

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

Emerging Pain Medications & Surgeons

<https://www.facs.org/for-medical-professionals/news-publications/news-and-articles/bulletin/2026/february-2026-volume-111-issue-2/can-emerging-pain-management-options-help-surgeons-avoid-prescribing-opioids/>

Common Pain Relievers Lead U.S. Medication Use Trends

<https://www.ajmc.com/view/common-pain-relievers-lead-us-medication-use-trends>

Scientists Find Safer Structures for Fentanyl-Class Opioids

<https://www.painnewsnetwork.org/stories/2026/2/16/can-fentanyl-be-rewired-to-make-it-safer?>

New Approach Shows Promise to Reverse Chronic Pain

<https://news.vt.edu/articles/2026/01/science-Gregus-chronicpain.html>

Novel Mechanisms of Action: “Sleeping” Pain Neurons

<https://news.utdallas.edu/health-medicine/sleeping-pain-neurons-discovery-2026/>

More States Require Insurers to Cover Non-Opioid Pain

<https://stateline.org/2026/02/13/more-states-are-requiring-insurers-to-cover-non-opioid-pain-meds/>

FDA Requires Opioid Labeling Emphasis on Risks

<https://www.hhs.gov/press-room/fda-updates-opioid-risk-labels.html>

CDC Opioid Guideline Has Raised Costs of Pain Care

<https://www.painnewsnetwork.org/stories/2026/2/3/cdc-opioid-guideline-raised-cost-of-pain-care>

DEA Opioid Supply Cuts

<https://www.painnewsnetwork.org/stories/2025/12/17/stop-this-insanity-pain-patients-condemn-dea-for-cutting-rx-opioid-supply-again>

FDA Issues Guidance to Expand Non-Opioids Development

<https://www.fda.gov/news-events/press-announcements/fda-issues-new-guidance-expand-non-opioid-options-chronic-pain-curb-misuse>

Pain Pubs: Manuscripts/Articles

Living Systematic Review on Cannabis for Chronic Pain

<https://effectivehealthcare.ahrq.gov/products/plant-based-chronic-pain-treatment/living-review>

Navigating the Wide Array of OTC Pain Medications

<https://www.drugtopics.com/view/-navigating-the-wide-array-of-otc-pain-medications>

Rethinking Acute Pain Management in the Age of Prescription Topicals

<https://www.drugtopics.com/view/rethinking-acute-pain-management-in-the-age-of-prescription-topicals>

The Therapeutic Potential of Dual NMR (NOP/MOP) Agonism in Pain Management

<https://link.springer.com/article/10.1007/s40122-025-00794-8>

Expert Discussed Cannabinoid Adverse Effects

https://www.drugtopics.com/view/expert-discusses-cannabinoid-adverse-effects-ashp-midyear-2025?utm_medium=email&hsenc=p2ANqtz-8q0UVoJom8Wy8wgE41_T8t_YVlelOugg90xr1uC9ReP53nY74el8HjYt_kSfthEmCDXV93on9JsoPAdO0CK-AQJ_MKg&hsmi=393860003&utm_content=393860003&utm_source=hs_email

Pharmacists Now Authorized to Independently Prescribe Buprenorphine

<https://www.drugtopics.com/view/pharmacists-now-authorized-to-independently-prescribe-buprenorphine>

A Pharmacist's First-Hand View of the Opioid Crisis in West Virginia

<https://www.drugtopics.com/view/a-pharmacist-s-first-hand-view-of-opioid-crisis-in-west-virginia>

Fentanyl, Opiophobia Concurrently Contribute to Ongoing Opioid Crisis

<https://www.drugtopics.com/view/fentanyl-opiophobia-concurrently-contribute-to-ongoing-opioid-crisis>

Patient-Centered Care Balances Pain and Addiction Concerns

<https://www.drugtopics.com/view/patient-centered-care-balances-pain-and-addiction-concerns>

Pain Medication Expert on Controversy Surrounding [False] Acetaminophen-Autism Link

<https://www.drugtopics.com/view/pain-medication-expert-on-controversy-surrounding-acetaminophen-autism-link>

[False] Acetaminophen-Autism Link Highlights Issues of Confounding Evidence

<https://www.drugtopics.com/view/acetaminophen-autism-link-highlights-issues-of-confounding-evidence>

How [False] Acetaminophen-Autism Link Creates Concerns in Clinical Decision Making

<https://www.drugtopics.com/view/how-acetaminophen-autism-link-creates-concerns-in-clinical-decision-making>

