



# NEWSLETTER

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## President's Message

Having just concluded the most successful EPA annual scientific meeting ever, there is a sense of satisfaction and even exhilaration that much hard work by many talented individuals really did pay off. This was preceded, however, by a sense of apprehension right before the meeting, with anxieties about speakers not showing up or poor attendance, which quickly was transformed into a sense of amazement that everything (almost) went as planned. Much gratitude to the Program and Education Committee, chaired very ably by Donald Manning, MD, PhD, and to the Bonica Lectureship Award Committee, chaired by Nancy Olson, MPS, CRC, for their hard work and efforts. Special kudos goes to our management company, Ruggles Service Corporation, for running a very smooth and professional meeting! We received much positive feedback.

The highlight of the meeting was Russell Portenoy, MD receiving the prestigious 25<sup>th</sup> Annual John J. Bonica Award. Named after the "father of pain", John J. Bonica, MD, this award is bestowed upon individuals who have had significant impact on the field of pain medicine. Dr. Russell Portenoy is most deserving of this award, having made important changes in the practice of pain medicine, particularly regarding the use of opioids in non-cancer pain, and palliative care. He delivered a very well received talk on "Long-Term Opioid Treatment for Chronic Pain: A Modern Twist on an Ancient Therapy".

A (GRIPE) 'Group for Research in Pain Evaluation' meeting is being planned under the very able guidance of Gordon Freedman, MD, for Wednesday evening, December 3, at the New York Academy of Medicine. GRIPE meetings are dinner meetings held in a relaxed atmosphere and are great opportunities to network with your friends and colleagues. There is no charge; all we



*Dr. Portenoy accepts the 25th Annual John J. Bonica Award from Dr. Lebovits.*

require is your presence, so I urge you to try it out. Our last GRIPE meeting on June 4 featured Gary Heir, DMD, Associate Professor, Dept. of Oral Medicine, University of Medicine and Dentistry in New Jersey, speaking on "Problem Solving in Orofacial Pain: Difficult Cases". Dr. Heir's engaging style led to a lively debate and discussion.

This has been a busy year for the Executive Committee and Board of Directors of EPA, working hard to ensure successful meetings which places EPA on more secure financial ground. Our membership is growing, as is the interest in working for EPA. There is much to do, but we shall continue to work for you and for pain specialists in the Eastern regional area. For those of you who would like to get more involved, we can use your help and your ideas. Any contributions that you can make will be appreciated by all of your colleagues. You get to work with some really talented and dedicated individuals from whom you can learn a great deal- free of charge- so please get involved!

Allen Lebovits, PhD  
*President, EPA*

# Editor's Column

Throughout my tenure as Newsletter editor I have used each editorial as an opportunity to address reasons for joining Eastern Pain and strategies for increasing membership. Through the efforts of all of us, membership continues to grow. These are some of the reasons why the Eastern Pain Association continues to grow.

The annual scientific meeting continues to be a compelling reason to join. EPA is an interdisciplinary group of professionals dedicated to the concepts of multidisciplinary pain management. As always, the EPA annual meeting strives to be a balanced set of presentations that reflect the best of the laboratory and the clinic. Throughout the year, the program committee endeavors to identify cutting edge issues in contemporary pain management and then designs programs to explore them for the membership. (See the Newsletter synopsis on this year's annual meeting). With only a few exceptions, the cutting edge speakers are from our own membership. Although you may say, "that's as it should be," the more important message is that EPA has some of the best talent in contemporary pain management. To be an EPA member is to have the opportunity to net-



Roy C. Grzesiak, PhD

work with these professionals and develop resources that will serve you well as either a scientist or a practitioner in pain management. Embedded in the program of the annual meeting is the Bonica Award and Lecture.

Another of the benefits of membership in EPA are the GRIPE dinners and lectures that this past year were sponsored by Janssen Pharmaceutica. GRIPE is an acronym for Group for Research In Pain Evaluation. Obviously, the acronym preceded the actual title. Through their generosity, four GRIPE meetings are held each year. Lately the meetings have been held in Manhattan at the New York Academy of Medicine. In any event, the format of a GRIPE meeting involves a cocktail hour, a

dinner, and a dinner speaker. Typically, the speakers are colleagues in pain management who have some interesting or unique research project or a clinical case involving some aspect of pain management. The atmosphere is informal and relaxed. Even more so than the annual meeting, I think the GRIPE meetings provide a format for networking with your peers. If you wish to think of GRIPE as a benefit, remember that four meals in Manhattan would cost you far more than the cost of EPA membership.

