

# Pain and opioids



National Institute of  
Neurological Disorders  
and Stroke

## Pain and Opioids

*NCI Integrative Medicine  
Course*

February 27, 2020

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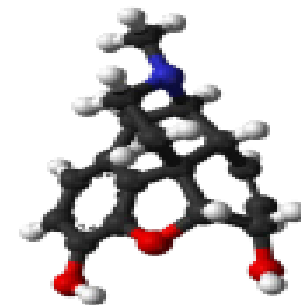
Program Director, NINDS



# Opiate history

## How did we get here?

- 1805: Friedreich Sertuerner isolates morphine from tarry poppy seed juice
  - Physicians believe opium has been tamed
  - Morphine dubbed “God’s own medicine” for long-lasting effects and safety
- 1827: Merck starts commercial manufacture of morphine
- 1843: Dr. Alexander Wood discovers intravenous injection is more powerful and quick
- 1895: Bayer company purifies heroin and used to wean morphine addicts
- 1905: US Congress bans opium
- 1914: US requires doctors prescribing narcotics to register



*Morphine molecule*



# Treating pain

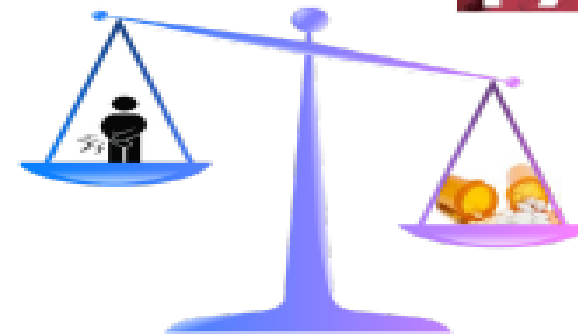
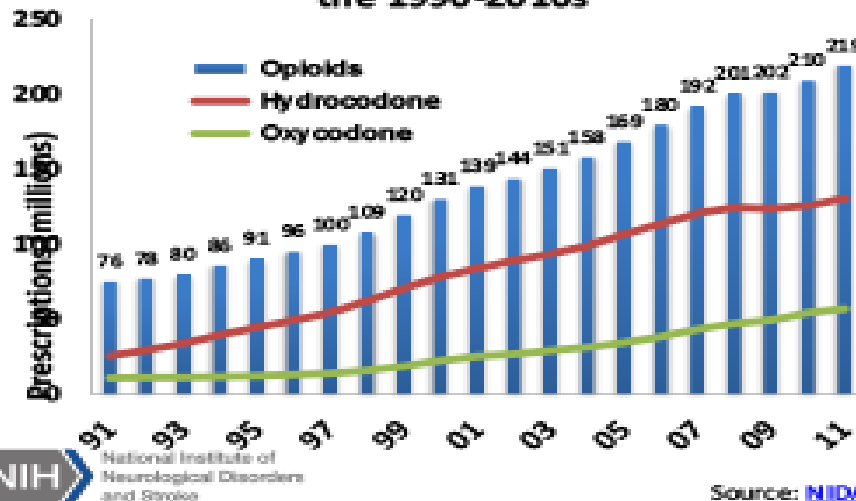
## Balancing act of treating pain

25.3 million  
American adults  
live with  
DAILY  
**PAIN**

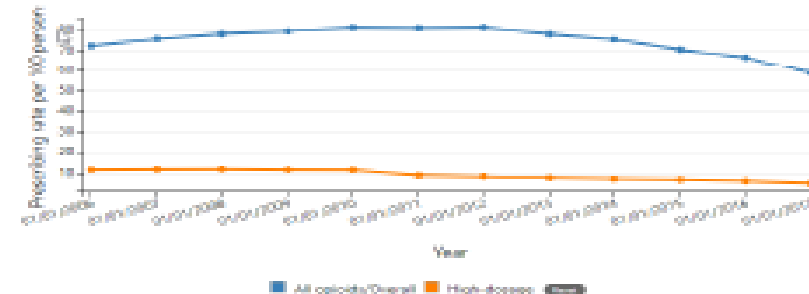
100 million American adults have pain

- 40 million have severe pain
- 25 million report daily pain
- 8 million have pain that interferes with lifestyle

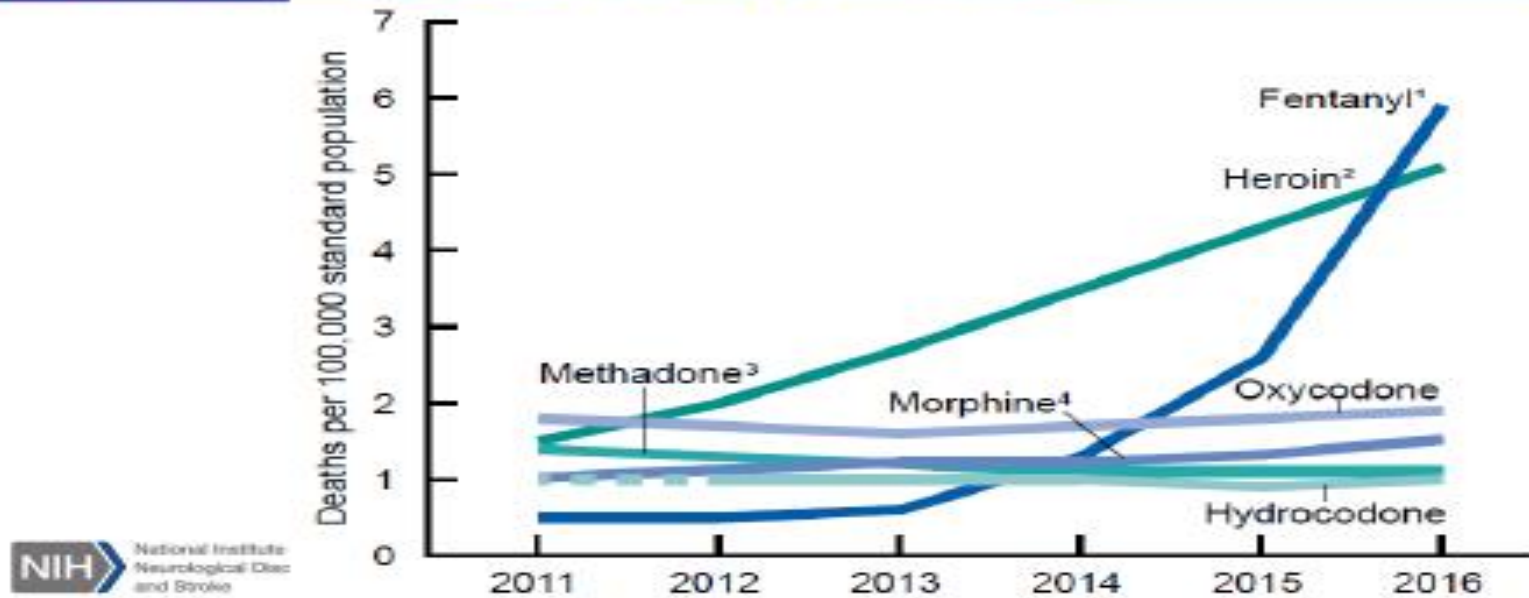
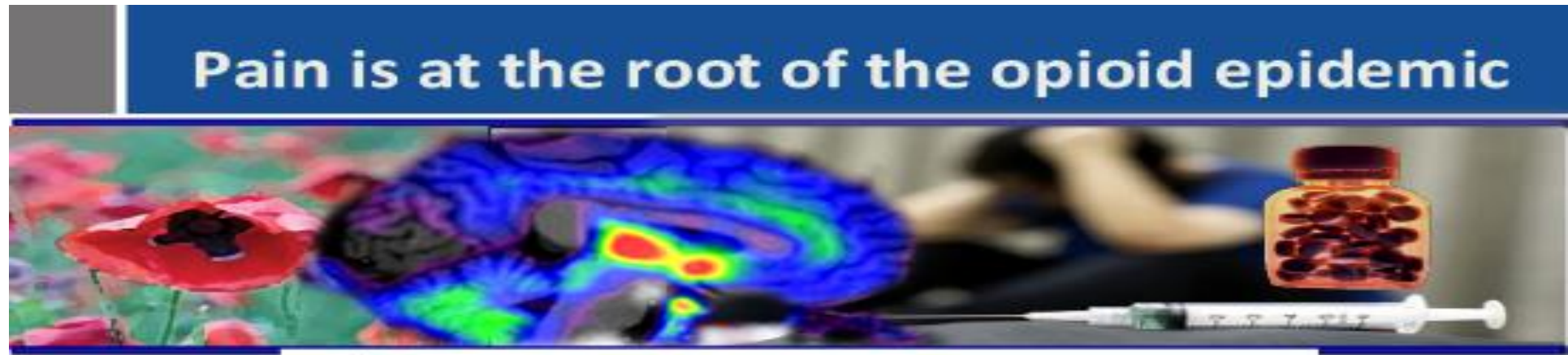
Opioid prescriptions increased through the 1990-2010s



