



# Pain, Suffering and Addiction

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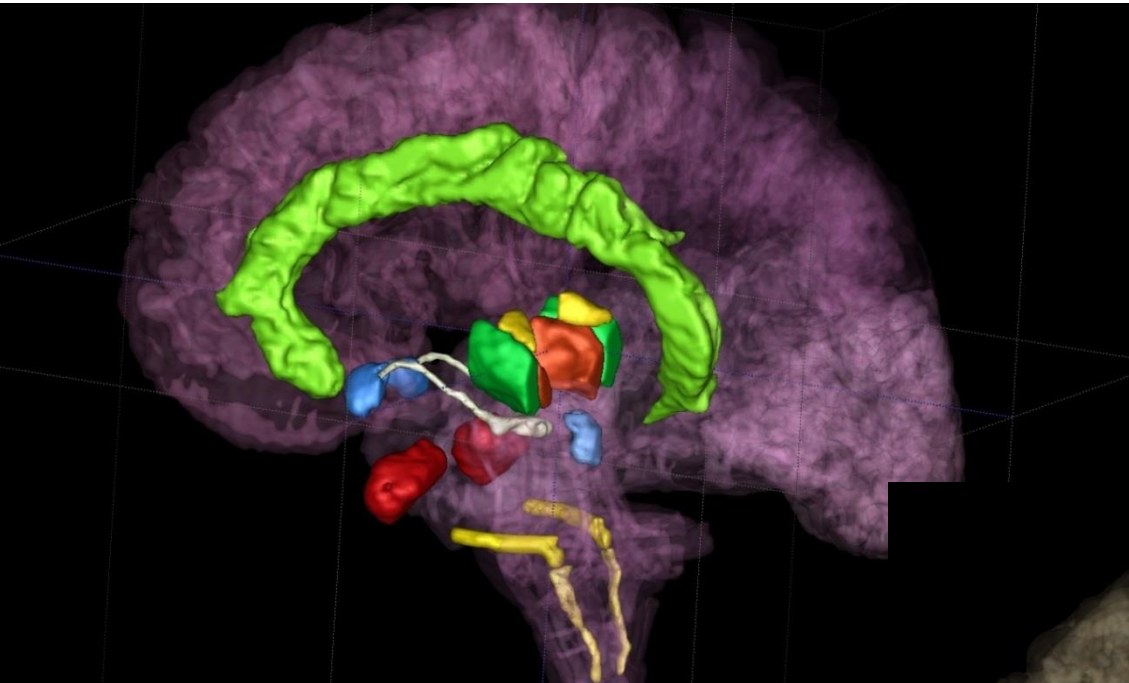
# Pain vs Suffering

“If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.”

— Marcus Aurelius, Meditations

# Confounding Issues

- Early Life Trauma
- Superimposed MI
- Social Instability
- Familial Predisposition
- The Current Health Care System



← Pain

Addiction →



# Behavioral treatment of Pain

- Mindfulness, Meditation
  - Brain Mechanisms Supporting the modulation of pain by Mindfulness Meditation. F. Zeidan et al. *Journal of Neuroscience*, Vol. 31, No.14, 5540-5548; April 6, 2011
- Operant, CBT, DBT, MET etc.
  - Henschke N, Ostelo RWJG, van Tulder MW, Vlaeyen JWS, Morley S, Assendelft WJJ, Main CJ. (2010). Behavioural treatment for chronic low-back pain. *Cochrane Database of Systematic Reviews* (7)

# Pain Treatment can overlap with Suffering

- Opioids
- $\alpha 2\delta$  (alpha2delta) modulators (gabapentin, pregabalin)
- SNRIs
- Tricyclic's

# Addiction?

- Is this Addiction or poorly controlled pain?
  - Screening
  - Testing
  - Monitoring
  - A conversation

# Behavioral Treatment of Addiction

- Self Help
- **CBT**
- Motivational Enhancement Therapy
- **Mindfulness**
- Solution Based Therapy



# Medication assisted treatment

- Opioids
  - Methadone, Suboxone, Naltrexone
- Alcohol
  - Naltrexone, Acamprosate, disulfiram, topiramate, gabapentin and Baclofen

# Conclusions

- The overlap of Pain, Suffering and Addiction is significant
- Trauma Informed Care is the rule, not the exception
- Treatments for Pain, Suffering and Addiction are very similar in approach
- Take the emotion out of the treatment of addiction, it only gets in the way of the science