

PAIN PRESS

WELCOME

The Pain Press is an opportunity for all to gather and read up on all things pain management and beyond.

The Pain Press is a venue for pain management specialists, clinicians, patients, legislators, law enforcement, and the lay public alike to gain a deeper appreciation for all things pain management.

The Pain Press is also a springboard for aspiring writers.

~Mark "Pain Guy" Garofoli (Editor-in-Chief)



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Just in Time: Headlines

Dead Wrong: What West Virginia's ODs Tell Us about U.S. Opioid Policy

<https://www.acsh.org/news/2025/06/11/dead-wrong-what-west-virginias-od-deaths-tell-us-about-us-opioid-policy-49534>

Pain Specialists: How to Think about Suzetrigine (Med Central)

<https://www.medcentral.com/reports/suzetrigine-survey-on-physician-use-results>

Physicians Share Views on Suzetrigine (Med Central)

<https://www.medcentral.com/reports/suzetrigine-survey-on-physician-use-results>

17-Year-Old Scientist Creating New Acetaminophen

<https://www.smithsonianmag.com/innovation/this-17-year-old-scientist-is-making-an-acetaminophen-alternative-that-is-less-damaging-to-the-liver-180986331/>

FDA Approval of Label Changes for Sublocade® Injection (1 month to 1 week Initiation)

<https://www.indivior.com/en/media/press-releases/indivior-announces-fda-approval-of-label-changes-for-sublocade-injection>

Pain Pubs: Manuscripts/Articles

Comparing Maintenance Therapy Achievement for Opioid-Experienced Patients Converted to Buprenorphine for Chronic Pain Management

Journal of Pain & Palliative Care Pharmacotherapy, Volume 39 Issue 2 (2025)

Angiotensin II Type 1 Receptor Activation Induces Dorsal Horn Capillary Constriction and Pain Hypersensitivity

[https://www.jpain.org/article/S1526-5900\(25\)00611-X/fulltext](https://www.jpain.org/article/S1526-5900(25)00611-X/fulltext)

Pain Sensitivity Questionnaire in Endometriosis

[https://www.jpain.org/article/S1526-5900\(25\)00584-X/fulltext](https://www.jpain.org/article/S1526-5900(25)00584-X/fulltext)

Individual Differences in Response to Repeated Painful Stimulation: Habituation, Sensitization, and Nocebo Effects

[https://www.jpain.org/article/S1526-5900\(25\)00604-2/fulltext](https://www.jpain.org/article/S1526-5900(25)00604-2/fulltext)

Cannabidiol (CBD) Reduces Neuropathic Pain and Cognitive Impairments Through Activation of Spinal PPAR γ

[https://www.jpain.org/article/S1526-5900\(25\)00605-4/abstract](https://www.jpain.org/article/S1526-5900(25)00605-4/abstract)

Cost-Effectiveness and Cost-Utility of Exposure-Based vs Traditional Cognitive Behavior Therapy for Fibromyalgia: Results from a Randomized Controlled Trial

[https://www.jpain.org/article/S1526-5900\(25\)00602-9/fulltext](https://www.jpain.org/article/S1526-5900(25)00602-9/fulltext)

Effects of Acceptance and Commitment Therapy Plus Exercise for Older Adults with Chronic Low Back Pain: A Preliminary Cluster Randomized Controlled Trial with Qualitative Interviews

[https://www.jpain.org/article/S1526-5900\(25\)00577-2/fulltext](https://www.jpain.org/article/S1526-5900(25)00577-2/fulltext)

Identifying Comorbid Obstructive Sleep Apnea in Chronic Musculoskeletal Pain: A Systemic Review

[https://www.jpain.org/article/S1526-5900\(25\)00578-4/abstract](https://www.jpain.org/article/S1526-5900(25)00578-4/abstract)

Reduction of Opioid Withdrawal Symptoms and Opioid-Induced Hyperalgesia by Subcutaneous Sumatriptan Reveals Central Neuromodulation

<https://www.sciencedirect.com/science/article/pii/S1526590025006832>

Patient Perspectives and Experiences of Pharmacist-Partnered Opioid Tapering Prior to Total Hip or Knee arthroplasty: A Nested Qualitative Study

[https://www.jpain.org/article/S1526-5900\(25\)00644-3/fulltext](https://www.jpain.org/article/S1526-5900(25)00644-3/fulltext)

AK1780, a Selective P2X7 Receptor Antagonist with High Central Nervous System Penetration, Exhibits Analgesic Effect in Rat Neuropathic Pain Model

[https://www.jpain.org/article/S1526-5900\(25\)00607-8/fulltext](https://www.jpain.org/article/S1526-5900(25)00607-8/fulltext)

Drug Diversion (Prevention) in Hospitals (RxInsider 20Ways)

<https://ebook.rxinsider.com/flip-book/37174/1944949/page/24>

U.S. Overdoses Decreased 27% in 2024 (CDC)

https://www.cdc.gov/nchs/pressroom/nchs_press_releases/2025/20250514.htm

Patient Care with a Touch of the Disney Way (Drug Topics)

