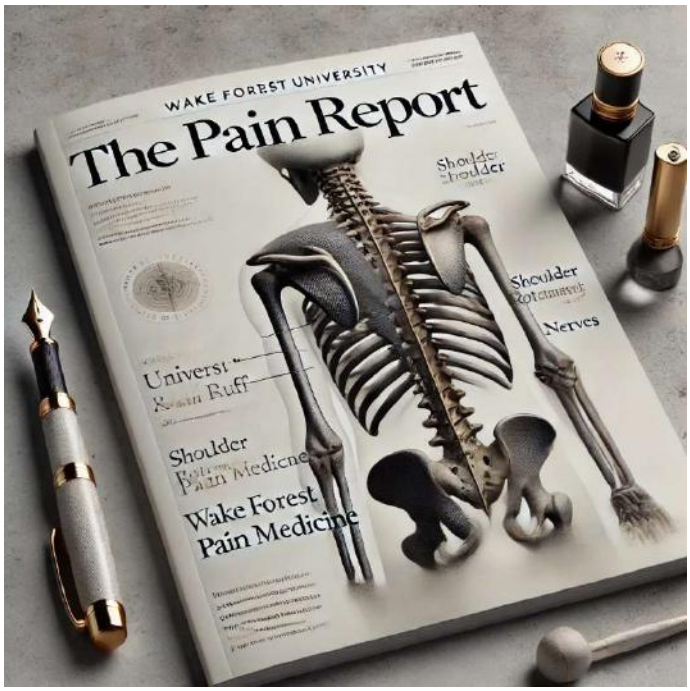


THE PAIN REPORT

WFUSOM PAIN MEDICINE NEWSLETTER
APRIL 2025

ARTICLES OF INTEREST:

1. "Prospective cohort study of basivertebral nerve ablation for chronic low back pain in a real-world setting: 12 months follow-up." Interventional Pain Medicine (https://doi.org/10.1016/j.inpm.2024.100446)

The study evaluated basivertebral nerve ablation (BVNA) for chronic low back pain (CLBP) associated with Modic changes, following 35 patients in a real-world setting over 12 months. Results showed significant pain reduction (VAS: 7.4 to 3.5), improved disability scores (ODI: 46.7% to 21.5%), and better physical/mental health (SF-36 PCS: 26.8 to 38.8, MCS: 47.4 to 56.4), with most patients surpassing clinically meaningful improvements. The findings suggest BVNA is an effective minimally invasive treatment for CLBP, providing sustained relief and functional benefits over a year.

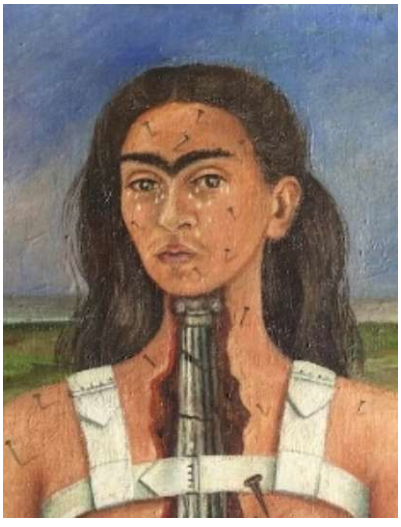
2. "The intersectionality of chronic pain stigma and racial discrimination in Black and White adults with chronic low back pain." Pain Medicine (https://doi.org/10.1093/pm/pnae114)

A recent Editor's Choice article in Pain Medicine aimed to examine the intersection between chronic pain stigma and racial discrimination, separately among Black and White US adults with chronic low back pain. The findings suggest that the relationship of intersectional chronic pain stigma and racial discrimination with pain is nuanced and differs across racial groups.

3. The effect of time to balloon kyphoplasty on osteoporotic vertebral compression fractures: a systematic review with meta-analysis" NASSJ (https://doi.org/10.1016/j.xnsj.2024.100576)

The study shows that treating vertebral compression fractures with Balloon Kyphoplasty (BKP) within four weeks significantly reduces pain and corrects the kyphotic angle better than treatments done after four weeks. However, there were no significant differences in height restoration or the risk of fractures in nearby vertebrae. These results suggest that early intervention helps with pain relief and alignment, but more research is needed to standardize methods and assess long-term outcomes.

ART AND PAIN MEDICINE - DID YOU KNOW?



Frida Kahlo, a renowned Mexican artist, used her paintings to visually express the physical and emotional pain she endured from lifelong medical issues, including chronic pain from a bus accident and multiple surgeries. Her works, such as **The Broken Column** (1944), depict her suffering with striking medical symbolism—her spine replaced by a crumbling column and her body pierced with nails, representing the constant agony she endured. Other paintings like Without Hope further explore themes of medical intervention, isolation, and despair, offering a deeply personal perspective on illness. Kahlo's art not only serves as a historical testament to chronic pain but also provides insight into the psychological and emotional impact of illness, resonating with both patients and medical professionals. Through her visual storytelling, she bridges the gap between art and pain medicine, illustrating the lived experience of chronic pain in a way that words alone cannot convey. Image from: https://www.fridakahlo.org/the-broken-column.jsp

ALUMNI SPOTLIGHT: LEADING PAIN MEDICINE WITH A GLOBAL IMPACT

We are proud to highlight **Dr. Janki Patel**, an esteemed alumna of our Pain Medicine Fellowship. Following her training, she has continued to make remarkable contributions to the field of pain medicine while pursuing her passion for global health.

Dr. Janki Patel completed her Anesthesiology Residency at the University of Virginia, where she served as Chief Resident before specializing in pain medicine. Now, she is not only excelling as a leader in clinical care but is also making a significant impact on a broader scale as the Director of Global Health at the University of Texas at Tyler School of Medicine. In this role, she is dedicated to advancing access to pain management and anesthesia care in underserved regions, reinforcing the vital connection between global health and pain medicine.
Her dedication to improving patient care—both locally and internationally—serves as an inspiration to current and future fellows. We celebrate her achievements and look forward to seeing her continued impact on the field of pain medicine worldwide!

FOR THE FELLOWS: A BURNING QUESTION

A 45-year-old male presents with chronic pain following a spinal nerve injury. Which of the following statements best describes the role of wide dynamic range (WDR) neurons in the spinal dorsal horn in the development and maintenance of pathological pain?

A) WDR neurons primarily respond to high-intensity stimuli and are not involved in the processing of innocuous stimuli

B) WDR neurons exhibit decreased spontaneous firing rates in neuropathic pain models.

C) WDR neurons are involved in the phenomenon of windup, leading to central sensitization and chronic pain.

D) WDR neurons are unaffected by pharmacological agents targeting mu-opioid receptors.

SAVE THE DATES

American Society of Pain and Neuroscience (ASPN) Call for Poster Abstracts Submission Deadline: Midnight April 30, 2025

American Academy of Pain Medicine (AAPM) Annual Meeting / PainConnect: April 3-6, 2025 | Austin, Texas

50th Annual Regional Anesthesiology and Acute Pain Medicine Meeting: May 1-3, 2025 | Orlando, Florida

North American Spine Society (NASS) International Annual Meeting: July 21-26, 2025 | Taipei, Taiwan

PAINWeek Annual Conference: September2-5, 2025 | Las Vegas Nevada