

# **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

New Year, New DEA Logo (which has now been cancelled)

<https://www.dea.gov/stories/2025/2025-01/2025-01-16/dea-unveils-new-seal-reflect-mission-and-renewed-commitment>

FDA REMS requiring mail-back Rx Opioid Option

[https://www.fda.gov/drugs/drug-safety-and-availability/fda-approves-rems-modification-advancing-new-drug-disposal-option?utm\\_source=MarketingCloud&utm\\_medium=email&utm\\_campaign=PT+Daily+November+4&utm\\_content=PT+Daily+November+4](https://www.fda.gov/drugs/drug-safety-and-availability/fda-approves-rems-modification-advancing-new-drug-disposal-option?utm_source=MarketingCloud&utm_medium=email&utm_campaign=PT+Daily+November+4&utm_content=PT+Daily+November+4)

How to Sleep with Chronic Pain: Key Insights and Actionable Tips to Get Relief

<https://painnews.stanford.edu/news/how-sleep-chronic-pain-key-insights-and-actionable-tips-get-relief>

Pragmatic CETs and Pain

<https://painnews.stanford.edu/news/stanford-pain-scientist-explores-new-frontiers-pain-research>

FDA Approves Sumbravo for Acute Migraine +/- Aura

<https://www.pharmacytimes.com/view/fda-approves-symbravo-for-acute-treatment-of-migraine-with-or-without-aura>

FDA Approves Suzetrigine for Acute Moderate-Severe Pain

<https://www.fda.gov/news-events/press-announcements/fda-approves-novel-non-opioid-treatment-moderate-severe-acute-pain>

## Pain Pubs: Manuscripts

GLP-1's Affecting OUD/AUD (Overdoses)

<https://doi.org/10.1111/add.16679>

Dayer LE, Peng C, Williams AJ, Luciani L, Lowery J, Butterfield B, Painter JT. Factors Contributing to Opioid Overprescribing at Surgical Discharge. J Surg Res. 2025 Jan 10;306:224-229.

Cetto, A. V., Chandler, M. W., Shah, N. K., Luciani, L. L., & Painter, J. (2024). Evaluating the Impact of Buprenorphine on Depressive Symptoms Among Veterans with Chronic Pain. Journal of Pain & Palliative Care Pharmacotherapy, 1–6.

Meyer-Junco, L., Buksov, M., & Mathew, P. (2024). Integrating NonPharmacological and Complementary Therapies into the Pharmacotherapist's Toolkit. Journal of Pain & Palliative Care Pharmacotherapy, 38(3), 187–190.

Discordance Between Preclinical and Clinical testing of Nav1.7 Selective Inhibitors for pain.

[https://journals.lww.com/pain/fulltext/2025/03000/discordance\\_between\\_preclinical\\_and\\_clinical.5.aspx?context=featuredarticles&collectionid=2](https://journals.lww.com/pain/fulltext/2025/03000/discordance_between_preclinical_and_clinical.5.aspx?context=featuredarticles&collectionid=2)

NaViGating Arthritis Pain (Nav medication MoAs)

[https://journals.lww.com/pain/fulltext/2025/03000/epigenomic\\_landscape\\_of\\_the\\_human\\_dorsal\\_root.16.aspx?context=featuredarticles&collectionid=2](https://journals.lww.com/pain/fulltext/2025/03000/epigenomic_landscape_of_the_human_dorsal_root.16.aspx?context=featuredarticles&collectionid=2)

## **Pain Pubs: Manuscripts (Continued)**

Self-Management Interventions for Chronic Widespread Pain Including Fibromyalgia: A Systematic Review and Qualitative Evidence Synthesis  
[https://journals.lww.com/pain/fulltext/2025/03000/self\\_management\\_interventions\\_for\\_chronic.7.aspx](https://journals.lww.com/pain/fulltext/2025/03000/self_management_interventions_for_chronic.7.aspx)

GPR-35 Agonists Inhibit TRPA-1-Mediated Colonic Nociception Through Suppression of Substance P Release  
[https://journals.lww.com/pain/fulltext/2025/03000/gpr35\\_agonists\\_inhibit\\_trpa1\\_mediated\\_colonic.15.aspx](https://journals.lww.com/pain/fulltext/2025/03000/gpr35_agonists_inhibit_trpa1_mediated_colonic.15.aspx)