In fact, networking is another important benefit of EPA membership. As I mentioned above, within the constituency of EPA are some of the world's premier scientists and clinicians in pain management and palliative care. When you make yourself known to these colleagues, you may find mutual benefits. This is an important benefit whether you are a researcher or a clinician (or both).

This editorial is somewhat shorter than previous ones because more attention is being given to other areas. As the Newsletter Editor and a Member of the Board, if I can answer any questions, please do not hesitate to contact me directly. Good luck and happy holidays.

Roy C. Grzesiak, PhD  
Editor, EPA Newsletter

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## New Members

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Kashif Abdul-Rohman, MD <i>New York, NY</i>	Alyse Cooper, MBA <i>Warren, NJ</i>	Alexis Georgette, MD <i>Flushing, NY</i>	Benjamin J. Kripke, MD <i>Weston, MA</i>	Margret Mukai, PhD, RN <i>East Hanover, NJ</i>
Renee Ambrosio <i>New York, NY</i>	Patricia D'Astoli, CCRA <i>Jersey City, NJ</i>	Lucille A. Gil, RN <i>New York, NY</i>	Craig J. Landau, MD <i>Stamford, CT</i>	Serena Mulhern, MD <i>New York, NY</i>
Marjorie Barrows <i>Albany, NY</i>	Elissa Davis, RN <i>Bronx, NY</i>	Beverly Ann Gilroy <i>Framingham, MA</i>	Kathleen LeDoux, RN, BS <i>Port Jefferson, NY</i>	Brenda Murdough, RN <i>Keene, NH</i>
Sailaja Bhaskar, PhD <i>Stamford, CT</i>	Sarala Devi, MD <i>Yonkers, NY</i>	Theresa Grimes, RN <i>Coram, NY</i>	Joe Leonard <i>Carmel, NY</i>	David Murphy <i>New York, NY</i>
Denise Bongiovanni <i>Carmel, NY</i>	Amara Dike, MD <i>New York, NY</i>	Susan Gunser, RN <i>Yonkers, NY</i>	Deborah J. Levasseur, PhD <i>Albany, NY</i>	Sushma Nakka, MD <i>New York, NY</i>
Clotilde Bourin <i>Wallingford, CT</i>	Raymond A. Dionne, DDS, PhD <i>Bethesda, MD</i>	Helen Hall, RN <i>Keene, NH</i>	Tom Ling, MD <i>New York, NY</i>	Todd Nekrutman <i>Carmel, NY</i>
Julie Breen, RN <i>Morristown, NJ</i>	Sunil Dogra, MD <i>Chapel Hill, NC</i>	Annette A. Henry, RN <i>Neptune, NJ</i>	Timothy A. Lomauro, MD <i>Allentown, PA</i>	Lorna Nembhard, RN <i>New York, NY</i>
Carol Burns, RN <i>Princeton, NJ</i>	Kelly Doherty <i>Somersworth, NH</i>	Uri Herzberg, DVM, PhD <i>Somerville, NJ</i>	Joyce Lowinson, MD <i>New York, NY</i>	Omar Olhaye, PharmD <i>Jersey City, NJ</i>
Maryann D. Castro, RN <i>New York, NY</i>	Roger Donovan, MD <i>Santa Monica, CA</i>	Margaret Hopwood, PhD <i>Hanover, NJ</i>	Fred Machet <i>Wallingford, CT</i>	Mary E. Pontrello, RN <i>Portsmouth, NH</i>
Deborah Chandler, PhD <i>South Fallsburg, NY</i>	Geraldine Doyle, PhD <i>Madison, NJ</i>	Amr Hosny, MD <i>New York, NY</i>	Cynthia Ray <i>Somerville, NJ</i>	Elizabeth Record, PNP <i>Atlanta, GA</i>
Chu-Kuang Chen, PhD, MD <i>Princeton, NJ</i>	Michel Druart, MD <i>Lier, Belgium</i>	Margaret S. Ingersoll <i>Morristown, NJ</i>	Claire Martin <i>Carmel, NY</i>	Bruce Reidenberg, MD <i>Stamford, CT</i>
Dennis Cimillo <i>Carmel, NY</i>	Roberta Farhi <i>Carmel, NY</i>	Iqral H. Jafri, MD <i>Edison, NJ</i>	Joel O. Martin, DDS <i>West Orange, NJ</i>	Steven R. Ripa, MD <i>Stamford, CT</i>
Lenore Clarke, RN <i>Exton, PA</i>	Lori Feller <i>Carmel, NY</i>	Karen Kaskoun, RN <i>Morristown, NJ</i>	Mary Ellen McCarthy <i>Port Jefferson, NY</i>	Wendye Robbins, MD <i>San Carlos, CA</i>
Bill Cohen <i>Binghamton, NY</i>	Amy Fischman, RN <i>West Hampton Beach, NY</i>	Annie Kazandjian, RN <i>Huntington, NY</i>	Sean Meanpaa <i>Warren, NJ</i>	
Eder Liza Concepcion, MS <i>New York, NY</i>	Jeffrey Fudin, PharmD <i>Albany, NY</i>	Mary Kohlmayer <i>Morrisville, PA</i>		
Paola Conte, PhD <i>Hackensack, NJ</i>	Benjamin George, MD <i>New York, NY</i>			