Trends in Annual Opioid Prescribing Rates by Overall and High-Dosage Prescriptions



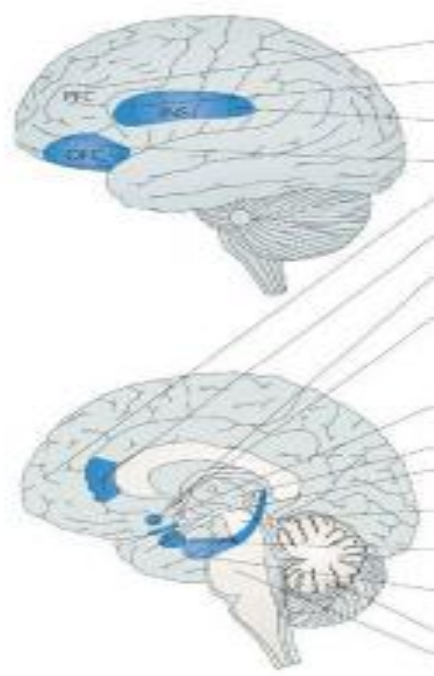
# Opioid epidemic



# Pain and pleasure

**“Nature has placed mankind under the governance of two sovereign masters, Pain and Pleasure” - Jeremy Bentham**

**Brain regions implicated in pain and reward processing show striking overlap in neuroimaging and electrophysiology studies**



Region	Pleasure/reward	Pain
Lateral prefrontal cortex	• Humans, fMRI, taste reward <sup>100</sup>	• Humans, H <sub>2</sub> O PET, hyperalgesic pain <sup>101</sup> • Humans, fMRI, pain <sup>102</sup>
Anterior insula	• Humans, fMRI, food cravings <sup>103</sup> • Humans, H <sub>2</sub> O PET, chocolate reward <sup>104</sup>	• Humans, fMRI, pain <sup>105</sup> • Humans, fMRI, placebo analgesia <sup>106</sup>
Posterior insula	• Humans, fMRI, hypothetical reward <sup>107</sup>	• Humans, direct brain stimulation <sup>108</sup> • Humans, fMRI, pain <sup>109</sup>
Orbitofrontal cortex	• Humans, fMRI, pleasant touch <sup>110</sup> • Humans, fMRI, chocolate reward <sup>111</sup>	• Humans, fMRI, pain <sup>112</sup> • Humans, fMRI, placebo analgesia <sup>113</sup>
Medial prefrontal cortex	• Humans, H <sub>2</sub> O PET, pleasurable music <sup>114</sup> • Humans, fMRI, monetary reward <sup>115</sup>	• Humans, fMRI, pain <sup>116,117</sup>
Anterior cingulate gyrus	• Monkeys, electrophysiology <sup>118</sup> • Humans, H <sub>2</sub> O PET, chocolate reward <sup>119</sup>	• Humans, fMRI, pain <sup>120</sup> • Humans, opioid PET <sup>121</sup>
Dorsal striatum	• Humans, fMRI, fruit juice <sup>122</sup> • Humans, fMRI, monetary reward <sup>123</sup>	• Humans, dopamine ligand PET, pain <sup>124</sup> • Humans, fMRI, pain <sup>125</sup>
Nucleus accumbens/ventral striatum	• Humans, fMRI and dopamine ligand PET, monetary reward <sup>126</sup> • Rodents, hedonic hotspot, taste reactivity <sup>127</sup> • Humans, dopamine ligand PET <sup>128</sup> , drug reward	• Humans, dopamine ligand PET <sup>129</sup> • Humans, fMRI, expectation of pain <sup>130</sup> • Rodents, pain-induced analgesia <sup>131</sup>
Ventral pallidum	• Rodents, taste reactivity <sup>132</sup>	• Rodents, tracing pain affect <sup>133</sup> • Humans, $\mu$ -opioid PET, sustained pain <sup>134</sup>
Thalamus	• Humans, H <sub>2</sub> O PET, chocolate reward <sup>135</sup>	• Humans, fMRI, placebo analgesia <sup>136</sup>
Hypothalamus	• Humans, H <sub>2</sub> O PET, pleasurable music <sup>137</sup>	• Rodents, tracing of nociception pathways <sup>138</sup> • Humans, direct brain stimulation <sup>139</sup>
Midbrain	• Humans, H <sub>2</sub> O PET, chocolate reward <sup>140</sup> • Humans, H <sub>2</sub> O PET, pleasurable music <sup>141</sup>	• Humans, fMRI, anticipation of pain <sup>142</sup> • Humans, fMRI, pain <sup>143</sup>
Amygdala	• Humans, H <sub>2</sub> O PET, pleasurable music <sup>144</sup> • Primates, reward anticipation/learning <sup>145</sup>	• Humans, fMRI, pain <sup>146,147</sup>
Hippocampus	• Humans, fMRI, unexpected reward <sup>148</sup> • Humans, H <sub>2</sub> O PET, pleasurable music <sup>149</sup>	• Humans, fMRI, pain <sup>150</sup> • Humans, fMRI, anticipation of pain <sup>151</sup>
Cerebellum	• Humans, fMRI, unexpected reward <sup>152</sup>	• Humans, fMRI, pain <sup>153</sup>
Brainstem	• Rodents, taste reactivity <sup>154</sup> • Rodents, conditioned place preference <sup>155</sup>	• Humans, fMRI, pain <sup>156</sup> • Rodents, pain <sup>157</sup>

