5 percent payment penalty in 2013. Read more...
Plenary Proceedings of the 24th Annual Meeting

Plenary Proceedings of the 24th Annual Meeting contains exciting, forward thinking perspectives currently driving the emerging field of pain medicine.

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Pain Medicine’s blog, and read posts by AAPM's Director at Large, Gilbert Fanciullo MD, MS.

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AAPM Releases Pain Position Paper

Pain Research in the News

Researchers Learn About Pain From Morphine Failures
January 7, 2012 [Source: PsychCentral]
A new study in Nature Neuroscience identified a target pathway to suppress morphine-induced pain and how pain hypersensitivity is caused by tolerance to morphine. Full story...
View abstract in Nature Neuroscience...

Electric Stimulation of Brain Releases Powerful, Opiate-Like Painkiller
January 2, 2013 [Source: University of Michigan]
New research from the University of Michigan can now explain why sessions of transcranial direct current stimulation on certain regions of the brain provided pain relief. The researchers found that the active release of local mu-opioid needs to bind to the mu-opioid receptor for the opiate to function. Full story...

Rush University Medical Center Scientists Home in on Cause of Osteoarthritis Pain
December 27, 2012 [Source: Rush University Medical Center]
Researchers at Rush University and Northwestern University found that a chemokine known as monocyte chemoattractant protein (MCP)-1 (CCL2) and its receptor, chemokine receptor 2 (CCR2), are central to the development of pain associated with knee OA. Full story...

Brain Imaging Insight into Cannabis as a Pain Killer
December 21, 2012 [Source: University of Oxford]
A study in the journal Pain, shows that the pain relief from an oral tablet of THC varied greatly. The researchers also found that the strength of the connection in individuals between their right amygdala and the primary sensorimotor area may help predict who would benefit from cannabis for pain relief. Full story...

KemPharm, Inc Receives USAN Approval for Nonproprietary Name of Novel Pain Drug Candidate, KP201
January 7, 2013 [Source: KemPharm]
KemPharm's lead pain candidate, KP201, received approval to use the nonproprietary name for "benzhydrocodone" which is composed of hydrocodone chemically bound to a ligand, which offers unique physicochemical and pharmacological attributes that may deliver additional patient benefits, including reduced potential for abuse and reduction or elimination of opioid-induced constipation (OIC). Full story...

Impax Starts Selling Generic Oxymorphone Pain Drug
January 4, 2013 [Source: San Francisco Business Times]
The generic form of Endo Pharmaceutical's Opana ER, oxymorphone hydrochloride in extended release tablets, is now available in generic form from...
UPDATES

The AAPM Power Point Presentation on the Federal Regulations for Prescribing has been updated effective 11/01/2010. View this presentation.

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: January 2013

Highlights:

EDITORIAL
What Would Bonica Say? A Word on the DVPRS Validation Study

SPINE SECTION
The Effectiveness of Lumbar Transforaminal Injection of Steroids: A Comprehensive Review with Systematic Analysis of the Published Data

PRIMARY CARE & HEALTH SERVICES SECTION
Redesigning Delivery of Opioids to Optimize Pain Management, Improve Outcomes, and Contain Costs

PSYCHOLOGY, PSYCHIATRY & BRAIN NEUROSCIENCE SECTION
Impact of Animal-Assisted Therapy for Outpatients with Fibromyalgia

TRANSLATIONAL RESEARCH SECTION
Intense Focused Ultrasound Preferentially Stimulates Subcutaneous and Focal Neuropathic Tissue: Preliminary Results

MUSCULOSKELETAL SECTION
The Patient Acceptable Symptom

FDA News, Warnings & Recalls

Zimmer Spine - PEEK Ardis Inserter: Class I Recall – Risk of Implant Breakage
December 28, 2012 [Source: FDA]
ISSUE: Zimmer Spine has received reports of the PEEK Ardis Interbody Spacer breaking into fragments when too much lateral force is applied to the Ardis Inserter. If the PEEK Ardis Interbody Spacer breaks during implantation, surgical delays of up to 60 minutes could occur and health risks may include a tear in the thin covering of the spinal cord (dural tear), cerebrospinal fluid leakage, significant blood loss and nerve injury. Long-term health risks may include disability, dysfunction, or death. Full story...

