Pain Research in the News

Sleep is Key to Curing Chronic Pain
September 21, 2016 [Source: University of Warwick]
Researchers from the Sleep and Pain Lab in the Department of Psychology have demonstrated that conditions like back pain, fibromyalgia, and arthritis are directly linked with negative thoughts about insomnia and pain, and this can be effectively managed by cognitive-behavioural therapy (CBT). Full story...

UC Irvine Study Suggests Corydalis Yanhusuo Extract for Use as an Adjunct Medicine for Low to Moderate Chronic Pain
September 14, 2016 [Source: UC Irvine]
Root extracts from the flowering herbal plant Corydalis yanhusuo, or YHS, has widely used for centuries as a pain treatment. Yet few studies have investigated how it works on different forms of pain, and little is known about its molecular mechanisms. In a new study, Olivier Civelli, professor and chair of pharmacology at the University of California, Irvine, and colleagues show how YHS effectively treats different forms of pain. Full story...
Study Finds a Key to Nerve Regeneration
September 13, 2016 [Source: University of Wisconsin–Madison]
Researchers at the University of Wisconsin–Madison have found a switch that redirects helper cells in the peripheral nervous system into "repair" mode, a form that restores damaged axons. Full story...

Pain Treatments & Trials in the News

Phantom Limb Pain: Current Therapies
September 19, 2016 [Source: Neurological Times]
The available pharmacological treatment for phantom pain leaves much to be desired. A large meta-analysis using the Cochrane database evaluated 6 categories of medications, including opioids, anticonvulsants, NMDA receptor antagonists, antidepressants, anesthetics, and calcitonin. Full story...

Education News

NEW: Two CME courses that were recorded live during the 2016 AAPM Annual Meeting are now available online. Member discounts available.

Essential Tools for Treating the Patient in Pain™: What Primary Care & Pain Specialists Need to Know*
Sign-in and begin...

Opioid & Non-Opioid Medications Management: Filling in the Gaps, Prescribing for the Whole Patient**
Sign-in and begin...

The American Academy of Pain Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education (CME) for physicians.
* AAPM designates this enduring educational activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
** AAPM designates this enduring educational activity for a maximum of 10.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

September is Pain Awareness Month

This is the final week of Pain Awareness Month 2016. AAPM has enjoyed helping to raise public awareness of issues in the area of pain and pain management over the past several weeks, and the work will continue beyond Sept. 30.

- View Dr. Carr's video salute to pain patients.
- Make a donation to the AAPM Foundation in recognition of Pain Awareness Month.
- Follow AAPM on social media for ongoing stories, news, updates and promotions that work to raise public awareness for pain patients and the specialty of pain medicine.
AAPM and the AAPM Foundation are pleased to share the **Pain Awareness Unity Circle**. This pain awareness emblem was collaboratively developed with the guidance, support and input of numerous pain advocates to serve as a visual representation of a unified effort to improve access to the research, treatment, and care that pain patients need and deserve. Learn more about the emblem.

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### Practice Management & Coding Updates

**Next Steps for ICD-10**

October 1, 2016 marks the one-year anniversary of ICD-10-CM implementation. Most practices agree that the initial implementation was much smoother than anticipated. Now it may be time to take a closer look at the codes you report and the impact of ICD-10 on your practice’s work flow. Read more...

**Practice Management Webinar: November 16, 1 pm ET**

Register for AAPM’s upcoming live webinar, *Navigating MIPS: The New Quality Program and What It Means for Your Practice*, presented by coding expert, Emily Hill, PA. Register Now...

Visit the coding for pain section of the website for coding books, on-demand coding seminars and other coding resources.

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### Pain News

**Recent Survey Shows Americans with Chronic Pain Experience Barriers to Accessing Pain Medications**

September 19, 2016 [Source: American Chronic Pain Association]

A survey conducted by the American Chronic Pain Association (ACPA) found that more than half of respondents experience a barrier to accessing their pain medications at both the pharmacy and with their healthcare provider, and have used the emergency room to seek relief for their pain. In addition, a total of 47% of respondents said they have contemplated suicide. Full story...

