

# CHRONIC PAIN

## -- Resources --

### **Books:**

1. **Understanding Chronic Pain: A Doctor Talks to His Patients.**  
Robert T. Cochran, Jr., MD.
2. **The Chronic Pain Solution: Your Personal Path to Pain Relief.**  
James N. Dillard.
3. **Living With Chronic Pain: The Complete Health Guide to the Causes and Treatment of Chronic Pain.**  
Jennifer Schneider.
4. **Mayo Clinic on Chronic Pain.**  
Jeffrey Rome.

### **Web Sites:**

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

**American Chronic Pain Association** - [www.theacpa.org](http://www.theacpa.org)

**National Headache Foundation** - [www.headaches.org](http://www.headaches.org)

**National Institute of Neurological Disorders and Stroke** -  
[http://www.ninds.nih.gov/disorders/chronic\\_pain/chronic\\_pain.htm](http://www.ninds.nih.gov/disorders/chronic_pain/chronic_pain.htm)

<http://www.chronicpaininstitute.org/>

<http://www.spineuniverse.com/displayarticle.php/article108.html>

### **Medications:**

All the following medications have solid research evidence supporting their benefit in chronic pain conditions. Their effectiveness varies somewhat according to the type of pain. Most of these are currently in common use for pain treatment. Some have been in use for several years, others are relatively new. Some address the pain directly, while others address the emotional components of pain. Most chronic pain sufferers have to go through trials of several of these in order to find the one(s) that work best for them.

## **Neuropathic Pain Reducers -**

**Lyrica** - generic, Pregabalin; for neuropathic pain; should not be used along with diabetes medications, oxycodone, or lorazepam; some weight gain reported; a “controlled substance”; possible addiction; when stopping, must go-off gradually.

**Neurontin** - generic form, Gabapentin; an anti-seizure medication proven to reduce the sensation of neuropathic pain; can also help reduce anxiety and increase motivation.

**Topamax** - generic form, Topiramate; an anti-seizure medication proven to reduce neuropathic pain and migraines; also reduces appetite.

**Catapres** - An anti-hypertensive; helps neuropathic pain.

## **Anti-Depressant Pain Reducers -**

**Amytriptyline** - (aka Elavil) Old anti-depressant; effective for decreasing pain sensation; tends to be very sedating for some; significant weight gain potential.

**Cymbalta** - Relatively new anti-depressant; best for Major Depression; can help to decrease pain sensation.

**Effexor** - Newer anti-depressant; also helps anxiety; sometimes helps reduce sensation of pain.

## **Non-Opioid Pain Reducers -**

**Prialt** - generic form, Ziconotide; an N-type calcium channel blocker; injected into spinal fluid by physician; for severe chronic pain that has not responded to any other pain treatments; non-addicting; more potent than opiates.

## **Opioid Pain Reducers -**

**Oxycodone** - Opiate, addictive; Brand names, OxyContin, Percocet, Percodan, Tylox.

**Norco** - Tylenol + Hydrocodone

**Buprenorphine** - Treatment for opiate addiction.

**Fentanyl Effervescent Buccal Tablets** - for “break-through-pain”.

## **Synthetic Opioid Pain Reducers -**

**Methadone** - Synthetic narcotic; very effective for serious to severe pain; often effective when other pain meds. have failed.

**Ultram** - A synthetic opiate (aka Tramadol); for moderate to severe chronic pain.

## **Migraine Treatments -**

**Triptans** - On the market since 1992. Specifically for migraine headaches. See information on this web site: [http://headaches.about.com/cs/druginfo/a/triptan\\_over.htm](http://headaches.about.com/cs/druginfo/a/triptan_over.htm)

## **Other Pain Reducers -**

**Sativex** - Pure extract of Cannabis plant; only available in Canada; U.S. trials currently; for neuropathic pain & MS; spray into mouth; not intoxicating.

**Lidocaine Patch** - Skin patch; good for mild-moderate pain.

**Lioresal** - aka Baclofen; muscle relaxant.

**Mirapex** - A Parkinson's treatment; also used to treat Restless Leg Syndrome; some studies show effectiveness with Fibromyalgia; multiple and significant side-effects.

**Plaquenil** - aka Hydroxychloroquine; an anti-malarial treatment; usually used to treat lupus and rheumatoid arthritis; reduces joint pain.

## **Non-Medication Treatments:** (Those with significant evidence of effectiveness)

**Acupuncture** - <http://www.acupuncture.com/>

<http://nccam.nih.gov/health/acupuncture/>

**Acupressure** - [www.acupressure.com](http://www.acupressure.com)

**Myotherapy** - [www.bonnieprudden.com](http://www.bonnieprudden.com)

**Somatics** - <http://somatics.org/>

**Hellerwork** - [www.hellerwork.com](http://www.hellerwork.com)

**Neurostimulation** (spinal stimulation) - <http://en.wikipedia.org/wiki/Neurostimulation>

**Cognitive-Behavioral Therapy** -

<http://consensus.nih.gov/1995/1995BehaviorRelaxPainInsomniata017html.htm>

**Reflexology** - <http://www.reflexology-usa.net/facts.htm>

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