Epigenomic Landscape of the Human Dorsal Root Ganglion: Sex Differences and Transcriptional Regulation of Nociceptive Genes  
[https://journals.lww.com/pain/fulltext/2025/03000/epigenomic\\_landscape\\_of\\_the\\_human\\_dorsal\\_root.16.aspx](https://journals.lww.com/pain/fulltext/2025/03000/epigenomic_landscape_of_the_human_dorsal_root.16.aspx)

Clinical Indications Associated with New Opioid Use for Pain Management in the United Kingdom: Using National Primary Care Data  
[https://journals.lww.com/pain/fulltext/2025/03000/clinical\\_indications\\_associated\\_with\\_new\\_opioid.19.aspx](https://journals.lww.com/pain/fulltext/2025/03000/clinical_indications_associated_with_new_opioid.19.aspx)

Development and Internal Validation of a Clinical Risk Tool to Predict Chronic Postsurgical Pain in Adults: A Prospective Multicenter Cohort Study  
[https://journals.lww.com/pain/fulltext/2025/03000/development\\_and\\_internal\\_validation\\_of\\_a\\_clinical.20.aspx](https://journals.lww.com/pain/fulltext/2025/03000/development_and_internal_validation_of_a_clinical.20.aspx)

## **Pain Pod Episodes**

Available via [www.painguy.us/pain-pod](http://www.painguy.us/pain-pod) and all your podcast apps

Episode 36: Sports Pain

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

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

## **Pain Pod Episodes (Continued)**

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)

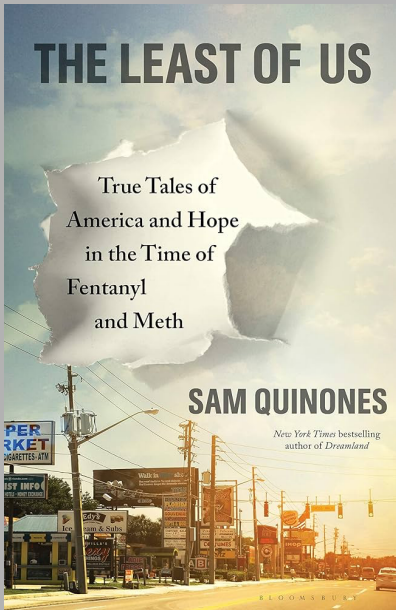
Episode 2: Opioid Madness Part 2 (Bracketology)

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!



Sam's back, back again! As a follow-up to the epic "Dreamland", Sam Quinones dives even deeper into the realm of substance utilization across our country, into a realm of novel substances that never existed in the same consistent potency ever before, and never ragging equal havoc either. Sam is the guy in the room that gets it, well ahead of others, regardless of how many fancy degrees or years of research experience they have. Sam is a boot's on the group witter of some of the finest literary explanations of our Drug Crisis, Opioid Crisis, Opioid Epidemic, Opioid Pandemic, War on Drugs, or scenario taking a heartbeat every 6 minutes.

A picture's worth a thousand words, and I'll take a kilo of Sam's words anyway.

Pain Guy Rating: Read it!

Amazon Link: <https://www.amazon.com/Least-Us-Tales-America-Fentanyl/dp/1635574358>

## Pain Stream

Pain goes main stream on the Pain Stream!



Ever wonder how they can show how to make meth on tv? Omit one ingredient, a powerful small-sized energetic durable ingredient. That an much, much more is covered in “Drugs INC.”

If you somehow have yet to watch this streaming series, it’s a must see.  
Enough to get the heart going on a treadmill, bike, or but probably too invigorating for yoga.

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 season just capped off with SuperBowl LIX, 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**

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?**

## **Wheels Up! (2025 Pain Events)**

AAFP Live Stream 2025 (March)

APhA Annual Meeting (Boots Kickin' in Nashville) March 2025

RxSummit (Nashville Hot) April 2025

ASAM (Mile High) April 2025

AAPM (Keep Austin Weird!) April 2025

BRAINWeek (Phoenix) May 2025

Cardinal Health RBC (Mile High) July 2025

AmerisourceBergen Thought Spot (Vegas Baby!) July 2025

AACP Pharmacy Education (Chi Town) July 2025

PAINWeek (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**