

# The New York State Pain Society Annual Meeting & Scientific Sessions

April 4-6, 2014 | The Renaissance Westchester Hotel, West Harrison, New York

[www.nypainsociety.org](http://www.nypainsociety.org)



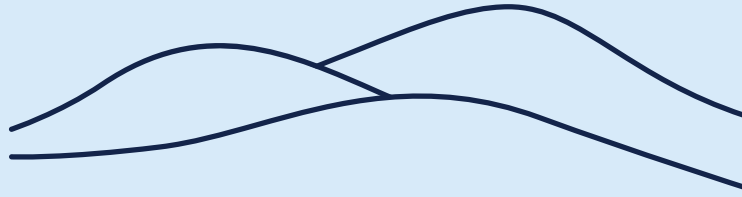
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# Welcome to the Scientific Sessions

We want to welcome you to this educational program that highlights treatment options for pain and also provides a forum for the non-specialist to learn about pain management. You will be introduced to the rapidly expanding field of diagnosis, treatment, and cures. Our faculty consists of highly qualified pain management specialists selected for their excellent teaching skills, approachability and insight to help you build your core knowledge, performance and comprehensive practice in pain management. The Annual Meeting and Scientific Sessions are carefully designed for both practicing physicians and healthcare professionals. We have joint sessions and parallel tracks designed to address specific issues facing the team of experts in your medical practice.

We wish to highlight our society's commitment to our future colleagues. This year, Gold Corporate Member, Insys Therapeutics, provided funding for the Trainee Scholars program. We welcome residents, fellows, and trainees to the Annual Meeting.

Charged with keeping our membership and colleagues informed of the changes in New York law as well as anticipating changes to Federal laws, we have added a Safe Opioid Prescribing Risk Evaluation Mitigation Strategies Certification Course to our program this year. On Sunday, you can obtain not only CME and CEU credits, but also a certificate of completion of the course designed in response to the FDA's announcement of REMS for all extended-release/long-acting opioid analgesic drugs.

Welcome physicians, physician assistants, therapists, pharmacists, nurses, physical therapists, complementary medicine specialists and trainees to West Harrison, New York!

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## MISSION STATEMENT

To advance the art and science of pain medicine by promoting and maintaining the highest standards of professional practice through post graduate clinical education and research; by aiding and encouraging the education of medical students, residents, fellows, practicing physicians, and other health care practitioners.





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GRALISE (gabapentin) tablets are indicated for the management of postherpetic neuralgia (PHN).

# PLEASE GRALISE ME!

Offer effective 24-hour pain control for PHN<sup>1</sup>

- Rapid titration to an effective dose\*<sup>1-3</sup>
- Statistically significant reduction in pain scores<sup>†1,2</sup>
- Once-daily dosing with the evening meal
- The most common adverse reaction (≥ 5% and twice placebo) to GRALISE (gabapentin) is dizziness<sup>1</sup>

\*2-week titration to 1800 mg/day.

† In a 10-week clinical trial, approximately one-third of GRALISE (gabapentin) patients achieved a 50% reduction in pain from baseline and approximately one-half achieved a 30% reduction in pain with an 1800 mg once-daily dose (mean baseline pain score was 6.6 for GRALISE-treated patients).<sup>1,3</sup>

## Indication and Usage

GRALISE (gabapentin) tablets are indicated for the management of postherpetic neuralgia (PHN). GRALISE is not interchangeable with other gabapentin products because of differing pharmacokinetic profiles that affect the frequency of administration.

## Important Safety Information

GRALISE is contraindicated in patients who have demonstrated hypersensitivity to the drug or its ingredients.

Antiepileptic drugs (AEDs) including gabapentin, the active ingredient in GRALISE, increase the risk of suicidal thoughts or behavior in patients taking these drugs for any indication. Patients treated with any AED for any indication should be monitored for the emergence or worsening of depression, suicidal thoughts or behavior, and/or any unusual changes in mood or behavior.

Across all GRALISE clinical trials, the other most common adverse reactions (≥ 2%) are somnolence, headache, peripheral edema, diarrhea, dry mouth, and nasopharyngitis.

Dosage adjustment of GRALISE is necessary in patients with impaired renal function. GRALISE should not be administered in patients with a creatinine clearance rate < 30 mL/min or in patients undergoing hemodialysis.

**Gralise**<sup>®</sup> once-daily  
(gabapentin) tablets

**Because every moment counts in PHN**

**Please see adjacent page for Brief Summary of Prescribing Information. Full Prescribing Information and Medication Guide are available at GRALISE.com.**

## References:

**1.** GRALISE [prescribing information]. Newark, CA: Depomed Inc.; December 2012. **2.** Sang CN, et al. Gastroretentive gabapentin (G-GR) formulation reduces intensity of pain associated with postherpetic neuralgia (PHN). *Clin J Pain.* 2013;29:281-288. **3.** Data on file, Depomed Inc.





## GRALISE® (gabapentin) tablets

**BRIEF SUMMARY:** For full prescribing information, see package insert.

### INDICATIONS AND USAGE

GRALISE is indicated for the management of Postherpetic Neuralgia (PHN). **GRALISE is not interchangeable with other gabapentin products because of differing pharmacokinetic profiles that affect the frequency of administration.**

### DOSE AND ADMINISTRATION

#### Postherpetic neuralgia

- GRALISE should be titrated to an 1800 mg dose taken orally once daily with the evening meal. GRALISE tablets should be swallowed whole. Do not split, crush, or chew the tablets.
- If GRALISE dose is reduced, discontinued, or substituted with an alternative medication, this should be done gradually over a minimum of one week or longer (at the discretion of the prescriber).
- Renal impairment: Dose should be adjusted in patients with reduced renal function. GRALISE should not be used in patients with CrCl less than 30 or in patients on hemodialysis.
- In adults with postherpetic neuralgia, GRALISE therapy should be initiated and titrated as follows:

**Table 1 GRALISE Recommended Titration Schedule**

	Day 1	Day 2	Days 3-6	Days 7-10	Days 11-14	Day 15
Daily dose	300 mg	600 mg	900 mg	1200 mg	1500 mg	1800 mg

### CONTRAINDICATIONS

GRALISE is contraindicated in patients with demonstrated hypersensitivity to the drug or its ingredients.