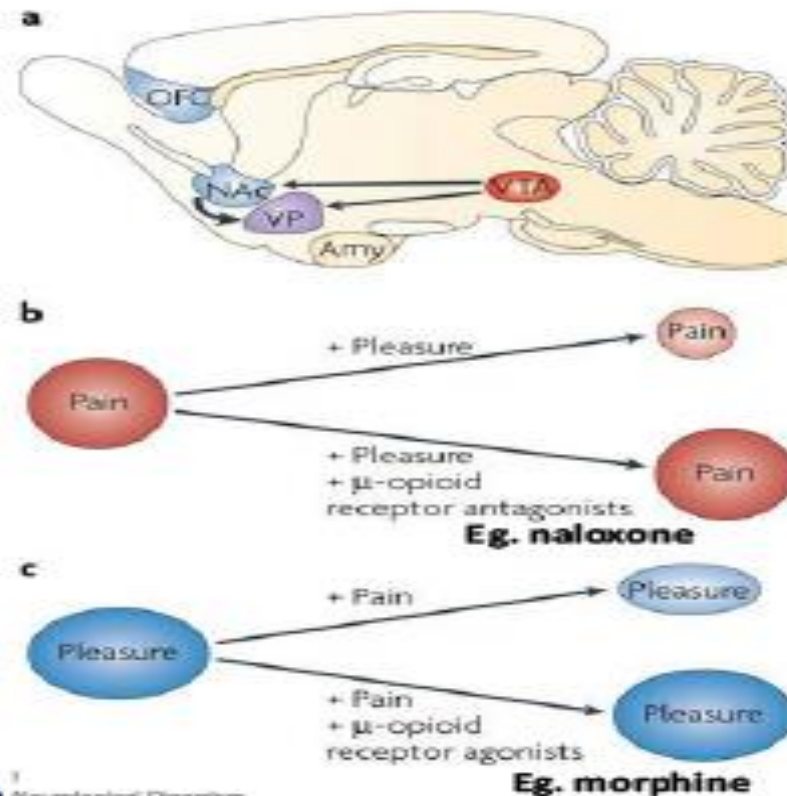




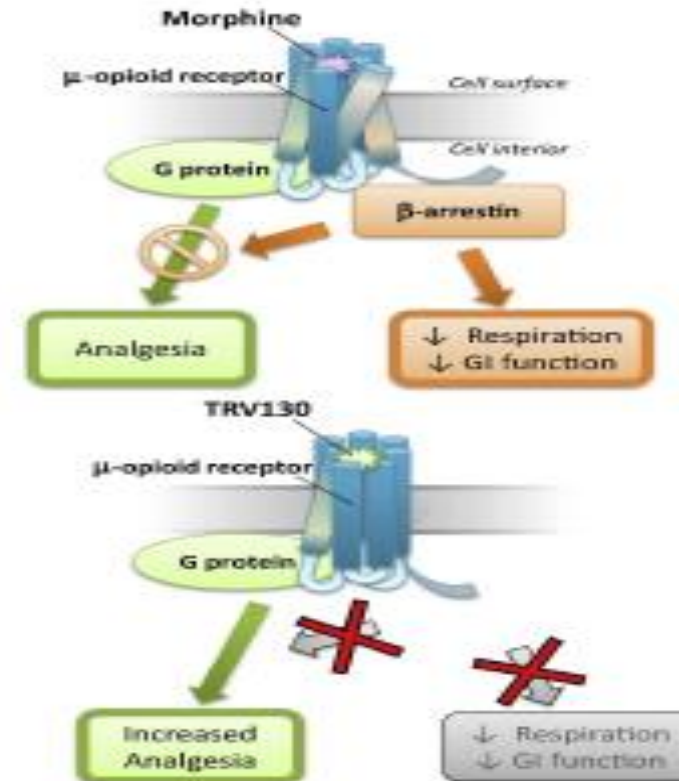
# Pain versus reward

## Pain versus reward

### Shared pathway

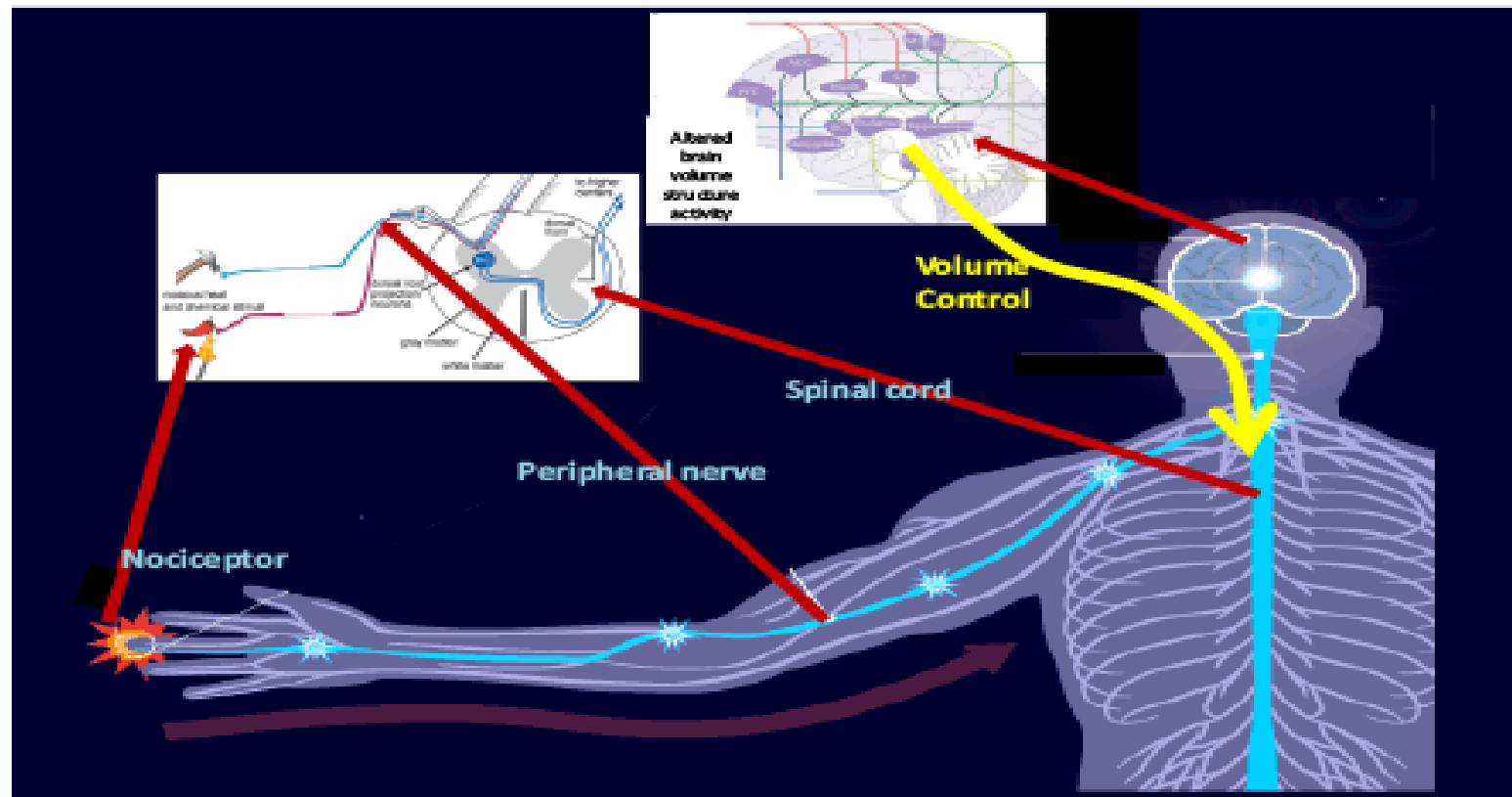


### Opioid receptor mediates reward and analgesia and other critical functions



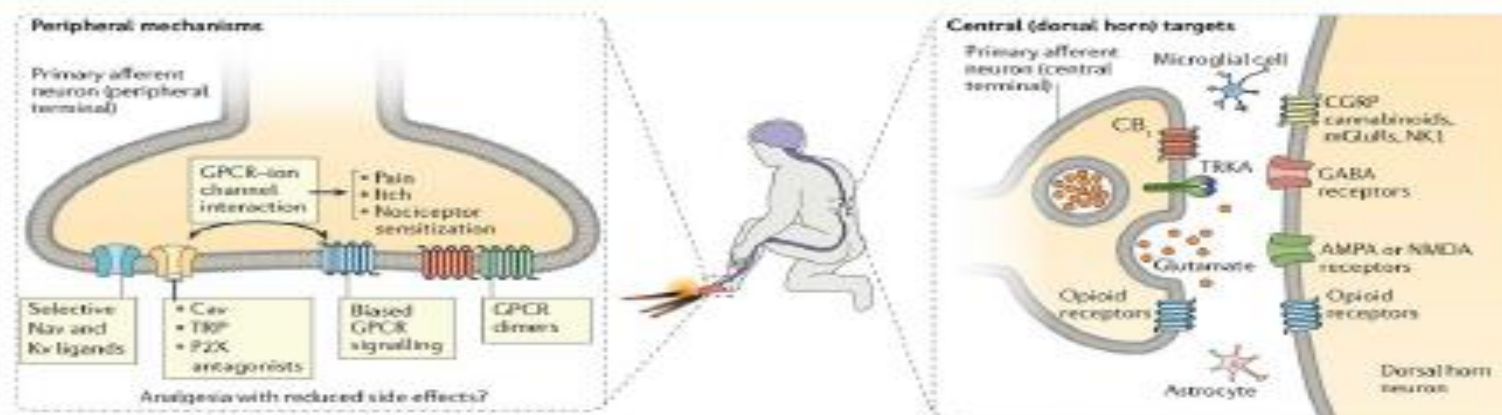
# Neural circuitry changes

## Neural Circuitry Changes with Chronic Pain



# New targets for pain

## Advances in pain research: New Targets for Pain



- HSV vector driven expression of analgesic signals in DRG
- Transient receptor potential channels (TRPA1/4)
  - TRPA1 gain of function mutation causes familial episodic pain syndrome
- Voltage activated Ca<sup>++</sup> channel blockers
- K<sup>+</sup> channels blockers
- Chemokine receptor antagonists
- Tetrahydrobiopterin from GTP release from injured neurons, polymorphisms in BCH1 enzyme linked to pain vulnerability
- Alpha2 adrenergic agonist
- Bivalent MOR with linked mGluR5 antagonist, CCR5 antagonist, delta OR antagonist,
- Epigenetic mechanisms involved in chronic pain
- microRNA cluster 183

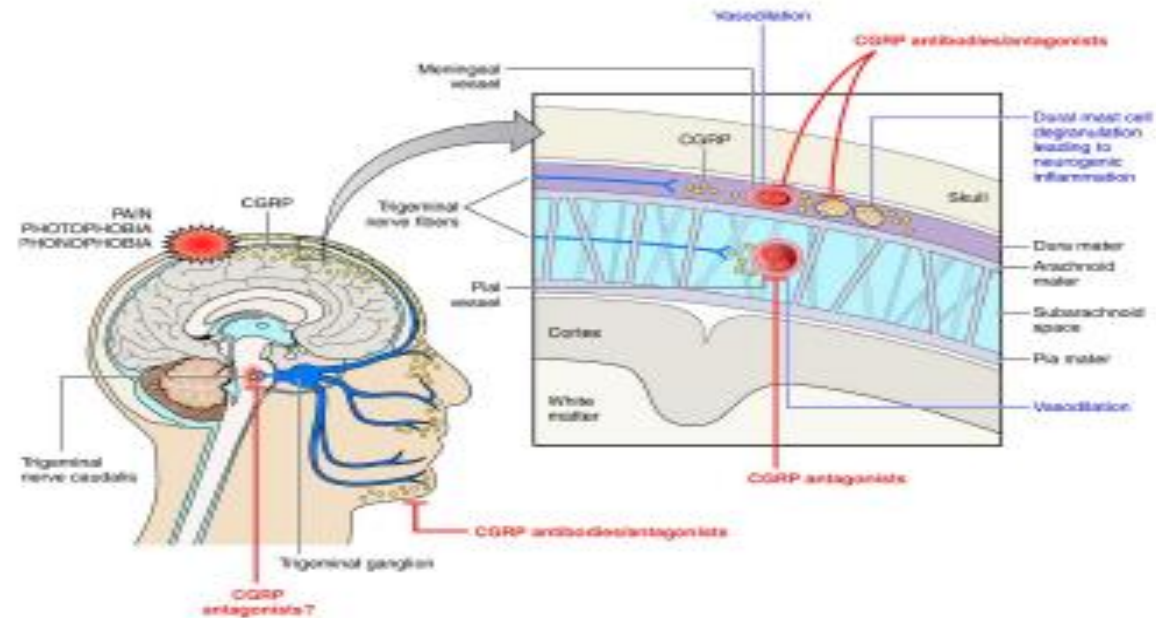