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Substance Abuse & Addiction Research

State Estimates of Nonmedical Use of Prescription Pain Relievers
January 8, 2013 [Source: SAMHSA]
The National Survey on Drug Use and Health (NSDUH) combined 2010 and 2011 data which indicate that the rate of past year nonmedical use of prescription pain relievers among those aged 12 or older was 4.6 percent nationally and ranged from 3.6 percent in Iowa to 6.4 percent in Oregon. To view full report...

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State News

N.Y. Mayor Bloomberg to Limit Supply of Pain Medication in City Hospitals

Minnesota Board Implements Plan to Strengthen Regulation of Compounding Pharmacies
January 9, 2013 [Source: National Association of Boards of Pharmacy]

Indiana Senator Pushes Bill to Regulate Pain Clinics
January 8, 2013 [Source: CourierPress.com]

January 4, 2013 [Source: Miami Herald]

California Regulators Seek to Police Out-of-State Pharmacies
January 1, 2013 [Source: Los Angeles Times]

CA: Medical Board Appeals to Public to Combat Prescription Overdoses
December 29, 2012 [Source: Los Angeles Time]

Maine: Pain Management Program
Opioid Pain Management Presentation on December 20, 2012 View PowerPoint Presentation...

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CME News

Demand Rises for CME Linked to Physician Quality Improvement
December 31, 2013 [Source: Amednews.com]
According to the AMA, Physician Improvement Continuing Medical Education (PI CME) involves three basic steps: an assessment of the physician’s practice using identified evidence-based performance measures, implementation of an intervention, and re-evaluation of those performance measures to gauge improvement. Although less than one percent of all CME programs use this new model, demand is expected to increase as pay-for-performance system of care emphasizes quality over volume. Full story...

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AAPM Members in the News

Reformulated Opioids Thwart Misuse of the Painkillers
January 14, 2013 [Source: Amednews.com]
AAPM President-Elect Lynn R. Webster MD discusses the benefit of using abuse-deterrent formulations. Full story...

Op-Ed by Dr. Lynn Webster: Making Opioid Drugs Less Alluring
Log-in required...

FDA Might Tighten Reins on Vicodin
January 10, 2013 [Source: USA Today]
AAPM President-Elect Lynn R. Webster MD and AAPM Member Edward Michna MD JD BSPharm are interviewed in USA Today regarding the rescheduling of Vicodin. Full story...

Is It Pain Or Dependency? A Doctor's Dilemma
January 7, 2013 [Source: NPR]
AAPM Member Paul Christo MD MBA is interviewed on NPR regarding the physician’s role in identifying the legitimate pain patient and possible red-flags to notice when prescribing opioids. Full story...

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Pain Abstracts in the News

Simvastatin Effects on Skeletal MuscleRelation to Decreased Mitochondrial Function and Glucose Intolerance
January 2013 [Source: Journal of the American College of Cardiology]
Abstracts: Objectives Glucose tolerance and skeletal muscle coenzyme Q10 (Q10) content, mitochondrial density, and mitochondrial oxidative

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phosphorylation (OXPHOS) capacity were measured in simvastatin-treated patients \( n = 10 \) and in well-matched control subjects \( n = 9 \). Background A prevalent side effect of statin therapy is muscle pain, and yet the basic mechanism behind it remains unknown. We hypothesize that a statin-induced reduction in muscle Q10 may attenuate mitochondrial OXPHOS capacity, which may be an underlying mechanism.