**Table 2 GRALISE Dosage Based on Renal Function**

Once-daily dosing	
Creatinine clearance (mL/min)	GRALISE dose (once daily with evening meal)
≥ 60	1800 mg
30-60	600 mg to 1800 mg
< 30	GRALISE should not be administered
Patients receiving hemodialysis	GRALISE should not be administered

### WARNINGS AND PRECAUTIONS

GRALISE is not interchangeable with other gabapentin products because of differing pharmacokinetic profiles that affect the frequency of administration. The safety and effectiveness of GRALISE in patients with epilepsy has not been studied. **Suicidal Behavior and Ideation** Antiepileptic drugs (AEDs), including gabapentin, the active ingredient in GRALISE, increase the risk of suicidal thoughts or behavior in patients taking these drugs for any indication. Patients treated with any AED for any indication should be monitored for the emergence or worsening of depression, suicidal thoughts or behavior, and/or any unusual changes in mood or behavior.

**Table 3 Risk by Indication for Antiepileptic Drugs (including gabapentin, the active ingredient in Gralise) in the Pooled Analysis**

Indication	Epilepsy	Psychiatric	Other	Total
Placebo patients with events per 1000 patients	1.0	5.7	1.0	2.4
Drug patients with events per 1000 patients	3.4	8.5	1.8	4.3
Relative risk: incidence of events in drug patients/incidence in placebo patients	3.5	1.5	1.9	1.8
Risk difference: additional drug patients with events per 1000 patients	2.4	2.9	0.9	1.9

The relative risk for suicidal thoughts or behavior was higher in clinical trials for epilepsy than in clinical trials for psychiatric or other conditions, but the absolute risk differences were similar for the epilepsy and psychiatric indications. Anyone considering prescribing GRALISE must balance the risk of suicidal thoughts or behavior with the risk of untreated illness. Epilepsy and many other illnesses for which products containing active components that are AEDs (such as gabapentin, the active component in GRALISE) are prescribed are themselves associated with morbidity and mortality and an increased risk of suicidal thoughts and behavior. Should suicidal thoughts and behavior emerge during treatment, the prescriber needs to consider whether the emergence of these symptoms in any given patient may be related to the illness being treated. Patients, their caregivers, and families should be informed that GRALISE contains gabapentin which is also used to treat epilepsy and that AEDs increase the risk of suicidal thoughts and behavior and should be advised of the need to be alert for the emergence or worsening of the signs and symptoms of depression, any unusual changes in mood or behavior, or the emergence of suicidal thoughts, behavior, or thoughts about self-harm. Behaviors of concern should be reported immediately to healthcare providers.

**Withdrawal of Gabapentin** Gabapentin should be withdrawn gradually. If GRALISE is discontinued, this should be done gradually over a minimum of 1 week or longer (at the discretion of the prescriber). **Tumorigenic Potential** In standard preclinical *in vivo* lifetime carcinogenicity studies, an unexpectedly high incidence of pancreatic acinar adenocarcinomas was identified in male, but not female, rats. The clinical significance of this finding is unknown. In clinical trials of gabapentin therapy in epilepsy comprising 2,085 patient-years of exposure in patients over 12 years of age, new tumors were reported in 10 patients, and preexisting tumors worsened in 11 patients, during or within 2 years after discontinuing the drug. However, no similar patient population untreated with gabapentin was available to provide background tumor incidence and recurrence information for comparison. Therefore, the effect of gabapentin therapy on the incidence of new tumors in humans or on the worsening or recurrence of previously diagnosed tumors is unknown. **Drug Reaction with Eosinophilia and Systemic Symptoms (DRESS)/Multiorgan Hypersensitivity** Drug Reaction with Eosinophilia and Systemic Symptoms (DRESS), also known as Multiorgan Hypersensitivity, has been reported in patients taking antiepileptic drugs, including GRALISE. Some of these events have been fatal or life-threatening. DRESS typically, although not exclusively, presents with fever, rash, and/or lymphadenopathy in association with other organ system involvement, such as hepatitis, nephritis, hematological abnormalities, myocarditis, or myositis, sometimes resembling an acute viral infection. Eosinophilia is often present. Because this disorder is variable in its expression, other organ systems not noted here may be involved. It is important to note that early manifestations of hypersensitivity, such as fever or lymphadenopathy, may be present even though rash is not evident. If such signs or symptoms are present, the patient should be evaluated immediately. GRALISE should be discontinued if an alternative etiology for the signs or symptoms cannot be established. **Laboratory Tests** Clinical trial data do not indicate that routine monitoring of clinical laboratory procedures is necessary for the safe use of GRALISE. The value of monitoring gabapentin blood concentrations has not been established.

### ADVERSE REACTIONS

**Clinical Trials Experience** Because clinical trials are conducted under widely varying conditions, adverse reaction rates observed in the clinical trials of a drug cannot be directly compared to rates in the clinical trials of another drug and may not reflect the rates observed in practice. A total of 359 patients with neuropathic pain associated with postherpetic neuralgia have received GRALISE at doses up to 1800 mg daily during placebo-controlled clinical studies. In clinical trials in patients with postherpetic neuralgia, 9.7% of the 359 patients treated with GRALISE and 6.9% of 364 patients treated with placebo discontinued prematurely due to adverse reactions. In the GRALISE treatment group, the most common reason for discontinuation due to adverse reactions was dizziness. Of GRALISE-treated patients who experienced adverse reactions in clinical studies, the majority of those adverse reactions were either "mild" or "moderate". Table 4 lists all adverse reactions, regardless of causality, occurring in at least 1% of patients with neuropathic pain associated with postherpetic neuralgia in the GRALISE group for which the incidence was greater than in the placebo group.