# cGRP for migraine

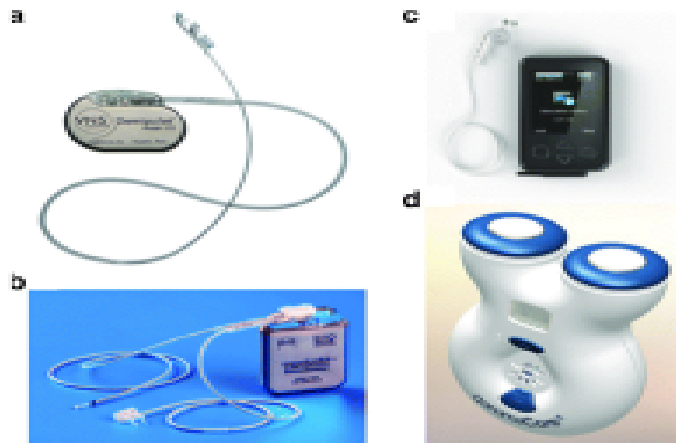
## Advances in Pain Research: cGRP for Migraine

- Calcitonin gene-related peptide (cGRP) levels:
  - rise during spontaneous migraine attacks
  - Increased levels in serum in chronic migraine patients
  - decrease in response to triptans in parallel with symptomatic relief
- Kappa Opioid Receptor (KOR) antagonists block increased cGRP
- Anti-cGRP Monoclonal antibodies are in phase 3 clinical trials for migraine prevention



# Vagus nerve stimulation

## Advances in Pain Research: FDA Approval for Vagus Nerve Stimulation in Headache



[Curr Pain Headache Rep.](#) 2015 Dec; 19(12):54.

gammaCore® Receives FDA Clearance for the Acute Treatment of Pain Associated with Migraine Headache in Adult Patients



First non-invasive vagus nerve stimulation therapy applied at the neck provides new option for Americans living with migraine

FDA Releases gammaCore®, the First Non-Invasive Vagus Nerve Stimulation Therapy Applied at the Neck for Acute Treatment of Pain Associated with Episodic Cluster Headache in Adult Patients