<https://www.drugtopics.com/view/preparedness-key-for-delivering-excellent-patient-care-in-pharmacies-aap-2025>

OTC Pain Medications (Drug Topics)

<https://www.drugtopics.com/view/what-are-the-current-emerging-trends-in-otc-pain-management>

APhA 2025 Takeaways (Drug Topics)

<https://www.drugtopics.com/view/recap-pharmacists-share-the-biggest-takeaways-from-apha-2025>

What Pharmacists Should Know about Psychedelic Medicine (Drug Topics)

<https://www.drugtopics.com/view/what-pharmacists-should-know-about-psychedelic-medicine-apha-2025>

How to Prescribe Opioids Using Best Practices (Med Central)

<https://www.medcentral.com/meds/opioids/how-to-prescribe-opioids-using-best-practices>

Pain Pod Episodes

Available via www.painguy.us/pain-pod and all your podcast apps

Episode 38: Opioidology Part 1: Our Opioid Story

Episode 37: PhARM-OD Guidelines (A Conversation with Tyler Varisco)

Episode 36: Sports Pains (A Conversation with Brandon Welch)

Episode 35: Suzetrigine (A Journey into a Novel Non-Opioid)

Episode 34: Pain Pearls (Part 1)

Episode 33: Thug Drugs: GABA, GABA, GABA

Episode 32: Topical Pain Medications (Rx)

Episode 31: Topical Pain Medications (OTC)

Episode 30: Courtroom Conundrums (A Conversation with Ronald Chapman)

Episode 29: Pain, Addiction, & Trauma (A Conversation with Helen Sairany)

Episode 28: National Opioid Settlement

Episode 27: Cannabis in Pain Management (A Conversation with Kenneth Finn)

Episode 26: Thug Drugs (Cannabis & Cannabinoids)

Episode 25: DEA Red Flags (Part 2: A Conversation with Dr. Jay K. Joshi)

Episode 24: DEA Red Flags (Part 1: A Comprehensive Review)

Episode 23: Crack One Open (A Review of the AGS Beers Criteria 2023 Update)

Episode 22: Geri Duty (Review AGS Beers Criteria with Dr. DeLon Canterbury)

Episode 21: Thug Drugs (Opioids)

Episode 20: Naloxone

Pain Pod Episodes (Continued)

Episode 19: Unfit for Recovery (A Chat with Jake Nichols)

Episode 18: Buprenorphine (The Most Misunderstood Medication Ever)

Episode 17: Urine Drug Monitoring

Episode 16: Breaking News (CDC Opioid Guideline Publication)

Episode 15: PAINWeek 2022 Conference Summary

Episode 14: Academic Addiction Efforts

Episode 13: Morphine Milligram Equivalents (MMEs)

Episode 12: RxSummit 2022 Conference Summary

Episode 11: 2022 CDC Opioid Guideline (A Conversation with PharmD Author)

Episode 10: Thug Drugs (Stimulants)

Episode 9: Dreamland & The Least of Us (A Conversation with Sam Quinones)

Episode 8: Poly Pharmacy (A Conversation with Dr. Eric Christianson)

Episode 7: OTC Pain Medications (A Conversation with Dr. Laura Meyer-Junco)

Episode 6: Controlled Substance Rx Law (A Convo with Dr. David Brushwood)

Episode 5: PAINWeek 2021 Conference Summary

Episode 4: COVID Keto Guido (Pain Guy's Nephrolithiasis Experience)

Episode 3: A Conversation with THE Pharmacist, Dan Schneider (Netflix)

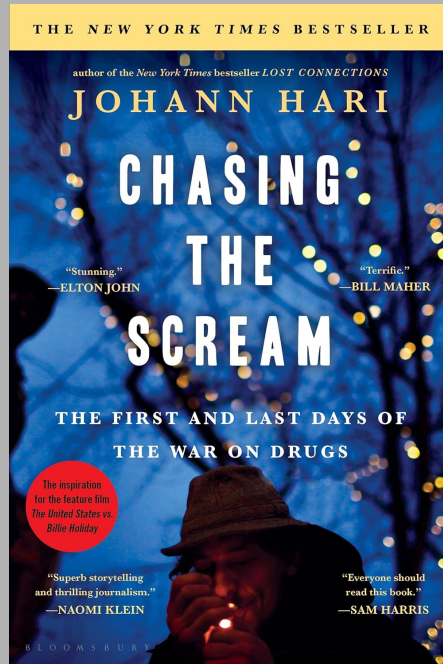
Episode 2: Opioid Madness Part 2 (Bracketology)

Episode 1: Opioid Madness Part 1 (Bracketology)

Episode Zero: An Intro with Pain Guy

Pain (Book) Club

One never talks about Fight Club, but everyone talks about Pain (Book) Club!



Chasing the Scream

We can all remember back to our undergrad years when learning of the rat in the cage being given the cocaine water only to continually return for more cocaine water time after time (if ever stopping in the first place. Yet, was there anything else in the cage such as food, other beverages, or dare we say a playground? Of course not! Johann (author) dives deeper into this theory of “Rat Park” and much, much more in this book.