**Read more...**

**Effect of Vitamin D Supplementation on Progression of Knee Pain and Cartilage Volume Loss in Patients With Symptomatic Osteoarthritis**

January 9, 2013 [Source: The Journal of the American Medical Association]

ABSTRACT: Importance Knee osteoarthritis (OA), a disorder of cartilage and periartricular bone, is a public health problem without effective medical treatments. Some studies have suggested that vitamin D may protect against structural progression. Objective To determine whether vitamin D supplementation reduces symptom and structural progression of knee OA.

**Read more...**

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**PubMed Pain Abstracts**

The following abstracts are posted at PubMed.gov:

**Migraine is a Risk Factor for Sudden Sensorineural Hearing Loss: A Nationwide Population-Based Study**


Source: Department of Otorhinolaryngology-Head and Neck Surgery, Taipei Veterans General Hospital, Taiwan.

Abstract: Background The pathophysiology of idiopathic sudden sensorineural hearing loss (SSNHL) is poorly understood. Few case reports have proposed a possible link between migraine and SSNHL. Objectives This study aimed to explore the risk of idiopathic SSNHL in patients with migraine in a nationwide, population-based cohort study. Methods We identified patients with migraine from the Taiwan National Health Insurance Research Database (NHIRD) between 2000 and 2009. Each migraine patient was matched with four randomly selected subjects without migraine for age, sex, and comorbidities. Both cohorts were followed up until the end of 2009. We compared the incidence rates of SSNHL in the two cohorts and identified the risk factors. Results A total of 10,280 migraine patients and 41,120 matched controls were enrolled with a median follow-up of five years. The migraine cohort had a greater risk of developing SSNHL than the matched cohort \( 81.6 \) vs. \( 45.7 \) per 100,000 person-years, incidence rate ratio (IRR) = \( 1.8 \); 95% confidence interval (CI) 1.22-2.61, \( p = 0.002 \)). The Cox proportional hazards analysis revealed that among migraine subjects, comorbidity with hypertension was associated with a trend of developing SSNHL (hazard ratio (HR) = 1.92, 95% CI 0.97-3.79, \( p = 0.06 \)). Conclusions This population-based study demonstrates that migraine is associated with an increased risk of idiopathic SSNHL, which, however, is a rare condition.

PMID: 23197354 [PubMed - in process]

**Total Disc Replacement for Chronic Discogenic Low Back Pain: A Cochrane Review**


Jacobs WC, van der Gaag NA, Tuschel A, de Kleuver M, Paul WC, Verbout AJ, Oner FC.

Source: "Department of Neurosurgery, Leiden University Medical Center, Leiden, the Netherlands †Department of Orthopedics, University Medical Center Utrecht, Utrecht, the Netherlands ‡Orthopaedic Hospital Vienna Speising, Vienna, Austria §Department of Orthopedic Surgery, Sint Maartenskliniek, Nijmegen, the Netherlands and Department of Orthopedic Surgery, Free University Medical Center (VUMc) Amsterdam, the Netherlands; and ¶Department of Neurosurgery, Medical Center Haaglanden, The Hague, the Netherlands.

Abstract: STUDY DESIGN.: Systematic literature review. OBJECTIVE.: To
assess the effect of total disc replacement for chronic low back pain due to lumbar degenerative disc disease compared with fusion or other treatment options. SUMMARY OF BACKGROUND DATA: There is an increasing use in disc replacement devices for degenerative disc disease, but their effectiveness compared with other interventions such as fusion of the motion segment or conservative treatment remains unclear. CONCLUSION: Although statistically significant, the differences in clinical improvement were not beyond generally accepted boundaries for clinical relevance. Prevention of adjacent level disease and/or facet joint degeneration was not properly assessed. Therefore, because we think that harm and complications may occur after some years, the spine surgery community should be prudent to adopt this technology on a large scale, despite the fact that total disc replacement seems to be effective in treating low back pain in selected patients, and in the short term is at least equivalent to fusion surgery.

PMID: 22996268 [PubMed - as supplied by publisher]

[Read more...]