**Table 4 Treatment-Emergent Adverse Reaction Incidence in Controlled Trials in Neuropathic Pain Associated with Postherpetic Neuralgia (Events in at Least 1% of all GRALISE-Treated Patients and More Frequent Than in the Placebo Group)**

Body system—preferred term	GRALISE N = 359, %	Placebo N = 364, %
<b>Ear and Labyrinth Disorders</b>		
Vertigo	1.4	0.5
<b>Gastrointestinal Disorders</b>		
Diarrhea	3.3	2.7
Dry mouth	2.8	1.4
Constipation	1.4	0.3
Dyspepsia	1.4	0.8
<b>General Disorders</b>		
Peripheral edema	3.9	0.3
Pain	1.1	0.5

### Infections and Infestations

Nasopharyngitis	2.5	2.2
Urinary tract infection	1.7	0.5

### Investigations

Weight increased	1.9	0.5
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### Musculoskeletal and Connective Tissue Disorders

Pain in extremity	1.9	0.5
Back pain	1.7	1.1

### Nervous System Disorders

Dizziness	10.9	2.2
Somnolence	4.5	2.7
Headache	4.2	4.1
Lethargy	1.1	0.3

In addition to the adverse reactions reported in Table 4 above, the following adverse reactions with an uncertain relationship to GRALISE were reported during the clinical development for the treatment of postherpetic neuralgia. Events in more than 1% of patients but equally or more frequently in the GRALISE-treated patients than in the placebo group included blood pressure increase, confusional state, gastroenteritis viral, herpes zoster, hypertension, joint swelling, memory impairment, nausea, pneumonia, pyrexia, rash, seasonal allergy, and upper respiratory infection. **Postmarketing and Other Experience with other Formulations of Gabapentin** In addition to the adverse experiences reported during clinical testing of gabapentin, the following adverse experiences have been reported in patients receiving other formulations of marketed gabapentin. These adverse experiences have not been listed above and data are insufficient to support an estimate of their incidence or to establish causation. The listing is alphabetized: angioedema, blood glucose fluctuation, breast hypertrophy, erythema multiforme, elevated liver function tests, fever, hyponatremia, jaundice, movement disorder, Stevens-Johnson syndrome. Adverse events following the abrupt discontinuation of gabapentin immediate release have also been reported. The most frequently reported events were anxiety, insomnia, nausea, pain and sweating.

### DRUG INTERACTIONS

Coadministration of gabapentin immediate release (125 mg and 500 mg) and hydrocodone (10 mg) reduced hydrocodone  $C_{max}$  by 3% and 21%, respectively, and AUC by 4% and 22%, respectively. The mechanism of this interaction is unknown. Gabapentin AUC values were increased by 14%; the magnitude of this interaction at other doses is not known. When a single dose (60 mg) of controlled-release morphine capsule was administered 2 hours prior to a single dose (600 mg) of gabapentin immediate release in 12 volunteers, mean gabapentin AUC values increased by 44% compared to gabapentin immediate release administered without morphine. The pharmacokinetics of morphine were not affected by administration of gabapentin immediate release 2 hours after morphine. The magnitude of this interaction at other doses is not known. An antacid containing aluminum hydroxide and magnesium hydroxide reduced the bioavailability of gabapentin immediate release by about approximately 20%, but by only 5% when gabapentin was taken 2 hours after antacids. It is recommended that GRALISE be taken at least 2 hours following antacid administration. There are no pharmacokinetic interactions between gabapentin and the following antiepileptic drugs: phenytoin, carbamazepine, valproic acid, phenobarbital, and naproxen. Cimetidine 300 mg decreased the apparent oral clearance of gabapentin by 14% and creatinine clearance by 10%. The effect of gabapentin immediate release on cimetidine was not evaluated. This decrease is not expected to be clinically significant. Gabapentin immediate release (400 mg three times daily) had no effect on the pharmacokinetics of norethindrone (2.5 mg) or ethinyl estradiol (50 mcg) administered as a single tablet, except that the  $C_{max}$  of norethindrone was increased by 13%. This interaction is not considered to be clinically significant. Gabapentin immediate release pharmacokinetic parameters were comparable with and without probenecid, indicating that gabapentin does not undergo renal tubular secretion by the pathway that is blocked by probenecid.

### USE IN SPECIFIC POPULATIONS

**Pregnancy** Pregnancy Category C: Gabapentin has been shown to be fetotoxic in rodents, causing delayed ossification of several bones in the skull, vertebrae, forelimbs, and hindlimbs. There are no adequate and well-controlled studies in pregnant women. This drug should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. To provide information regarding the effects of *in utero* exposure to GRALISE, physicians are advised to recommend that pregnant patients taking GRALISE enroll in the North American Antiepileptic Drug (NAAED) Pregnancy Registry. This can be done by calling the toll free number 1-888-233-2334, and must be done by patients themselves. Information on the registry can also be found at the website <http://www.aedpregnancyregistry.org/>. **Nursing Mothers** Gabapentin is secreted into human milk following oral administration. A nursing infant could be exposed to a maximum dose of approximately 1 mg/kg/day of gabapentin. Because the effect on the nursing infant is unknown, GRALISE should be used in women who are nursing only if the benefits clearly outweigh the risks. **Pediatric Use** The safety and effectiveness of GRALISE in the management of postherpetic neuralgia in patients less than 18 years of age has not been studied. **Geriatric Use** The total number of patients treated with GRALISE in controlled clinical trials in patients with postherpetic neuralgia was 359, of which 63% were 65 years of age or older. The types and incidence of adverse events were similar across age groups except for peripheral edema, which tended to increase in incidence with age. GRALISE is known to be substantially excreted by the kidney. Reductions in GRALISE dose should be made in patients with age-related compromised renal function. [see Dosage and Administration]. **Hepatic Impairment** Because gabapentin is not metabolized, studies have not been conducted in patients with hepatic impairment. **Renal Impairment** GRALISE is known to be substantially excreted by the kidney. Dosage adjustment is necessary in patients with impaired renal function. GRALISE should not be administered in patients with CrCl between 15 and 30 or in patients undergoing hemodialysis [see Dosage and Administration].

### DRUG ABUSE AND DEPENDENCE

The abuse and dependence potential of GRALISE has not been evaluated in human studies.

### OVERDOSAGE

A lethal dose of gabapentin was not identified in mice and rats receiving single oral doses as high as 8000 mg/kg. Signs of acute toxicity in animals included ataxia, labored breathing, ptosis, sedation, hypoactivity, or excitation. Acute oral overdoses of gabapentin immediate release in humans up to 49 grams have been reported. In these cases, double vision, slurred speech, drowsiness, lethargy and diarrhea were observed. All patients recovered with supportive care. Gabapentin can be removed by hemodialysis. Although hemodialysis has not been performed in the few overdose cases reported, it may be indicated by the patient's clinical state or in patients with significant renal impairment.