**Drop Pain as the Fifth Vital Sign, AAFP Says**

September 22, 2016 [Source: Medscape]

Full story (login required)...

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### AAPM Members in the News

**Mayo Clinic Minute: Avoid Opioids for Chronic Pain**

September 22, 2016 [Source: Mayo Clinic]

In this Mayo Clinic Minute series, reporter Vivien Williams discusses the pros and cons of opioid use for chronic pain with pain medicine specialist and AAPM Board Member, Dr. Mike Hooten.

View interviews...
the certification of qualified physicians in the field of pain medicine. Visit ABPM's website to view ABPM's mission, vision, and objectives.

**Pain Medicine Highlights:**

**SPINE SECTION**
Safety of Lumbar Spine Radiofrequency Procedures in Patients Who Have Posterior Spinal Hardware

**PAIN & AGING SECTION**
Deconstructing Chronic Low Back Pain in the Older Adult — Step by Step Evidence and Expert-Based Recommendations for Evaluation and Treatment. Part X: Sacroiliac Joint Syndrome

**METHODOLOGY, MECHANISMS & TRANSLATIONAL RESEARCH SECTION**
Quantitative Sensory Testing in Chronic Musculoskeletal Pain

**OPIOIDS, SUBSTANCE ABUSE & ADDICTIONS SECTION**
An Online Survey of Patients’ Experiences Since the Rescheduling of Hydrocodone: The First 100 Days

**NEUROMODULATION & INTERVENTION SECTION**
Stereotactic Approach Combined with 3D CT Reconstruction for Difficult-to-Access Foramen Ovale on Radiofrequency Thermocoagulation of the Gasserian Ganglion for Trigeminal Neuralgia

**ACUTE & PERIOPERATIVE PAIN SECTION**
Time-to-Cessation of Postoperative Opioids: A Population-Level Analysis of the Veterans Affairs Healthcare System

**HEADACHE & FACIAL PAIN SECTION**
Auriculotemporal Neuralgia: Eight New Cases report

**REHABILITATION SECTION**
Identification of Subgroups of Women with Carpal Tunnel Syndrome with Central Sensitization

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**Upcoming Member Survey**

Watch your Inbox September 29th for a request to complete an AAPM Member Survey. Your feedback is vital as the Academy seeks to fulfill its mission: To optimize the health of patients in pain and eliminate the major public health problem of pain by advancing the practice and the specialty of pain medicine. We appreciate your input as we strive to remain relevant to our members and the field of pain medicine. Thank you in advance for your participation.

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**Substance Abuse and Addiction Research**

100 Million Prescription Opioids Go Unused Each Year Following Wisdom Teeth Removal

September 22, 2016 [Source: Penn Medicine]

More than half of opioids prescribed to patients following surgical tooth extraction—such as the removal of impacted wisdom teeth—were left unused by patients in a new study from researchers at the University of Pennsylvania’s Perelman School of Medicine and School of Dental Medicine. Full story...

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**DEA Warning**

DEA Issues Carfentanil Warning to Police and Public

September 22, 2016 [Source: DEA]

DEA has issued a public warning to the public and law enforcement nationwide about the health and safety risks of carfentanil. Carfentanil is a synthetic opioid that is 10,000 times more potent than morphine and 100 times more potent than fentanyl, which itself is 50 times more potent than heroin. Full story...

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**Government Agency News**

Prescription Drug Use and Misuse in the United States: Results from the 2015 National Survey on Drug Use and Health

September 2016 [Source: SAMHSA]

Background. Misuse of prescription psychotherapeutic drugs is second only to marijuana as the nation’s most prevalent illicit drug use issue. In 2015, the National Survey on Drug Use and Health (NSDUH) questionnaire was redesigned regarding the data collection regarding four categories of prescription psychotherapeutic drugs: pain relievers, tranquilizers, stimulants,
and sedatives. For the first time, NSDUH respondents were asked to report about any past year use of prescription drugs, which includes the use of one's own prescription medication as directed by a doctor, as well as misuse. In addition, misuse was redefined in 2015 as use in any way not directed by a doctor, including use without a prescription of one’s own; use in greater amounts, more often, or longer than told to take a drug; or use in any other way not directed by a doctor. Full story...