**Chronic Opioid Use is Associated with Increased DNA Methylation Correlating with Increased Clinical Pain**


Doehring A, Oertel BG, Sittl R, Lötsch J.
Source: Institute of Clinical Pharmacology, Goethe-University, Theodor Stern Kai 7, 60590 Frankfurt am Main, Germany.

Abstract: Environmentally caused changes in chromosomes that do not alter the DNA sequence but cause phenotypic changes by altering gene transcription are summarized as epigenetics. A major epigenetic mechanism is methylation or demethylation at CpG-rich DNA islands. DNA methylation triggered by drugs has largely unexplored therapeutic consequences. Here we report increased methylation at a CpG rich island in the OPRM1 gene coding for μ-opioid receptors and at a global methylation site (LINE-1) in leukocytes of methadone-substituted former opiate addicts compared with matched healthy controls. Higher DNA methylation associated with chronic opioid exposure was reproduced in an independent cohort of opioid-treated as compared to non-opioid-treated pain patients. Copyright © 2012 International Association for the Study of Pain. Published by Elsevier B.V. All rights reserved.

PMID: 23273101 [PubMed - in process]

[Read more...]

**The Evolution of a Migraine Attack - A Review of Recent Evidence**

Charles A.

Source: Headache Research and Treatment Program, Department of Neurology, David Geffen School of Medicine at University of California, Los Angeles, Los Angeles, CA, USA.

Abstract: A migraine attack is an extraordinarily complex brain event that takes place over hours to days. This review focuses on recent human studies that shed light on the evolution of a migraine attack. It begins with a constellation of premonitory symptoms that are associated with activation of the hypothalamus and may involve the neurotransmitter dopamine. Even in the premonitory phase, patients experience sensitivity to sensory stimuli, indicating that central sensitization is a primary phenomenon. The migraine attack progresses to a phase that in some patients includes aura, which involves changes in cortical function, blood flow, and neurovascular coupling.

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PMID: 23278169 [PubMed - as supplied by publisher]

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**NIH Clinical Studies & Trials**

The following studies and trials are posted at ClinicalTrials.gov:
A Nasal Applicator for the Treatment of Trigeminal Neuralgia

This study is currently recruiting participants.
Sponsor: Chicago Anesthesia Pain Specialists
Information provided by (Responsible Party): Kenneth D Candido, Chicago Anesthesia Pain Specialists
Principal Investigator: Kenneth D Candido, M.D., Chicago Anesthesia Pain Specialists
ClinicalTrials.gov Identifier: NCT01761604
First received: January 2, 2013 Last updated: January 3, 2013

Stated Purpose: The pain from Trigeminal Neuralgia (TN) imposes a substantial burden on patients in daily function and reduces quality of life. The sphenopalatine ganglion, located in the posterior part of the middle nasal turbinate, is involved in the pain associated to TN, by blocking the sphenopalatine ganglion relieves patients from the symptoms. However, methods currently in use to accomplish this are either cumbersome for the patient or invasive regarding the puncture of structures. The purpose of this study is to evaluate the efficacy of Tx360™, a new nasal applicator device, in the treatment of TN. A local anesthetic will be delivered on the ganglion area. We are expecting that this new device will provide at least the same pain relief as the previously described approaches. However, this nasal applicator is intended to be an easy and non invasive method for office use.

Read more...

A Crossover Study to Assess the Bioequivalence of Hydrocodone Bitartrate Extended-Release Tablet

This study is currently recruiting participants.
Sponsor: Teva Pharmaceutical Industries
Information provided by (Responsible Party): Teva Pharmaceutical Industries
ClinicalTrials.gov Identifier: NCT01758978
First received: December 27, 2012 Last updated: January 2, 2013

Stated Purpose: The primary objective of this study is to assess the bioequivalence of two 30-mg hydrocodone bitartrate extended-release tablets and one 60-mg hydrocodone bitartrate extended-release tablet.

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