# Brain initiative

## Translating the BRAIN Initiative to address pain and the opioid crisis



FIRST FIVE YEARS

Emphasize technology development

SECOND FIVE YEARS

Emphasize discovery driven science

Molecular/Structural Pathology

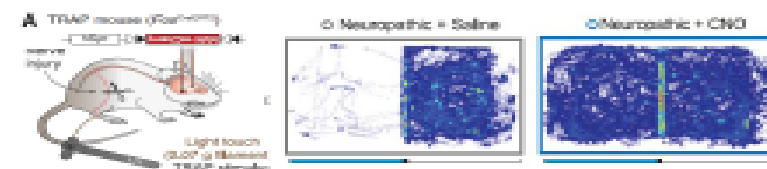
Circuit Dysfunction

Neuro/Mental/Substance Abuse  
Functional Disability

- One example of BRAIN-funded scientists contributing to understanding of pain as a circuit disorder
- Silencing Basal Lateral Amygdalar (BLA) neurons alleviates pain affective-motivational behaviors without affecting detection of pain stimuli
- **Would silencing these BLA neurons in people with chronic pain limit their suffering without affecting their nociceptive sensitivity?**

**NEUROSCIENCE**  
**An amygdalar neural ensemble that encodes the unpleasantness of pain**

Gregory Corder<sup>1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100</sup>, Ralf W. Adams<sup>1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100</sup>, Benjamin E. Gruber<sup>1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100</sup>, Dong Wang<sup>1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100</sup>, Mark A. Schuman<sup>1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100</sup>, Gregory Schuman<sup>1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100</sup>



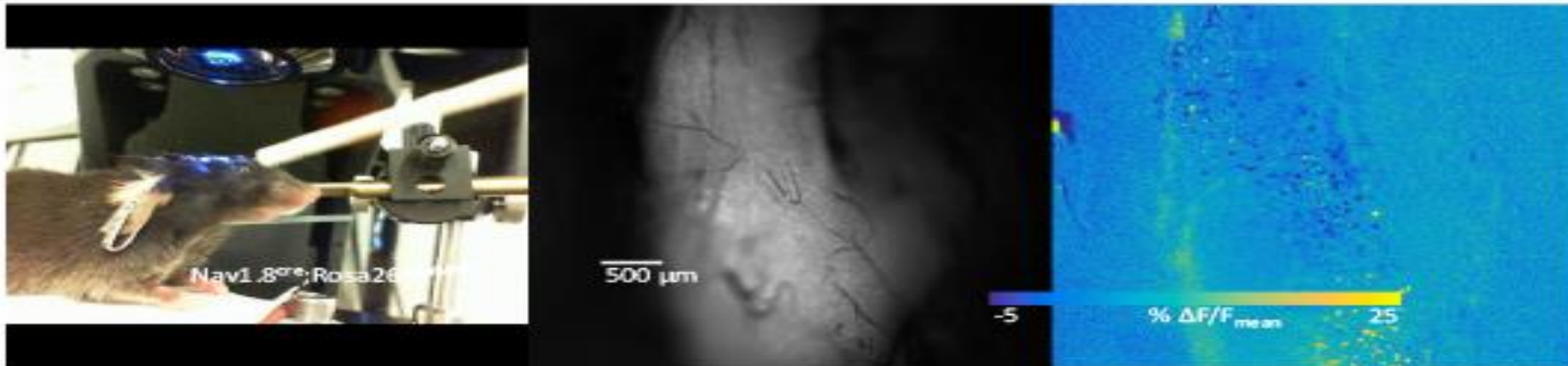
Corder et al., *Science*, 2019



# Neural circuit activity

Tools from the NIH BRAIN Initiative enable precise monitoring and modulation of neural circuit activity

Live cell imaging of GCaMP responses  
in Nav1.8+ trigeminal ganglion neurons





# NIH pain consortium

## The NIH Pain Consortium Membership

### Mission

*To enhance pain research and promote collaboration among researchers across the NIH Institutes and Centers that have programs and activities addressing pain*

<http://painconsortium.nih.gov/>

National Cancer Institute	National Institute of Minority Health and Disparities
National Eye Institute	National Institute of Neurological Disorders and Stroke
National Institute on Aging	National Institute of Nursing Research
National Institute on Alcohol Abuse and Alcoholism	National Heart Lung and Blood Institute
National Institute of Arthritis and Musculoskeletal and Skin Diseases	National Center for Advancing Translational Science
National Institute of Biomedical Imaging and Bioengineering	National Center for Complementary & Integrative Health
National Institute of Child Health and Human Development	John E. Fogarty International Center
National Institute on Deafness and Other Communication Disorders	Warren Grant Magnuson Clinical Center
National Institute of Dental and Craniofacial Research	Office of Science Policy and Analysis
National Institute of Diabetes and Digestive and Kidney Disorders	Office of Behavioral and Social Sciences Research
National Institute on Drug Abuse	Office of Technology Transfer
National Institute of General Medical Sciences	Office of Research on Women's Health
National Institute of Mental Health	Office of Rare Diseases





# Helping end addiction

## NIH Helping End Addiction Long-term (HEAL) Initiative

- Mission: scientific solutions to the opioid crisis
- \$500M/year Trans-NIH effort
  - Over \$945M obligated in FY2019
- 12 NIH Institute and Centers currently leading 26 HEAL research projects
  - Over 20 collaborating Institutes, Centers and Offices
  - From prevention, basic and translational research, clinical trials, to implementation science
- Released 40+ funding announcements in FY2019, issued over 400 awards

