



TRISTATE Pain Partners

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Welcome to the **Tri-State Pain Partners Network**. Within this network you will be given insight from the tri-state's leading pain specialists on how to recognize and treat pain more efficiently. You will be given a Pain Partners Binder, where you will find local referral options for various types of pain. This will be followed by updates from participating physicians on the various treatments, diagnoses, etc. The goal of this magazine is the practical treatment of pain. **HOW and WHO?** How do we recognize and treat pain? Who do we refer to?

EDITOR-IN-CHIEF
Randall Lee Oliver MD

Max Ahlers, DC
Randall Norris, MD
Steve Kuric, MD

EDITORIAL STAFF
Mathew Kern, MD
Tom Logan, MD
Mark Logan, MD
John Grimm, MD
Brain Foley, MD
David Malitz, MD
Mark Miller, DO
Tom Hastetter, MD

Pedro Dominguez, MD
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John Morgan, MD
John Anoskey, DDS
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Jane Koch, DPM
Scott Wilson, DC
Emil Weber, MD
Michael Love, MD

Oxycontin Abuse

by Dr. Randall L. Oliver, M.D.

Recent media attention has focused on the abuse of Oxycontin. So, what's up?

Oxycontin is a 12-hour, sustained-released tablet consisting of wax-coated particles of oxycodone. A 40mg tablet of Oxycontin is equal to 8 tablets of Tylox or Percodan 5mg or Lortab 7.5mg.

The difference between Oxycontin and the other narcotics is the onset and duration of action. Tylox is released in 30 minutes and has a duration of 2-3 hours. Oxycontin onset of action is 45 minutes and duration is 12 hours.

The medication was originally thought to be resistant to abuse, due to the waxy coating. Abusers have discovered that the medication can be crushed and then inhaled, injected or simply swallowed. Once an abuser breaks the sustained release action, he or she receives all 40mg of Oxycontin at once. This is equal to taking 8 Tylox tablets at once.

Although the awareness of abuse has increased, Oxycontin is still one of the best

options for chronic pain relief. It offers continued relief throughout the day, without peaks and valleys of pain relief.

What to do? Be aware of the signs of abuse. Oxycontin is released over 12 hours. An abuser will state that the relief lasts 8 hours in order to receive more total pills. Only prescribe it every 12 hours. An abuser will state that he or she had to take more medication

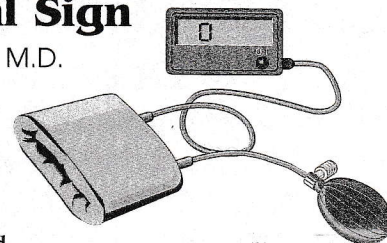
See **OXYCONTIN** on Page 2

The Fifth Vital Sign

by Dr. Randall L. Oliver, M.D.

Pain is often called the fifth vital sign. Its importance is equal to temperature or blood

pressure. It is present in many disease states as a co-conspirator and is often a disease state itself, as in the chronic pain syndrome. Pain destroys function. Pain patients can not function due to this pain. The goal of good pain treatment is the restoration of function. This newsletter is dedicated to the increased awareness of the importance of pain recognition and treatment.



What is TSPP?

by Dr. Randall L. Oliver, M.D.

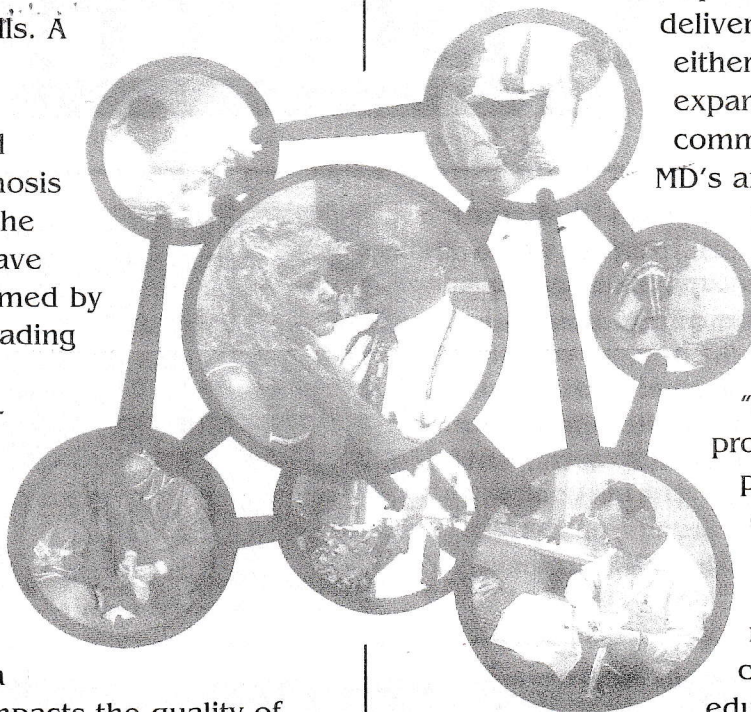
It is a clinic without walls. A group of like-minded healthcare professionals especially interested and experienced in the diagnosis and treatment of pain. The Tri-State Pain Partners have been developed and formed by some of the tri-state's leading pain specialists

We are a multispecialty pain clinic. We cross all borders of professions. We have MD's, DO's, DC's, DPM's, PT's, dentists, and massage therapists. We believe that pain is a serious condition that impacts the quality of life and destroys families. The group has been formed to give area physicians an idea of the treatment options available and knowledge on early detection of the chronic pain syndrome.