Department of Justice Releases Strategy Memo to Address Prescription Opioid and Heroin Epidemic
September 24, 2016 [Source: DEA]
As part of the Obama Administration’s commitment to address the rising public health challenges caused by the national prescription opioids and heroin epidemic, Attorney General Loretta E. Lynch issued a memo this week announcing the department's three-part prevention, enforcement and treatment strategy. Full story...

FDA’s Bad Ad Program and other Innovative FDA Collaborations
DDI Webinar Series, October 6, 2016
FDA’s Division of Drug Information in the Center for Drug Evaluation and Research (CDER) is excited to present a series of educational webinars targeting the needs of all healthcare professionals and students, including physicians, physician assistants, nurses, pharmacists, and pharmacy technicians. Interact with FDA staff from a variety of divisions and learn more about the FDA and drug regulation. Full story...

National Board Offers Guidance for Doctors Prescribing Medical Marijuana
September 22, 2016 [Source: Neurology Today]
Neurologists who conduct research on medicinal marijuana and neuroethicists respond to the guidelines by the Federation of State Medical Boards on how to approach patients who request prescriptions for medical marijuana. Read more...

The Economic Burden of Prescription Opioid Overdose, Abuse, and Dependence in the United States, 2013
October 2016 [Source: Medical Care]
Abstract: Importance: It is important to understand the magnitude and distribution of the economic burden of prescription opioid overdose, abuse, and dependence to inform clinical practice, research, and other decision makers. Decision makers choosing approaches to address this epidemic need cost information to evaluate the cost effectiveness of their choices. Read more...

Investigating the Role of Adipokines in Chronic Migraine
August 22, 2016 [Source: Cephalalgia]
Abstract: Background and aims Adiponectin, leptin, and resistin are adipocyte-derived secretory factors involved in endothelial function, weight, inflammation, and insulin resistance. Recent studies suggested a role for adipokines in episodic migraine as mediators of inflammatory processes. The aim of this study was to investigate plasma concentrations of adiponectin, leptin, and resistin in patients with chronic migraine. Read more...

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PubMed Pain Abstracts

The following abstracts are posted at PubMed.gov:

Involvement of Spinal IL-6 Trans-Signaling in the Induction of Hyperexcitability of Deep Dorsal Horn Neurons by Spinal Tumor Necrosis Factor-Alpha

König C, Morch E, Eitner A, Möller C, Turnquist B, Schaible HG, Ebersberger A

Abstract: During peripheral inflammation, both spinal TNF-a and IL-6 are released within the spinal cord and support the generation of inflammation-evoked spinal hyperexcitability. However, whether spinal TNF-a and IL-6 act independently in parallel or in a functionally dependent manner has not been investigated. In extracellular recordings from mechanonociceptive deep dorsal horn neurons of normal rats in vivo, we found that spinal application of TNF-a increased spinal neuronal responses to mechanical stimulation of knee and ankle joints. This effect was significantly attenuated by either sgp130, which blocks IL-6 trans-signaling mediated by IL-6 and its soluble receptor IL-6R (sIL-6R); by an antibody to the IL-6 receptor; or by minocycline, which inhibits the microglia. IL-6 was localized in neurons of the spinal cord and, upon peripheral noxious stimulation in the presence of spinal TNF-a, IL-6 was released spinaly.

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PMID: 27656018
Read more...