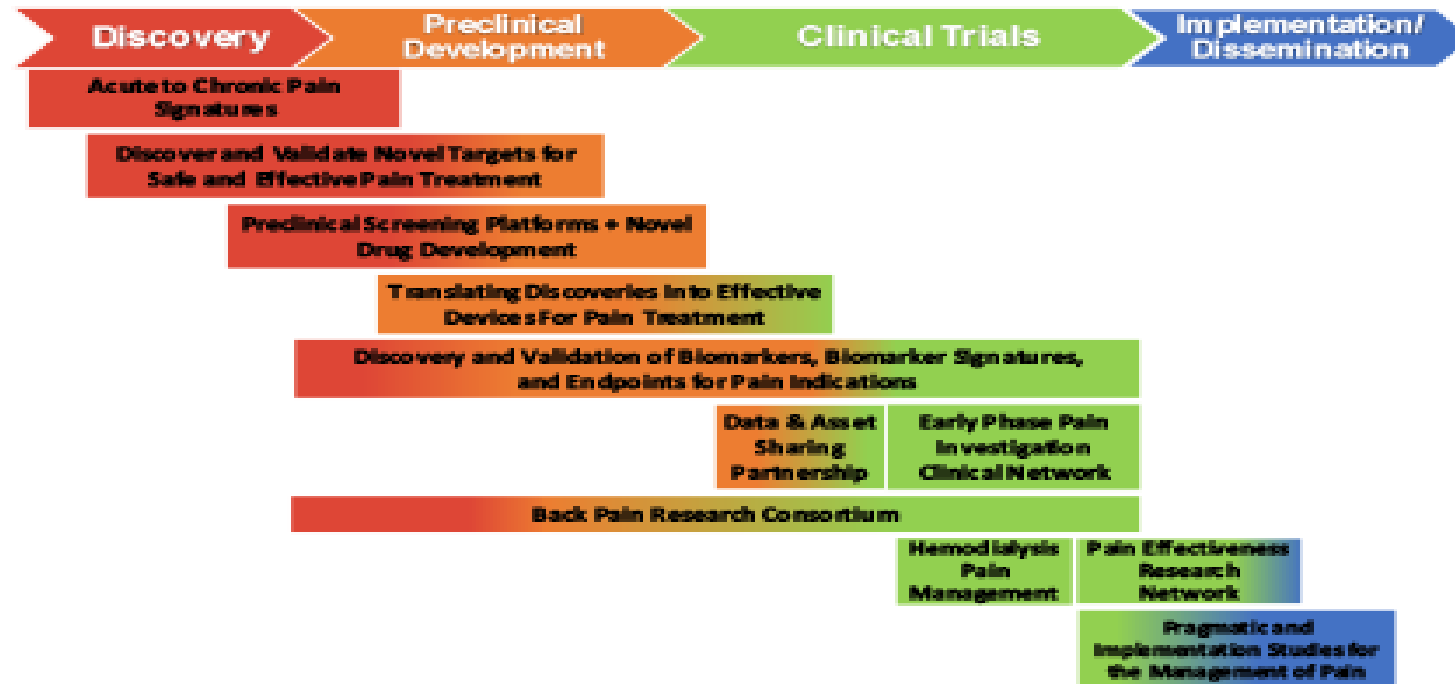
# HEAL initiative

## HEAL Initiative Research Overview



# Projects

## Pipeline of HEAL Pain Projects



DP Mohapatra

## To The Neurobiology of Pain

**DP Mohapatra, PhD**  
**Program Director, NINDS**

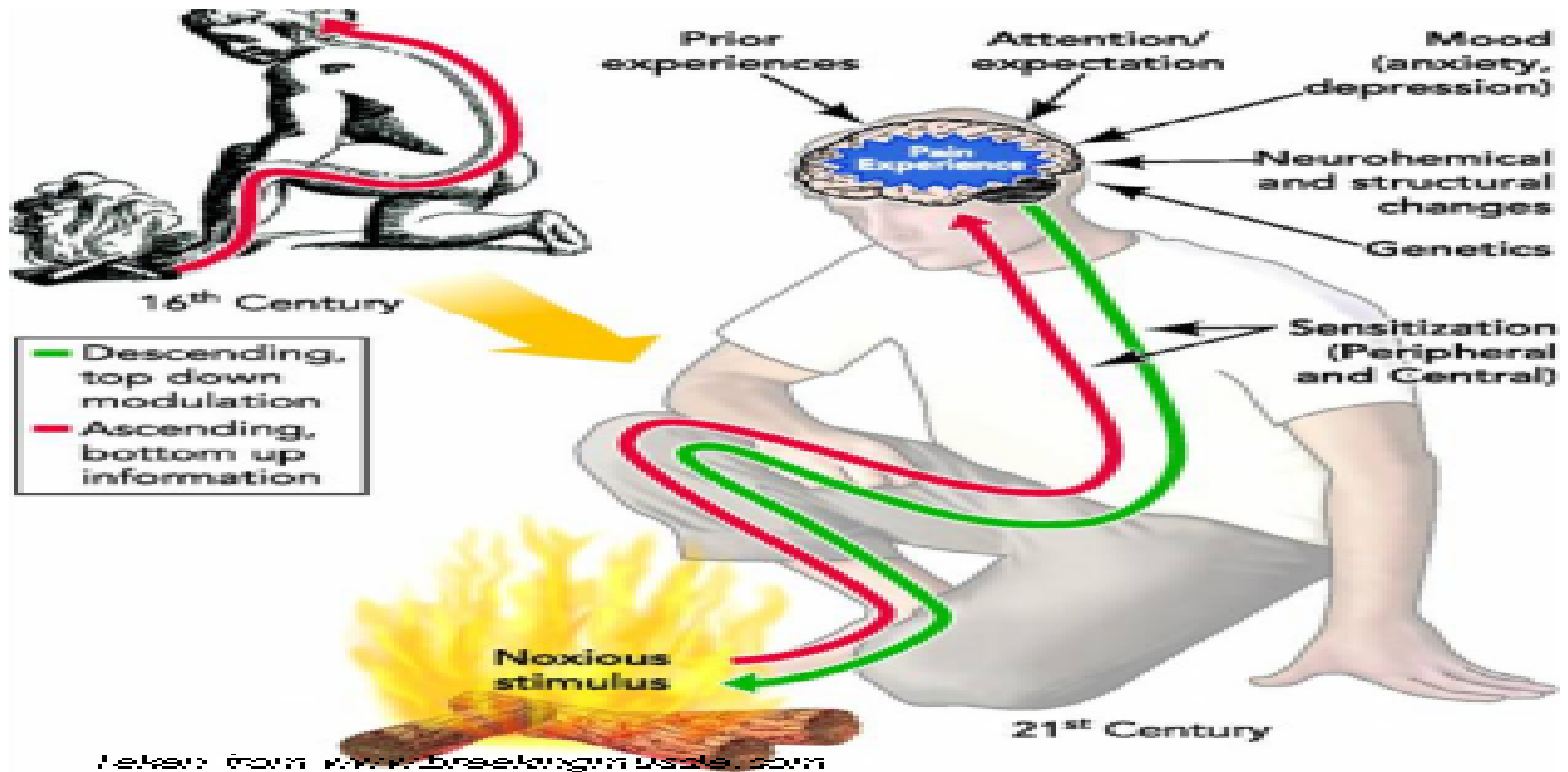


# Human pain





# What is pain?



# Why do I have pain?



A protective mechanism / alarm system in our body to warn about infection/injury and pathological conditions



# Nociception versus pain

## **Nociception vs Pain**

**Nociception** - The activation of nociceptors by noxious stimuli. *Nociception may or may not be accompanied by the perception of pain.*

**Nociceptor:** Sensory nerve/neuron that responds to damaging or potentially damaging stimuli by sending electrochemical signals to the spinal cord and brain.

**Pain** - The perception of actual or impending tissue damage. In certain pathological conditions, Pain may not be associated with nociception.

# Classes of Pain

## Classes of Pain

### **Nociceptive Pain**

Pain originating as a results of activation of nociceptors in response to tissue injury

### **Neuropathic Pain**

Pain originating due to a lesion or disease of the somatosensory, sympathetic or central nervous system