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# Synopsis of the 2003 Annual Scientific Meeting

On September 12, 2003 the Eastern Pain Association held its Annual Scientific Meeting in New York at the Marriott East Side. The theme of the meeting was "Pain Management in Special Populations: What is the Evidence?" The continuing growth of our society was evident in the fact that this meeting had a record paid attendance.

Some of the special populations addressed during the conference were pediatric, minority and disadvantaged, and the chemically-dependent patient with pain. These topics were addressed by leaders in their respective fields. In addition, special sessions were held on drug development, intrathecal interventions, and JCAHO regulations as they impact on pain management. A particularly innovative set of presentations was called the Pharmaceutical Industry Roundtable that was designed to illustrate the complex, sometimes competing but always synergistic interactions between pain management scientists and clinicians. Industry scientists, academic investigators, and journal editors provided a forum for discussing a variety of topics such as authorship and accountability, controversial data, complete access to data, and differences between the "real world" and FDA approval. Finally, at the end of a long day, a dinner symposium sponsored by the Celgene Corporation highlighted Dr. Linda Sorokin from UC San

Diego speaking on Cytokines in Pain.

This year the Bonica Award and Lecture was embedded in the program, being part of the luncheon activity. As we all know, the late John J. Bonica is considered the father of multidisciplinary pain management and was a steadfast promoter of the pain clinic concept throughout his life. The Bonica Award is an annual event that recognizes a distinguished pain prac-

itioner or researcher. This year, the award was given to Dr. Russell Portenoy who spoke on "Long-Term Opioid Therapy for Chronic Pain: A Modern Twist on an Ancient Therapy." As is typical of his presentations, Dr. Portenoy did more than provide a "modern twist" to opioid management of chronic pain. He presented an enthusiastic overview of all of the important developments in the pharmacologic management of persistent pain problems.

All in all I think it was a very successful meeting. The syllabus is an impressive tome that we can use to illustrate to our non-EPA colleagues the value of joining EPA. I think it is hard to find a one-day meeting that is more informative. As pain management continues to grow as a multidisciplinary specialty, EPA has a very special role that encompasses all aspects of the field from its inception through to the present.

Roy C. Grzesiak, PhD  
*EPA Newsletter Editor*



## The EPA would like to thank the following 2003 Scientific Meeting Supporters:

Celgene Corporation  
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### MARK YOUR CALENDAR!

**2004 Annual Meeting**  
September 10, 2004

## New Members

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Debra Robinson, RN  
*Keene, NH*

Andrew Rosenblum, PhD  
*New York, NY*

Mike A. Royal, MD  
*Elizabeth, NJ*

Cheri Rubin, RN  
*Albany, NY*

Gary Saff, MD  
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Karen K. Shippey, RN  
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Allan C. Spera  
*Maplewood, NJ*

Leanne Stendell, RN  
*Allentown, PA*

Kristi Stinson  
*Stewartsville, NJ*

Gina Sussi  
*New York, NY*

Susan Tannenbaum, RN  
*East Rockaway, NY*

Marion R. Thompson, RN  
*Bronx, NY*

Virginia Thompson, CRNP  
*Hershey, PA*

Melissa Torbik  
*Carmel, NY*

Stefan Trnovski, MD  
*New York, NY*

Lillian Tseng, PharmD  
*East Hanover, NJ*

George Van Lear, PhD  
*Wilmington, NC*

Christine R. Viola, DO  
*Bryn Mawr, PA*

Kathleen L. Wessels, RN  
*Stony Brook, NY*

Anne Marie Williams, RN  
*Princeton, NJ*

Curtis Wright, MD  
*Stamford, CT*

Barbara U. Wukovits  
*Woodside, NY*

Kaity Yang, PharmD  
*Stamford, CT*

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