SCN10A Mutation in a Patient with Erythromelalgia Enhances C-Fiber Activity Dependent Slowing


Abstract: Gain-of-function mutations in the tetrodotoxin (TTX) sensitive voltage-gated sodium channel (Nav) Nav1.7 have been identified as a key mechanism underlying chronic pain in inherited erythromelalgia. Mutations in TTX resistant channels, such as Nav1.8 or Nav1.9, were recently connected with inherited chronic pain syndromes. Here, we investigated the effects of the p.M650K mutation in Nav1.8 in a 53 year old patient with erythromelalgia by microneurography and patch-clamp techniques. Recordings of the patient’s peripheral nerve fibers showed increased activity dependent slowing (ADS) in CMI and less spontaneous firing compared to a control group of erythromelalgia patients without Nav mutations. To evaluate the impact of the p.M650K mutation on neuronal firing and channel gating, we performed current and voltage-clamp recordings on transfected sensory neurons (DRGs) and neuroblastoma cells. The p.M650K mutation shifted steady-state fast inactivation of Nav1.8 to more hyperpolarized potentials and did not significantly alter any other tested gating behaviors. The AP half-width was significantly broader and the stimulated action potential firing rate was reduced for M650K transfected DRGs compared to WT. We discuss the potential link between enhanced steady state fast inactivation, broader action potential width and the potential physiological consequences.

PMID: 27598514
DOI: 10.1371/journal.pone.0161789 [PubMed - in process] Free full text
Read more...

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NIH Clinical Studies & Trials

The following studies and trials are posted at ClinicalTrials.gov:
Intravenous Lidocaine Versus Morphine for Severe Pain in the ED

This study is currently recruiting participants.
First received: September 20, 2016
Verified September 2016 by Alameda Health System
Sponsor: Alameda Health System
Information provided by (Responsible Party): Eben Clattenburg, Alameda Health System
Principal Investigator: Andrew Herring, MD, Alameda Health System, Highland Hospital
ClinicalTrials.gov Identifier: NCT02912195

Stated Purpose: Objective: Evaluate the analgesic efficacy of intravenous (IV) lidocaine versus provider chosen dose of IV morphine for the treatment of severe pain in the emergency department. Study design: Open-label, randomized controlled pilot study.
Read more...

The Will Erwin Headache Research Center - Cluster Headache Study (WEC1)

This study is currently recruiting participants.
First received: September 15, 2016
Sponsor: The University of Texas Health Science Center, Houston
Information provided by (Responsible Party): Mark J Burish, The University of Texas Health Science Center, Houston
Principal Investigator: Mark Burish, MD, PhD The University of Texas Health Science Center, Houston
ClinicalTrials.gov Identifier: NCT02910323

Stated Purpose: The Will Erwin Headache Research Center Study of Cluster Headache and Trigeminal Neuralgia is a prospective, multicenter, observational research network for subjects with Cluster Headache and/or Trigeminal Neuralgia.
Read more...

Industry News

Egalet Announces Publications in Pain Medicine from ARYMO™ ER Oral and Intranasal Human Abuse Potential Studies
September 22, 2016 [Source: Egalet Corporation]
Full story...

Teva and Regeneron Announce Global Collaboration to Develop and Commercialize Fasinumab, an Investigational NGF Antibody for Chronic Pain
September 20, 2016 [Source: Teva Pharmaceutical Industries Ltd.]
Full story...

Lannett Announces Approval For Buprenorphine And Naloxone Sublingual Tablets, 2 mg/0.5 mg And 8 mg/2 mg
September 20, 2016 [Source: Lannett Company, Inc]
Full story...

Amgen Presents Positive Data At EHMTIC 2016 Demonstrating Erenumab Significantly Reduces Monthly Migraine Days In Patients With Chronic Migraine
September 15, 2016 [Source: Amgen]
Full story...

AcelRx Pharmaceuticals to Announce Topline Results in Phase 3 Study of ARX-04 in Patients with Post-Operative Moderate-to-Severe Acute Pain
September 14, 2016 [Source: AcelRx Pharmaceuticals, Inc.]
Full story...

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