Pain Guy Rating: Must Read!

Amazon Link: <https://www.amazon.com/Chasing-Scream-Opposite-Addiction-Connection/dp/1620408910>

Pain Stream

Pain goes main stream on the Pain Stream!



Hamilton's Pharmacopeia

Vanilla Ice is quoted as saying, "If there was a problem, yo I solve it, so check out the mic while my DJ revolves it". Well if there was a psychoactive substance on this planet that Hamilton (not the 3-hour other rap artist) hasn't detailed, then check out LinkedIn while his producer revolves a new episode. In other words, this guy not only educates on so very many substances of abuse, yet also endeavors into personal experiences, on camera, for your eyes to see.

Pain Guy Rating: Watch It!

Streaming Link (YouTube & Amazon Prime):

https://www.youtube.com/playlist?list=PLZ_hwG6UuEJaF29Ws0wwmpaH5D66-T5ah

Red Flag Football: Controlled Substance Red Flags Case

The NFL season is right around the corner, yet this is not a play on words diminishing the incredible knowledge and expertise of healthcare professionals in matters involving controlled substances, rather a dive into propelling said folk to think deeper.

THE CASE (From Previous Pain Press Issue 4)

A 45-year-old male patient presents to your pharmacy on a Friday night requesting to fill his prescription for hydrocodone/acetaminophen 10/325 mg (1 tablet four times daily) for chronic knee pain. Notably, he exhibits a mild limp while walking. He lives 20 miles from your pharmacy where he was running errands all day prior to driving to see a show with his Wife tonight. He sees a pain management specialist 120 miles from your pharmacy as he fully trusts his doctor and used to live closer to the office prior to moving to your town two weeks ago to be closer to his aging mother in need of family assistance. He states he has been utilizing the opioid for over two years and claims other medications and treatments, such as NSAIDs and physical therapy, “just don’t cut it.” He denies any history of substance use beyond an occasional bottle of beer during big games. The PDMP shows consistent, yet early, prescriptions from a single provider over the past 12 months, which he explains as “avoiding running out over weekends or holidays.” Patient is polite and cooperative but exhibits consternation in his facial expressions when asked why he hasn’t sought care closer to home. He reiterated that “finding the right doctor is more important than convenience”, and he literally just moved. Additionally, the patient stated that he is readily willing to pay out-of-pocket (credit card for an intentional paper trail) if his insurance provider will not authorize the early fill.

What “Controlled Substance Flags” are involved in this case?

Let’s review the 2023 National Opioid Settlement Controlled Substance Red Flags in general and observed within this case.

National Opioid Settlement Controlled Substance Red Flags

RED FLAGS (PATIENT)

- CS-2 Refill Too Soon by > 3 Days
- Doctor Shopping (CS > 4 Previous Prescribers of Separate Practices over 6 months)
- Prescriber has > 10 documented CS refusals within 6 months
- Previous 3 other CS from multiple prescribers with overlapping days within 30 days
- Distance between patient's residence and pharmacy > 50 miles
- Distance between patient's residence and prescriber > 100 miles
- Previous 2 CS refusals within 30 days
- Cash pay despite having prescription insurance coverage
- >= 3 Patients appear together for the same CS
- Slang Term Medication Request (e.g., "Mallinckrodt blues," "M's", or "the blue pill")
- Patient appears visibly altered, intoxicated, or incoherent

RED FLAGS (PRESCRIPTION)

- Fails to meet law requirements
- Misspellings
- Atypical Abbreviations
- Multiple Colors of Ink or Multiple Handwritings

RED FLAGS (PRESCRIBER)

- CS-2 + Benzodiazepine + Carisoprodol
- Prescriber has no office within 50 miles of pharmacy
- Prescriber utilizes preprinted or stamped prescription pads

Red Flags Observed in This Case

- Distance between patient's residence and prescriber > 100 miles
- CS-2 Refill Too Soon by > 3 Days (If actually > 3 days in this case)
- Cash pay despite having prescription insurance coverage

Yet, once identified, mitigated, and documented, one could have chosen to dispense or not to dispense, thus one should be provoked to consider potential reasonings for either option, such as travel, family, and so on.

Wheels Up! (2025 Pain Events)

Cardinal Health RBC (Mile High) July 2025

McKesson IdeaShare (Nashville) July 2025

AmerisourceBergen Thought Spot (Vegas Baby!) July 2025

AACP Pharmacy Education (Chi Town) July 2025

PAINWeek (Vegas Baby!) September 2025

Healthcare Advocate Summit (Vegas Baby!) September 2025

NCPA (Bourbon Street) October 2025

ASCP (San Diego: Where It Rains 7x/Year) November 2025

ASHP Midyear Meeting (Vegas Baby!) December 2025

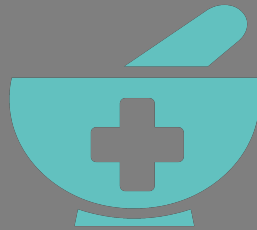
Pain Pals (Collaborators)



FDA Outsourcing Facility

NUBRATORI RX™

Quality Innovation Patient Safety



PAIN GUY