### CLINICAL PHARMACOLOGY

**Pharmacokinetics Absorption and Bioavailability** Gabapentin is absorbed from the proximal small bowel by a saturable L-amino transport system. Gabapentin bioavailability is not dose proportional; as the dose is increased, bioavailability decreases. When GRALISE (1800 mg once daily) and gabapentin immediate release (600 mg three times a day) were administered with high fat meals (50% of calories from fat), GRALISE has a higher  $C_{max}$  and lower AUC at steady state compared to gabapentin immediate release. Time to reach maximum plasma concentration ( $T_{max}$ ) for GRALISE is 8 hours, which is about 4-6 hours longer compared to gabapentin immediate release.

### NONCLINICAL TOXICOLOGY

**Carcinogenesis, Mutagenesis, Impairment of Fertility** Gabapentin was given in the diet to mice at 200, 600, and 2000 mg/kg/day and to rats at 250, 1000, and 2000 mg/kg/day for 2 years. A statistically significant increase in the incidence of pancreatic acinar cell adenoma and carcinomas was found in male rats receiving the high dose; the no-effect dose for the occurrence of carcinomas was 1000 mg/kg/day. Peak plasma concentrations of gabapentin in rats receiving the high dose of 2000 mg/kg/day were more than 10 times higher than plasma concentrations in humans receiving 1800 mg per day and in rats receiving 1000 mg/kg/day peak plasma concentrations were more than 6.5 times higher than in humans receiving 1800 mg/day. The pancreatic acinar cell carcinomas did not affect survival, did not metastasize and were not locally invasive. The relevance of this finding to carcinogenic risk in humans is unclear. Studies designed to investigate the mechanism of gabapentin-induced pancreatic carcinogenesis in rats indicate that gabapentin stimulates DNA synthesis in rat pancreatic acinar cells *in vitro* and, thus, may be acting as a tumor promoter by enhancing mitogenic activity. It is not known whether gabapentin has the ability to increase cell proliferation in other cell types or in other species, including humans. Gabapentin did not demonstrate mutagenic or genotoxic potential in 3 *in vitro* and 4 *in vivo* assays. No adverse effects on fertility or reproduction were observed in rats at doses up to 2000 mg/kg (approximately 11 times the maximum recommended human dose on an mg/m<sup>2</sup> basis).



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# INTRODUCING



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A Special Thank-You to our Gold Corporate Member, Insys Therapeutics, for supporting our 2014 Trainee Scholar attendees and Trainee Poster Competition and Dinner on Friday evening, April 4. This is our first year so please say hello to the Scholars, Identified on their badges. Please also view the posters presented and listen to oral presentations on Friday at 5:30 p.m.



## **POSTER PRESENTATIONS:**

### **POSTER 1**

CRPS NOS Following Sciatic Nerve Schwannoma Resection – Medically Challenging Case  
Presenter: Soon Jung MD, Department of Anesthesia, Westchester Medical Center – New York Medical College, Valhalla, New York.

*Program Director: Kathryn McGoldrick MD*

### **POSTER 2**

Calcitonin as an Adjuvant Treatment in Pain Associated with Recent Compression Fracture of the Spine in an Elderly Female - Medically Challenging Case

Presenter: Mohammed Emam MD, Department of Physical Medicine and Rehabilitative Medicine, Montefiore Medical Center at Albert Einstein College of Medicine, Bronx, New York.

*Program Director: Mark Thomas MD*

### **POSTER 3**

Lumbosacral Radiculoplexopathy and Complex Regional Pain Syndrome Secondary to Gluteal Compartment Syndrome – Medically Challenging Case

Presenter: Andrew Lederman MD, Department of Physical Medicine and Rehabilitative Medicine, Montefiore Medical Center at Albert Einstein College of Medicine, Bronx, New York.

*Program Director: Mark Thomas MD*

### **POSTER 4**

Single Needle Approach for Bilateral Superior Hypogastric Plexus Blocks – Medically Challenging Case

Presenter: Thomas Reilly MD, Department of Physical Medicine and Rehabilitative Medicine, Montefiore Medical Center at Albert Einstein College of Medicine, Bronx, New York.

*Program Director: Mark Thomas MD*

### **POSTER 5**

Management of Left Lower Limb Complex Regional Pain Syndrome in a Young Female with Spinal Cord Stimulator Complicated by Recurrent Lead Migration – Medically Challenging Case

Presenter: Matthew Perkowski, DO – University of Rochester Medical Center, Rochester, New York

*Program Director: Joel Kent MD*



# FACULTY

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## ACCREDITATION STATEMENT:

### FRIDAY APRIL 4 AND SATURDAY APRIL 5

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Medical Society of the State of New York (MSSNY) through the joint sponsorship of the Westchester Academy of Medicine and The New York State Pain Society. The Westchester Academy of Medicine is accredited by the Medical Society of New York (MSSNY) to provide Continuing Medical Education for physicians.

The Westchester Academy of Medicine designates this live activity for a maximum of **12.5** AMA PRA Category I Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## DISCLOSURE STATEMENT

The Westchester Academy of Medicine and the Medical Society of the State of New York rely upon planners and faculty participants in its CME activities to provide educational information that is objective and free of bias. In this spirit and in accordance with the guidelines of MSSNY and the ACCME, all speakers and planners for CME activities must disclose any relevant financial relationships with commercial interests whose products, devices or services may be discussed in the content of a CME activity, that might be perceived as a real or apparent conflict of interest. Any discussion of investigational or unlabeled uses of a product will be identified.

## LEARNING OBJECTIVES

After attending the New York State Pain Society Annual Meeting and Scientific Sessions, Learners should be able to:

**Key: C=Competency P=Patient Outcomes and K = Knowledge**

1. Identify risk factors associated with the initiation or maintenance of chronic opioid therapy (C)
2. Provide decision-making strategies that consider non-opioid pharmacologic and non-pharmacologic strategies for management of chronic pain (P)
3. Apply evidence-based strategies to clinical practice for managing complex patients with chronic pain (K)
4. Formulate patient opioid treatment agreements. (P)
5. Identify addiction-risk patients on opioid therapy and implement a termination of opioid therapy regimen where appropriate. (K)
6. Employ key diagnostic and treatment techniques for the management of pain. (P)
7. Address common clinical challenges in the management of acute and chronic pain (P)
8. Promote appropriate and safe opioid usage in patients. (P)
9. Evaluate and debate new trends, techniques, therapies, and diagnostic procedures. (C)
10. Increase collaboration between pain specialists and primary care clinicians. (P)
11. Improve quality of life for patients suffering from acute or chronic pain. (P)
12. Assemble a valuable network of colleagues active in the field of pain medicine. (P)

## ACCREDITATION STATEMENT:

### PHYSICAL THERAPISTS

This Program is Jointly Sponsored by the New York Physical Therapy Association. NYPTA and The New York State Pain Society designates this live activity for **19.8** Continuing Education Credits.