Opioid Dose, Duration, & Risk Of Use Disorder in Medicaid Patients with Musculoskeletal Pain

<https://academic.oup.com/painmedicine/article-abstract/27/1/4/8172504?redirectedFrom=fulltext>

Expectations and communication in opioid pain management

<https://www.tandfonline.com/doi/full/10.1080/02813432.2026.2616517>

Pain Pod Episodes

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

Episode 42: Thug Drugs: Policy

Episode 41: Opioidology Part 3: The Opioid Pendulum

Episode 40: NSAIDs: Everything and Then Some

Episode 39: Opioidology Part 2: Opioid Selection

Episode 38: Opioidiology Part 1: Our Opioid Story

Episode 37: PhARM-OUD 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)

Pain Pod Episodes (Continued)

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

Episode 21: Thug Drugs (Opioids)

Episode 20: Naloxone

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)

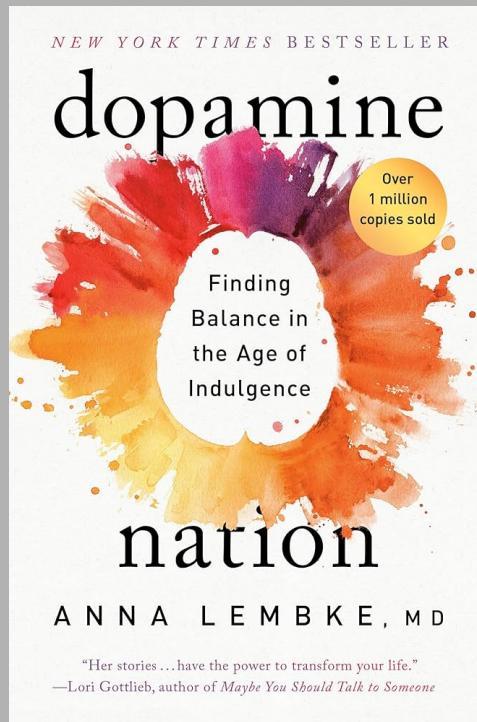
Episode 2: Opioid Madness Part 2 (Bracketology)

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!



This is fascinating dive into why our brains can't stop chasing pleasure — even when it backfires. It mixes science, storytelling, and eye-opening patient cases that make you rethink everything from social media to chocolate. Think of it as a user's manual for surviving a world overflowing with temptations.

Pain Guy Rating: Must Read!

Amazon Link: <https://www.amazon.com/Dopamine-Nation-Finding-Balance-Indulgence/dp/1524746746>

Pain Stream

Pain goes main stream on the Pain Stream!



Stranger Things

What happens when '80s nostalgia crashes headfirst into shadowy government science gone wildly wrong. At the heart of the mystery lurks MKUltra-style experimentation (that's the part that's related to "Thug Drugs: Policy" a recent Pain Pod Episode), where psychic powers and ethical boundaries both get seriously stretched. Toss in Demogorgons, synth music, and kids on bikes saving the world, and you've got conspiracy theory chaos at its most entertaining.

Pain Guy Rating: Watch It!

Streaming Link: <https://www.natgeotv.com/za/shows/natgeo/drugs-inc>

Red Flag Football: Controlled Substance Red Flags Case

The NFL draft 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

Acute Opioid & Benzo while utilizing Bup MOUD

Thomas Payne has been picking up his prescribed and dispensed buprenorphine/naloxone 12mg/3mg exactly every 28 days for at least the past 6 months. He unfortunately suffered an injury resulting in intense dull pain, which propelled his care team to prescribe him oxycodone 5mg (1 tablet every 6 hours as needed for pain) #20 and Lorazepam 0.5mg (1 tablet prior to upcoming orthopedic surgery). He presents to the pharmacy today with both prescriptions.

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

Wheels Up! (2026 Pain Events)

McKesson IdeaShare (A Mile High Denver) June 2026

Cardinal Health RBC (Sunny Orlando) July 2026

AmerisourceBergen Thought Spot (Sunny Orlando) July 2026

AACP Pharmacy Education (Grapevine, TX) July 2026

PAINWeek (Vegas Baby!) September 2026

Healthcare Advocate Summit (Vegas Baby!) September 2026

NCPA (Kansas City BBQ Time) October 2026

ASCP (National Harbor, DC) November 2026

ASHP Midyear Meeting (Orlando) December 2026

Pain Pals (Collaborators)