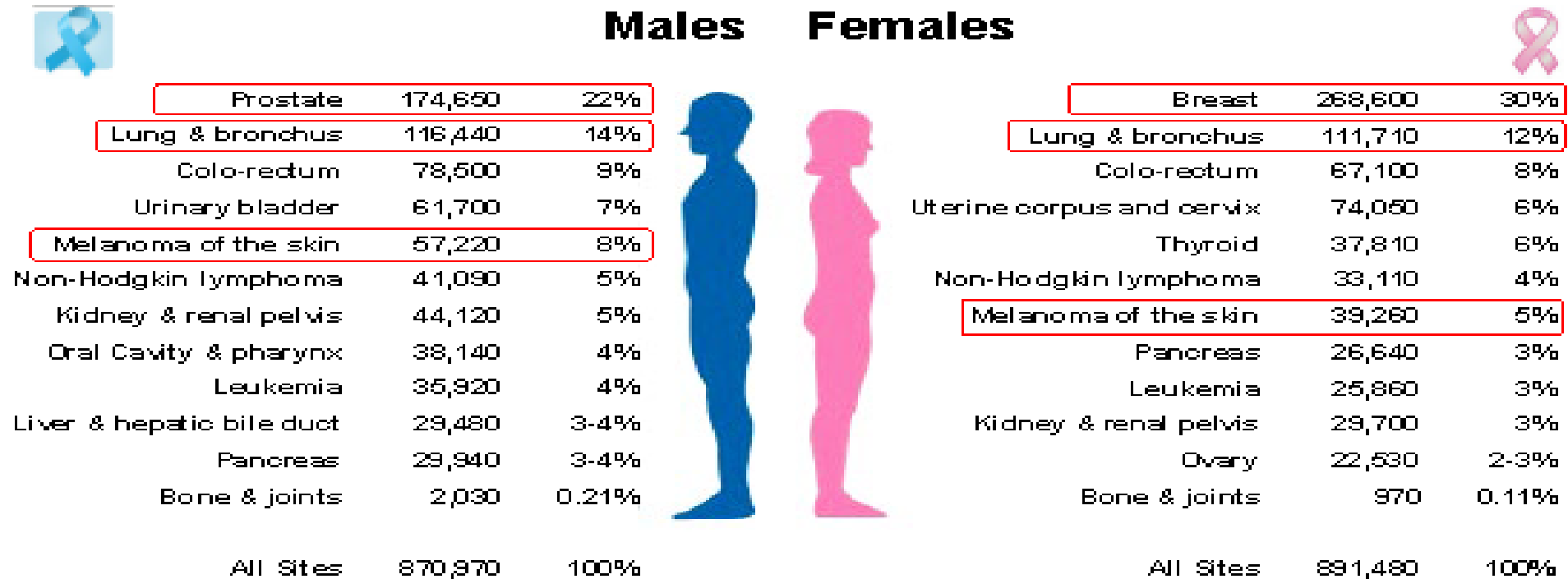
### **Nociplastic Pain (new class – 2017)**

Pain originating from altered nociception despite no clear evidence of

- actual or threatened tissue damage causing activation of peripheral nociceptors or
- disease or lesion of the somatosensory system causing the pain

# Cancer cases

## Incidences of Major Cancers in the US Facts & Figures – New Cases Predicted for 2019



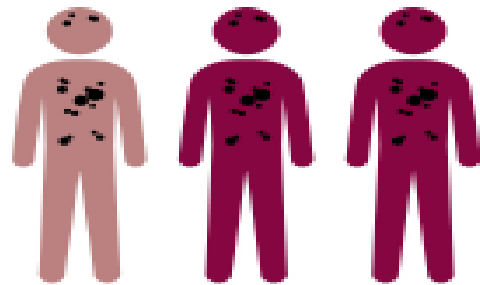
Metastatic bone cancers account for >97% of all bone cancers



# Chronic pain

## The Problem(s) of Chronic Pain

- Over **100 million** Americans suffer from **chronic pain**

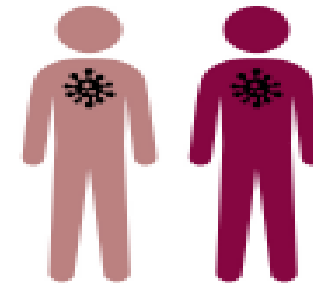


**66 %**

of patients who  
have advanced  
metastatic  
or terminal  
cancer  
experience pain

6-8 out of 10 patients with advanced  
cancers express major fear of dying  
due to excruciating/unbearable PAIN

- Associated with multiple chemoRx
  - Platinum drugs (oxaliplatin, cisplatin)
  - Taxanes (paclitaxel, docetaxel)
  - Proteasome inhibitors (bortezomib)
  - Plant alkaloids (vincristine); IMDs (thalidomide)



**55 %**

of patients  
undergoing  
treatment  
for cancer  
experience pain

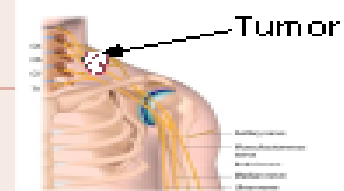
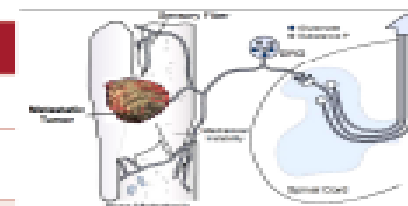
- Mainly lead to peripheral neuropathy and associated chronic pain
- **Annual financial impact of chronic pain in the US**
  - **\$560-635 billion**

*Source : Institute of Medicine Report (2011); WHO guidelines for  
the management of cancer pain in adults and adolescents (2018)*