## PURPOSE

The purpose of this program is to educate physicians and healthcare practitioners in evolving advanced acute and chronic pain management and provide a forum for participants to gain valuable understanding in evidenced based techniques, treatments, and solutions for patients suffering from acute and/or chronic pain.

## INTENDED AUDIENCE

Anesthesiologists, Physiatrists, Surgeons, Neurologists, Orthopedics, Internal Medicine, General Practitioners, Primary Care Physicians, Emergency Room, Psychiatrists, Pharmacists, Physician Assistants, Nurses, Therapists, Physical Therapists, Complementary Medicine Specialists.

## LOCATION

Nestled on 30 acres in West Harrison, Westchester County, New York, *The Renaissance Westchester Hotel* is located in close proximity to New York City yet easily accessible from all points in New York State. To encourage optimum interaction, the Exhibit Hall will be located in close proximity to sessions and within the guidelines of ACCME rules. The exhibit area will serve as the venue for all refreshment breaks as well as the Friday Evening Networking Reception.

## YOUR HOST

The New York State Pain Society was founded in 2011 to advance the art and science of pain medicine by promoting and maintaining the highest standards of professional practice through education and research; by aiding and encouraging the education of medical students, residents, fellows, practicing physicians, and other health care providers in pain management and by obtaining and publishing scientific information in pain medicine and management.

Non-members who register for the full 2014 Annual Meeting and Scientific Sessions will also receive a 2014 membership in the Society.

## EDUCATIONAL GRANTS PROVIDED BY:



*This program was made possible by a grant from  
Jazz Pharmaceuticals*

**ACCREDITATION STATEMENT:  
SUNDAY, APRIL 6 REMS CERTIFICATION  
COURSE**



pmiCME is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



**Designation Statement:** pmiCME designates this live activity for a maximum of **3.5** AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**AANP Accreditation** pmiCME is approved as a provider of nurse practitioner continuing education by the American Association of Nurse Practitioners. AANP provider number 040308. This program has been approved for 3.5 contact hours of continuing education.

**LEARNING OBJECTIVES**

SAFE Opioid Prescribing | Strategies. Assessment. Fundamentals. Education

Pri-Med, in collaboration with American College of Physicians, has received commercial support for this community resource center provided by an educational grant from the REMS Program Companies. This educational activity is supported by an independent educational grant from the ER/LA Opioid Analgesic REMS Program Companies (RPC).

Please see [www.er-la-opioidREMS.com](http://www.er-la-opioidREMS.com) for a listing of the member companies. This activity is fully-compliant with the ER/LA Opioid Analgesics REMS education requirements issued by the U.S. Food & Drug Administration (FDA).

**SESSION TITLES**

1. Evaluation is Essential for Safe and Effective Pain Management Using ER/LA Opioids
2. Best Practices for How to Start Therapy with ER/LA Opioids, How to Stop, and What to Do in Between
3. Evidence-Based Tools for Screening for Patients at Risk and Monitoring for Adherence to Prescribed ER/LA Opioids
4. Talk to Me: Proven Methods to Counsel Your Patients on ER/LA Opioids and Achieve Positive Outcomes
5. Everything You Always Wanted to Know About ER/LA-Opioids as a Drug Class
6. Getting the Most Clinical Insights from Specific ER/LA Product Information Sources

**LEARNING OBJECTIVES (PER ACTIVITY)**

*Activity 1*

1. Identify risk factors for opioid-related aberrant behavior
2. Differentiate between tolerance, physical dependence and addiction

*Activity 2*

1. Convert patients from immediate-release to ER/LA opioids as well as from one ER/LA opioid to another
2. Identify predisposing risk factors for significant respiratory depression

*Activity 3*

1. Evaluate and manage adverse effects of ER/LA-opioids
2. Differentiate strategies for monitoring patient adherence

*Activity 4*

1. Implement counseling strategies to ensure patients know to take ER/LA opioids exactly as prescribed
2. Use counseling strategies to explain signs of ER/LA opioid overdose to patients and caregivers

*Activity 5*

1. Assess the differences in opioid metabolism and how these impact appropriate ER/LA prescribing
2. Identify how opioid-drug interactions influence ER/LA opioid prescribing

*Activity 6*

1. Differentiate the prescribing information among available ER/LA opioids
2. Identify ER/LA opioids and dosages indicated for opioid-tolerant patients only

**OVERALL PROGRAM LEARNING  
OBJECTIVES (BLUEPRINT)**

1. Implement patient assessment strategies including tools to assess the risk of abuse, misuse or addiction when prescribing ER/LA opioids
2. Employ approaches to safely initiate therapy, modify dose, and discontinue use of ER/LA opioids
3. Monitor patients by evaluating treatment goals and implementing periodic UDTs
4. Participate in Prescription Drug Monitoring Programs in their state, if available
5. Employ patient education strategies about the safe use of ER/LA opioids
6. Identify similarities and differences among ER/LA opioids



# FINAL PROGRAM

*FRIDAY, APRIL 4, 2014*

8:00 - 5:30 PM	Ongoing Registration AND Exhibitor Setup (8:00 - 10:00 AM)
8:00 - 9:00 AM	Continental Breakfast
<b>9:00 - Noon</b>	<b>OPIOIDS AND PHARMACOLOGICAL TREATMENT OF CHRONIC PAIN:</b> Moderators: Alexander Weingarten MD and Charles Argoff MD
9:00 - 9:10 AM	Welcome and Opening Remarks Alexander Weingarten MD, <i>President The New York State Pain Society</i>
9:10 - 9:45 AM	To Prescribe or Not to Prescribe, That is the Question - Charles Argoff MD
9:45 - 10:15 AM	Use, Misuse, and Abuse - Beth Covelli LCSW, Director, New York Outreach Project
10:15 - 10:45 AM	Break in Exhibit Hall
10:45 - 11:15 AM	The Safe Use of Methadone - Alexander Weingarten MD
11:15 - Noon	Palliative Care - Joseph Sacco MD
Noon - 1:00 PM	Gold Corporate Member Showcase Presented By Insys Therapeutics with Special Guest Lecturer: Ted Stanley MD <i>The History of Fentanyl, Presented by the Man Who Lived It</i> (Lunch Provided, No CME Provided)