We make a special effort to work as a team with whatever other health provider it takes to

control pain. We believe that not only can MD's and DC work together, but that they complement each other to deliver better pain relief than either alone. We are expanding the borders of communication between MD's and ancillary healthcare providers for the betterment of our patients.

We believe pain should be treated not "lived with." A pain problem is a function problem. Pain patients can not function well in daily life. Our goal is to improve or restore function. Our commitment is to educate families and individuals about pain and it's causes, in the pursuit to better the community in which we serve. Furthermore, it is the ideal of the Tri-State Pain Partners that successful pain treatment is a willing partnership between doctor and patient.



Mission Statement

We believe in the Hippocratic Oath. The basic principle that medicine's greatest goal is the relief of human suffering. To that end we bind together all the various modalities involved in pain relief - Medicine, Chiropractic, Alternative, and Nutritional. We believe that it's the quality of life that matters, not the length of life. We believe in pain relief.

OXYCONTIN continued due to breakthrough pain and will use up his or her supply too soon. Breakthrough medication, such as Percodan and Lortab, should only be used for rare episodes of breakthrough. If the patient requires breakthrough medication on a daily basis, his or her pain has not been adequately managed. Breakthrough should not occur more than a few times a month. Prescribing more than one pain medication, such as giving Oxycontin and Percodan increases the risk for abuse. For anyone suspected of abused, it is important to discontinue narcotics and pursue other treatment options. (Note: MS Contin and Oramorph have the same response as Oxycontin when crushed.)

What's New?

by Dr. Randall L. Oliver, M.D.

MIGRAINES

Recent research presented at the ASHE meeting in Montreal, Canada indicates that early treatment of migraine works better and perhaps prevents recurrence.

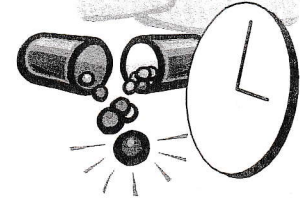


Therefore, start with a migraine specific medication, such as a tryptan. Treat within the first few minutes, if possible, and treat hard. For example, do not use Imitrex 25mg if a 50mg is necessary. The rule of thumb is to use whatever tryptan will give 100% of pain relief in 30 minutes. If your tryptan is not doing that, then increase the dose or step up to the nasal spray or injection.

Remember — "Don't send a boy..."

NARCOTICS

Short acting narcotics, such as acetaminophen plus hydrocodone last 4 hours. They play a little role in someone with chronic pain who has pain twenty-four hours a day, seven days a week. Would you treat diabetes with a shot of regular insulin every four hours or every day? Would you treat hypertension with a medication with a four hour half-life? Treat pain like any other disease state. Twenty-four-hour pain gets twenty-four hour medication. Therefore, use Oxycontin BID, MS Contin BID or better yet, a fentanyl patch every three days.



Remember—Breaking your oxycontin in half makes it immediate release!

MYTH: GOOD PATIENTS DO NOT COMPLAIN OF PAIN

Disabilities

MIGRAINES

- More than 45 million Americans experience chronic, recurring headaches.
- Over 28 million of these people suffer from the debilitating impact of migraine, one of the most disabling types of headaches.
- 52%, or over 14 million migraine sufferers, go undiagnosed by a physician. The average pain patient sees five doctors over a three to five year period before receiving adequate treatment of pain.

Pain Terms

Algology — The science and study of pain phenomena. An algologist is a student, investigator or practitioner of algology.

Analgesia — Absence of pain in response to stimulation that would normally be painful.

Hypoalgesia — Diminished sensitivity to noxious stimulation.

International Association for the Study of Pain, 1999

Coming Events

Oliver Headache & Pain Clinic 5th Annual Pain Seminar

March 17, 2001, Holiday Inn

**6 hour
CME**

Featuring:

- Americans with Disability Act
- Disability Determination Bureau
- Family Medical Leave Act
- Narcotics
- Medical Licensing Board

VCMS Habitat Build

June 11-17, 2001

Please help support this with your money and your sweat!

Better Breathers

Second Wednesday of each month

Guest speakers cover a variety of topics. If you or anyone you know has breathing problems and would be interested in attending these meetings, please call Heartland* at 422-9110.

Smoking Cessation

7-Week Course

Heartland's Respiratory Therapist, Wade Reinitz, was certified by the American Lung Association as a Freedom From Smoking Facilitator. He is currently teaching a Freedom From Smoking Class in Mt. Vernon, IN. If anyone is interested in taking this course in Evansville, they should contact Wade at Heartland*.

* Heartland Rehabilitation West, Inc. is a Comprehensive Outpatient Rehabilitation Facility located at 2510 W. Virginia, on Evansville's West Side. Heartland offers the following services: Physical Therapy, Occupational Therapy, Speech Therapy, Respiratory Therapy and Nursing.

Resources

National Headache Foundation

www.headache.org • 1-888-NHF-5552

\$20 membership

Many professional and patient resources

American Academy of Pain Medicine (AAPM)

www.painmed.org • 1-847-375-4731

Tri-State Pain Partners

For Further Information Contact:

Oliver Headache and Pain Clinic

www.OliverPainClinic.com

1-812-425-9824

E-mail: droiver@OliverPainClinic.com

FUTURE ARTICLES

- Facial painDr. Malitz
- Low-back painDr. McComis
- Neck painDr. Ahlers
- DO AdjustmentDr. Miller
- SurgeryDr. Kern



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Oliver Headache & Pain Clinic
2828 Mt. Vernon Road
Evansville, IN 47712