**1:00 - 5:30 PM**

## **INTERVENTIONAL TECHNIQUES TO MANAGE PAIN**

**RED = START OF  
COINCIDING  
PROGRAMS**

Moderator: Phillip Fyman MD

1:00 - 1:45 PM

Indications Outcomes and Risks of Epidural Steroid Injections  
Phillip Fyman MD

1:45 - 2:30 PM

Neuromodulation Best Practices - Romanth Waghmarae MD

2:30 - 3:15 PM

Vertebroplasty and Kyphoplasty - Sushil Basra MD

3:00 - 3:30 PM

Break in Exhibit Hall

3:45 - 4:30 PM

Radiofrequency Ablation - Neil Patel MD

4:30 - 5:15 PM

Use of Ultrasound for Injections - Joseph Bax DO

5:15 - 5:30 PM

Discussion

**1:00 - 5:30 PM**

## **HEALTH CARE PRACTITIONER PARALLEL SESSION**

Moderator: Andrea Wolkenberg PT, MA, CKTI, MCMT

1:00 - 2:30 PM

An Introduction to Pain Management Medications and Interventional Techniques for the  
HCP - Classes of Drugs and How to Prescribe Them: Indications and Contraindications.  
Douglas Cline MD and Ralph Ortiz DO

2:30 - 3:15 PM

Motivating Patients with Persistent Pain to Action: Self-Management Strategies  
Patricia Bruckenthal PhD, APRN-BC, ANP

3:15 - 3:45 PM

BREAK WITH EXHIBITORS

3:45 - 5:15 PM

A Step-By-Step Approach to Implementing Therapeutic Neuroscience Education into  
Clinical Practice - Tracey Vincel PT MPhty

5:00 - 5:30 PM

Discussion

5:30 - 6:30 PM

NYSPS Insys Therapeutics Trainee Scholars Poster Competition

5:30 - 7:00 PM

NETWORKING RECEPTION with Exhibitors

7:00 - 9:00 PM

Trainee Scholars Dinner with Lecture By Invitation Only.  
(No CME Provided)

**SATURDAY, APRIL 5, 2014**

**8:00 - 9:00 AM**

Silver Founding Corporate Member Showcase Presented by Millennium Laboratories  
With Special Guest Lecturers Christopher Cardillo Esq. and Dr. Adam Rzetelny  
*Prescribing Schedule II, III, and IV Controlled Substances in New York:  
Protecting your Patients, Practice, and Community (Breakfast Provided. no CME provided)*

**9:00 - Noon**

**HEADACHE: AN ARMCHAIR DISCUSSION - CASE STUDIES:**

Moderator: Grace Forde MD and Robert Duarte MD with Special Guest Lecturer  
Roger Cady MD , Dawn Buse PhD, and Noah Rosen MD

10:15 - 10:45 AM

Break in Exhibit Hall

10:45 - Noon

Headache an Armchair Discussion Continued.

Noon - 12:30 PM

Annual Business Meeting of the Membership In the Red Oak Terrace with Installation of  
Richard Gasalberti MD as 2014-2016 President

12:30 - 1:30 PM

Gold Corporate Member Showcase presented by Depomed in the Red Oak Terrace with  
Special Lecturer Charles Argoff MD  
*First Line Management of Chronic and Acute Pain: Unmet Needs and Options for Early Onset  
of Relief (Lunch Provided - No CME provided)*

**1:30 - 3:30 PM**

**EVIDENCED BASED ALTERNATIVE THERAPIES FOR PAIN MANAGEMENT**

Moderator: Bradley Cash MD

1:30 - 2:00 PM

Acupuncture and Arthritis Pain - Alex Moroz MD

2:00 - 2:30 PM

Physical Therapy for Pelvic Pain - Lila Abbate PT, DPT, MS, OCS, WCS

2:30 - 3:00 PM

Complex Regional Pain Syndrome - Jeffrey Cohen MD

3:00 - 3:30 PM

Using Research Based Natural Dietary Supplements to Treat Inflammation and Pain -  
Liming Zhao LAC

3:30 - 4:00 PM

Break in Exhibit Hall

**1:30 - 5:00 PM**

**HEALTH CARE PRACTITIONER PARALLEL SESSION**

Moderator: Andrea Wolkenberg PT, MA, CKTI, MCMT

1:30 - 3:00 PM

Posture and Pain: The Alexander Technique - Bill Connington PTO

3:00 - 3:30 PM

Break in Exhibit Hall

3:30 - 5:00 PM

Aches, Pains & Secondary Gains: When Your Patient Does Not Want to Get Better -  
Dawn Buse PhD

**4:00 - 5:30 PM**

**HOT TOPIC SESSION: Medical Marijuana - Legal and Medical Perspectives**

Moderator: Grace Forde MD With Special Guest Lecturer, Mark Ware MD,  
Sunil Aggarwal MD PhD, and Adam Scavone JD

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**RED = START OF COINCIDING PROGRAMS**

## SUNDAY, APRIL 6, 2014

8:00 - 8:45 AM	Breakfast and REMS Certification Registration <i>Please arrive early for session to obtain your Audience Response System (ARS) Device.</i>
<b>8:45 - 12:45 PM</b>	<b>RISK EVALUATION MITIGATION STRATEGIES</b> With Special Lecturers Jeff Gudin MD and Charles Argoff MD Safe Opioid Prescribing / Strategies. Assessment. Fundamentals. Education, Accreditation information and the FDA Information is all being utilized
8:45 - 9:30 AM	Evaluation is Essential for Safe and Effective Pain Management Using ER/LA Opioids
9:30 - 10:00 AM	Best Practices for How to Start Therapy with ER/LA Opioids, How to Stop, and What to Do in Between
10:00 - 10:30 AM	Break in Exhibit Hall
10:30 - 11:00 AM	Evidence-Based Tools for Screening for Patients at Risk and Monitoring for Adherence to Prescribed ER/LA Opioids
11:00 - 11:30 AM	Talk to Me: Proven Methods to Counsel Your Patients on ER/LA Opioids and Achieve Positive Outcomes
11:30 - Noon	Everything You Always Wanted to Know About ER/LA-Opioids as a Drug Class
Noon - 12:45 PM	Getting the Most Clinical Insights from Specific ER/LA Product Information Sources including Q&A
<b>12:45 PM</b>	<b><i>Closing Remarks and Thank You from Alexander Weingarten MD with introduction to 2014-2016 President, Richard Gasalberti MD</i></b>

*Please remember to return your Evaluatons and your ARS systems!  
Thank you and see you at next year's annual meeting!*

*Educational Grants Provided By:*



*This program was made possible by a grant from Jazz Pharmaceuticals*



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We are passionate about serving your patients better. Our Network includes leading multidisciplinary physicians, physical & occupational therapists, healthcare & movement professionals. We create & encourage adoption of evidence base standards in clinical & service excellence through international continuing education, research, & cross discipline collaboration

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XenoPort, Inc. is a biopharmaceutical company focused on developing and commercializing a portfolio of internally discovered product candidates for the potential treatment of neurological disorders. XenoPort's technology utilizes the biology of nutrient transport mechanisms to enhance absorption, provide more predictable drug exposure, reduce inter-patient variability, and decrease dosing frequency. Visit: [www.xenoport-us.com](http://www.xenoport-us.com)



**Musculoskeletal Ultrasound/Xray Solutions**  
Universal Imaging introduced musculoskeletal sonography 30 years ago and has been a leader in the field ever since, selling over 2,000 ultrasound, DR and CR systems. Universal offers affordable, high-quality Musculoskeletal systems, featuring all-digital technology, portability, color Doppler, digital archiving. Our technology partners include Toshiba, Sonoscape, ECM, Siui, CR/DR, Fire CR, Canon and Fuji. Visit: [www.universalimaginginc.com](http://www.universalimaginginc.com)  
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We are developing and commercializing products for the treatment of central nervous system disorders and pain by leveraging technology to provide innovative solutions for unmet medical needs. We focus on meeting the needs of patients and physicians we serve by providing comprehensive education materials about the therapeutic products we develop.

# THANK YOU TO OUR 2014 CORPORATE MEMBERS

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Treating chronic pain is challenging...

# PERSONALIZED CARE CAN HELP

The leader in **UDT** now offers a next-generation tool to further support **personalized care**.

## MILLENNIUM PGT PHARMACOGENETIC TESTING

*Results | Insights | Personalization*

Millennium PGT is innovative, saliva-based pharmacogenetic testing that identifies a patient-specific medication metabolism profile, which helps clinicians in the safe and effective prescribing of opioids (including methadone), benzodiazepines, TCAs, SSRIs and SNRIs.

## MILLENNIUM UDT URINE DRUG TESTING

*Accuracy | Choice | Service*

Millennium UDT is the leading urine drug testing platform backed by state-of-the-art technology, research, and toxicology guidance. We deliver accurate, comprehensive results, generally within one business day from receipt at our lab...all with world class service.

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# Medtronic Makes Safe Access to MRI Scans Possible\*†

- Only Medtronic pain neurostimulation systems provide safe access to 1.5-Tesla MRI scans on any part of the body.\*
- Medtronic SynchroMed® infusion systems provide safe full-body access to 1.5- and 3.0-Tesla MRI scans and resume programmed therapy after scan.†

[professional.medtronic.com](http://professional.medtronic.com)  
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\*Under specific conditions; requires SureScan® implantable neurostimulator and Vectris® leads. Refer to approved labeling for full list of conditions.

†Under specific conditions; requires interrogation to confirm pump status. Refer to approved labeling for full list of conditions.



## NEUROSTIMULATION SYSTEMS FOR PAIN THERAPY

**Brief Summary: Product Technical Manuals and Programming Guides must be reviewed prior to use for detailed disclosure.**

**Indication for Use:** Chronic, intractable pain of the trunk and/or limbs—including unilateral or bilateral pain. **Contraindications:** Diathermy. **Warnings:** Defibrillation, diathermy, electrocautery, MRI, RF ablation, and therapeutic ultrasound can result in unexpected changes in stimulation, serious patient injury or death. Rupture/piercing of neurostimulator can result in severe burns. Electrical pulses from the neurostimulator may result in an inappropriate response of the cardiac device. **Precautions:** The safety and effectiveness of this therapy has not been established for pediatric use, pregnancy, unborn fetus, or delivery. Follow programming guidelines and precautions in product manuals. Avoid activities that stress the implanted neurostimulation system. EMI, postural changes, and other activities may cause shocking/jolting. Patients using a rechargeable neurostimulator should check for skin irritation or redness near the neurostimulator during or after recharging. **Adverse Events:** Undesirable change in stimulation; hematoma, epidural hemorrhage, paralysis, seroma, CSF leakage, infection, erosion, allergic response, hardware malfunction or migration, pain at implant site, loss of pain relief, chest wall stimulation, and surgical risks. For full prescribing information, please call Medtronic at 1-800-328-0810 and/or consult Medtronic's website at [www.medtronic.com](http://www.medtronic.com).

USA Rx Only Rev 0313

## SynchroMed® II Drug Infusion System Brief Summary:

**Product technical manuals and the appropriate drug labeling must be reviewed prior to use for detailed disclosure.**

**Indications:** US: Chronic intraspinal (epidural and intrathecal) infusion of preservative-free morphine sulfate sterile solution in the treatment of chronic intractable pain, chronic intrathecal infusion of preservative-free ziconotide sterile solution for the management of severe chronic pain, and chronic intrathecal infusion of Lioresal® Intrathecal (baclofen injection) for the management of severe spasticity; chronic intravascular infusion of floxuridine (FUDR) or methotrexate for the treatment of primary or metastatic cancer. Outside of US: Chronic infusion of drugs or fluids tested as compatible and listed in the product labeling. **Contraindications:** Infection; implant depth greater than 2.5 cm below skin; insufficient body size; spinal anomalies; drugs with preservatives, drug contraindications, drug formulations with pH ≤3, use of catheter access port (CAP) kit for refills or of refill kit for catheter access, blood sampling through CAP in vascular applications, use of Personal Therapy Manager to administer opioid to opioid-naïve patients or to administer ziconotide. **Warnings: Non-indicated formulations may contain neurotoxic preservatives, antimicrobials, or antioxidants, or may be incompatible with and damage the system. Failure to comply with all product instructions, including use of drugs or fluids not indicated for use with system, or of questionable sterility or quality, or use of non-Medtronic components or inappropriate kits, can result in improper use, technical errors, increased risks to patient, tissue damage, damage to the system requiring revision or replacement, and/or change in therapy, and may result in additional surgical procedures, a return of underlying symptoms, and/or a clinically significant or fatal drug under- or overdose.** Refer to appropriate drug labeling for indications, contraindications, warnings, precautions, dosage and administration information, screening procedures and underdose and overdose symptoms and methods of management. Physicians must be familiar with the drug stability information in the product technical manuals and must understand the dose relationship to drug concentration and pump flow rate before prescribing pump infusion. Implantation and ongoing system management must be performed by individuals trained in the operation and handling of the infusion system. An inflammatory mass that can result in serious neurological impairment, including paralysis, may occur at the tip of the implanted catheter. Clinicians should monitor patients on intraspinal therapy carefully for any new neurological signs or symptoms, change in underlying symptoms, or need for rapid dose escalation. Inform patients of the signs and symptoms of drug under- or overdose, appropriate drug warnings and precautions regarding drug interactions, potential side effects, and signs and symptoms that require medical attention, including prodromal signs and symptoms of inflammatory mass. Failure to recognize signs and symptoms and seek appropriate medical intervention can result in serious injury or death. Instruct patients to notify their healthcare professionals of the implanted pump before medical tests/procedures, to return for refills at prescribed times, to carry their Medtronic device identification card, to avoid manipulating the pump through the skin, to consult with their clinician if the pump alarms and before traveling or engaging in activities that can stress the infusion system or involve pressure or temperature changes. Strong sources of electromagnetic interference (EMI), such as short wave (RF) diathermy and MRI, can negatively interact with the pump and cause heating of the implanted pump, system damage, or changes in pump operation or flow rate, that can result in patient injury from tissue heating, additional surgical procedures, a return of underlying symptoms, and/or a clinically significant or fatal drug underdose or overdose. Avoid using shortwave (RF) diathermy within 30 cm of the pump or catheter. Effects of other types of diathermy (microwave, ultrasonic, etc.) on the pump are unknown. Drug infusion is suspended during MRI; for patients who can not safely tolerate suspension, use alternative drug delivery method during MRI. Patients receiving intrathecal baclofen therapy are at higher risk for adverse events, as baclofen withdrawal can lead to a life threatening condition if not treated promptly and effectively. Confirm pump status before and after MRI. Reference product labeling for information on sources of EMI, effects on patient and system, and steps to reduce risks from EMI. **Precautions:** Monitor patients after device or catheter replacement for signs of underdose/overdose. Infuse preservative-free (intraspinal) saline or, for vascular applications, infuse heparinized solutions therapy at minimum flow rate if therapy is discontinued for an extended period of time to avoid system damage. EMI may interfere with programmer telemetry during pump programming sessions. EMI from the SynchroMed programmer may interfere with other active implanted devices (e.g., pacemaker, defibrillator, neurostimulator). **Adverse Events:** Include, but are not limited to, spinal/vascular procedure risks; infection; bleeding; tissue damage, damage to the system or loss of, or change in, therapy that may result in additional surgical procedures, a return of underlying symptoms, and/or a clinically significant or fatal drug underdose or overdose, due to end of device service life, failure of the catheter, pump or other system component, pump inversion, technical/programming errors, or improper use, including use of non-indicated formulations and/or not using drugs or system in accordance with labeling; pocket seroma, hematoma, erosion, infection; post-lumbar puncture (spinal headache); CSF leak and rare central nervous system pressure-related problems; hygroma; radiculitis; arachnoiditis; spinal cord bleeding/damage; meningitis; neurological impairment (including paralysis) due to inflammatory mass; potential serious adverse effects from catheter fragments in intrathecal space, including potential to compromise antibiotic effectiveness for CSF infection; anesthesia complications; body rejection phenomena; local and systemic drug toxicity and related side effects; potential serious adverse effects from catheter placement in intravascular applications.

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# THE NEW YORK STATE PAIN SOCIETY

## APPLICATION FOR MEMBERSHIP HEALTHCARE PROFESSIONAL

(Please print or type)

Cannot make the Annual Meeting this Year?

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| <input type="checkbox"/> <b>ACTIVE MEMBER</b> <b>\$150.00</b><br>Open to individuals with a doctorate degree who reside in New York. i.e. MD's, PhD's, PharmD's.   | <input type="checkbox"/> <b>ASSOCIATE MEMBER</b> <b>\$150.00</b><br>Open to individual pain management practitioners who reside outside the State of New York.   |
| <input type="checkbox"/> <b>HEALTHCARE PRACTITIONER</b> <b>\$100.00</b><br>Open to pain management practitioners and member-sponsored associates who reside in New York i.e. nurses, physician assistants, counselors, complimentary medicine specialists and other allied health personnel. | <input type="checkbox"/> <b>TRAINEE*</b> <b>\$ 20.00</b><br>Open to Residents, Technologists-in-training, Nurses-in-training and other Para-professionals in-training. You must attach a letter from your Program Director endorsing your membership and listing the start and finish date of your training program. |

**TOTAL ENCLOSED:** \_\_\_\_\_

\_\_\_\_\_  
Last Name First Name MI Title/Degree(s)

\_\_\_\_\_  
Position Institution

**PROFESSIONAL ADDRESS**  **HOME ADDRESS** *Please check preferred mailing address*

\_\_\_\_\_  
Street Address Street Address

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City State Country Zip Code City State Country Zip Code

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E-mail Address (Required) E-mail Address (Required)

**EDUCATION** (you may attach a CV)  
INSTITUTION/PROGRAM • CITY/STATE • DEGREE • DATES

\_\_\_\_\_  
Premedical Medical

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Residency (if applicable) Fellowship (if applicable)

In-Training: When do you expect to graduate? \_\_\_\_\_

Practice Website: (Required) \_\_\_\_\_

By submitting an application for membership to The New York State Pain Society, I agree to abide by the By-Laws, and contribute to the society by submitting papers, entering into discussions, and participating in Society endorsed and planned activities.

\_\_\_\_\_  
Signature Printed Name Date

**PLEASE MAIL COMPLETED APPLICATION AND PAYMENT TO:**  
The New York State Pain Society (Tax Id No: 45-2802963) Attn: Membership  
12126 Capri Circle South, Treasure Island, FL 33706