# Types of cancer pain

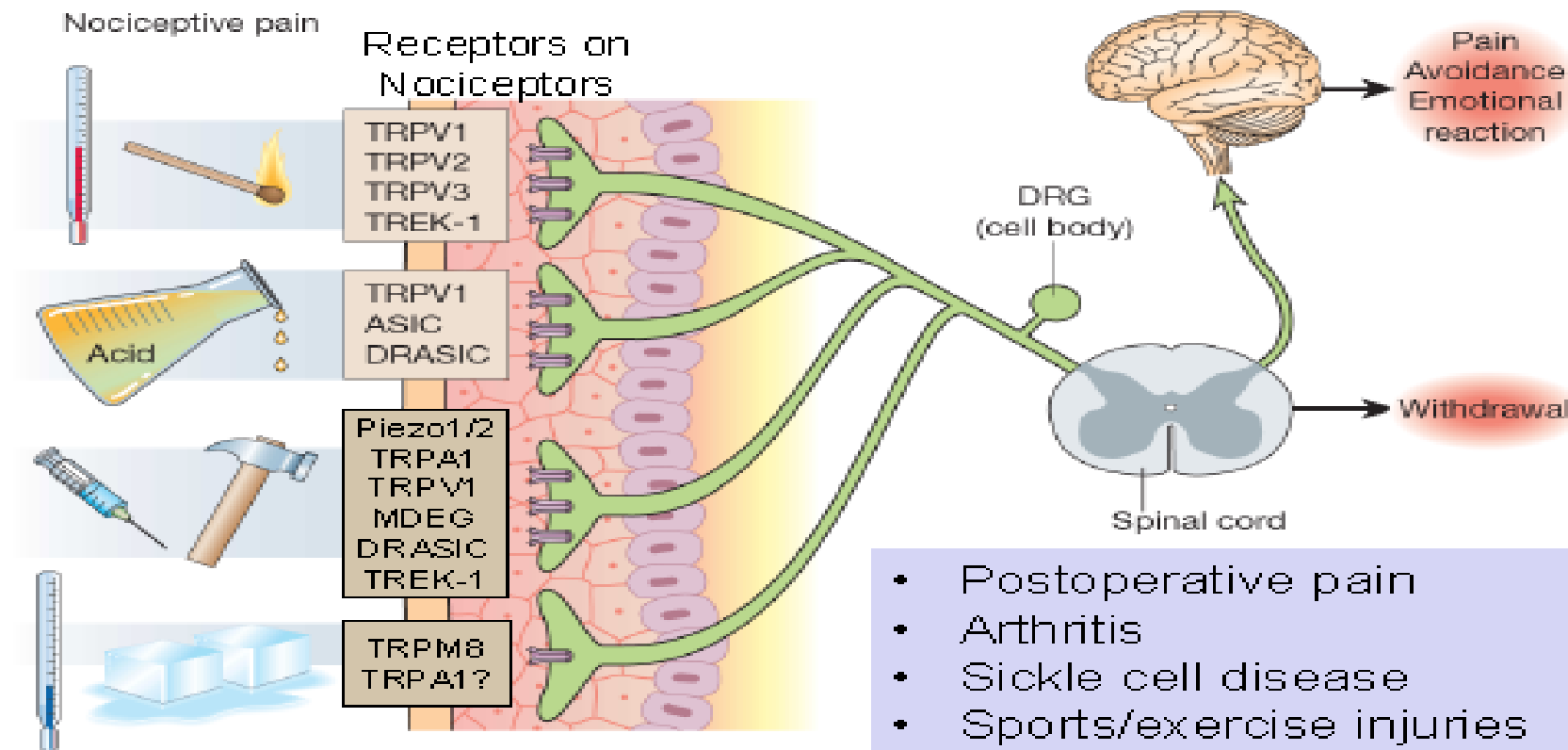
## Types of Cancer Pain

TYPE		NEURAL MECHANISM		EXAMPLE
Nociceptive	Visceral		Stimulation of pain receptors on normal sensory nerve endings	Hepatic capsule stretch
	Somatic			Bone metastases
Neuropathic	Nerve compression		Stimulation of <i>nervi nervorum</i>	Sciatica due to vertebral metastasis with compression of L4, L5 or S1 nerve root
	Nerve injury	Peripheral	Lowered firing threshold of sensory nerves (deafferentation pain)	Tumour infiltration or destruction of brachial plexus
		Central	Injury to central nervous system	Spinal cord compression by tumour
		Mixed	Peripheral and central injury	Central sensitization due to unrelieved peripheral neuropathic pain
	Sympathetically maintained		Dysfunction of sympathetic system	Chronic regional pain syndrome following fracture or other trauma



# Nociceptive pain

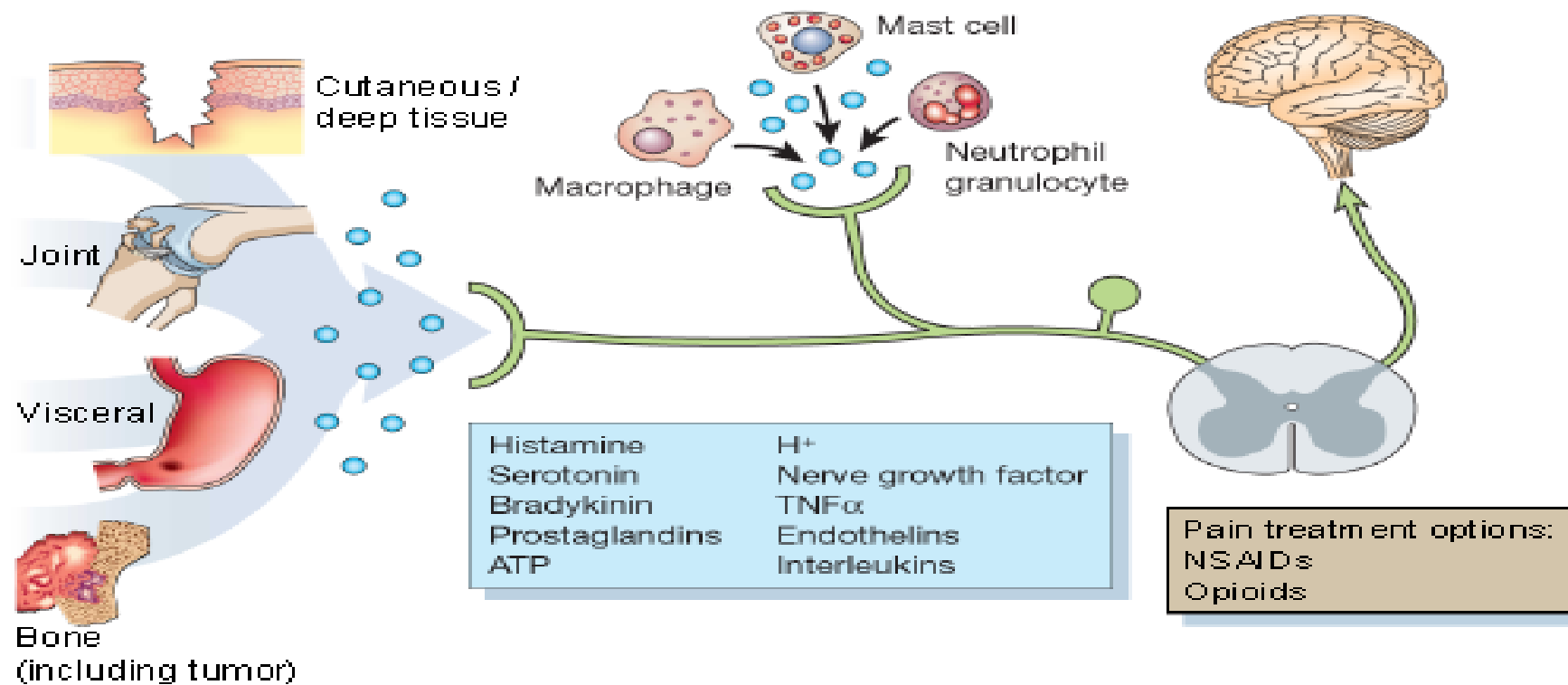
## Nociceptive Pain



- Postoperative pain
- Arthritis
- Sickle cell disease
- Sports/exercise injuries
- Inflammatory bowel disease
- Primary & metastatic cancers

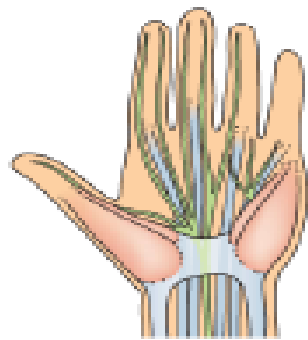
# Inflammatory pain

## Inflammatory Pain

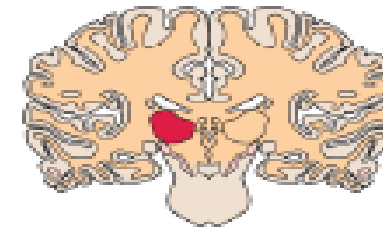


# Neuropathic pain

## Neuropathic Pain



Carpal tunnel syndrome



Thalamic stroke

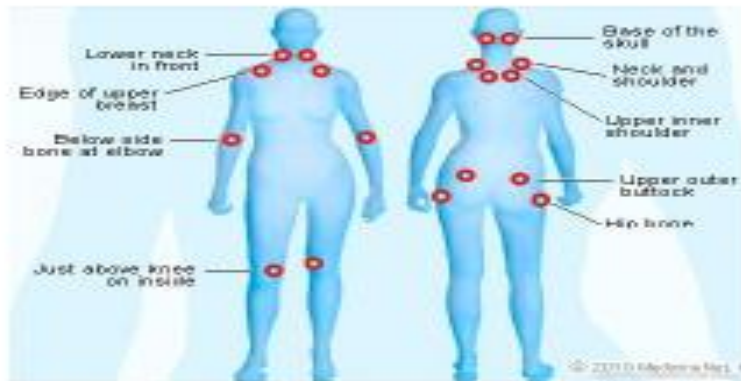
- Trigeminal neuralgia
- Central post-stroke pain
- Distal polyneuropathy (eg. Diabetic, HIV, CIPN)
- Spinal tumor-induced nerve compression
- Spinal cord injury-induced pain
- Postherpetic neuralgia / Shingles
- Neuropathic low back pain

Pain treatment options:  
Tricyclic antidepressants  
Anticonvulsants  
Na<sup>+</sup> channel blockers  
NMDA receptor antagonists  
Opioids



# Nociplastic pain

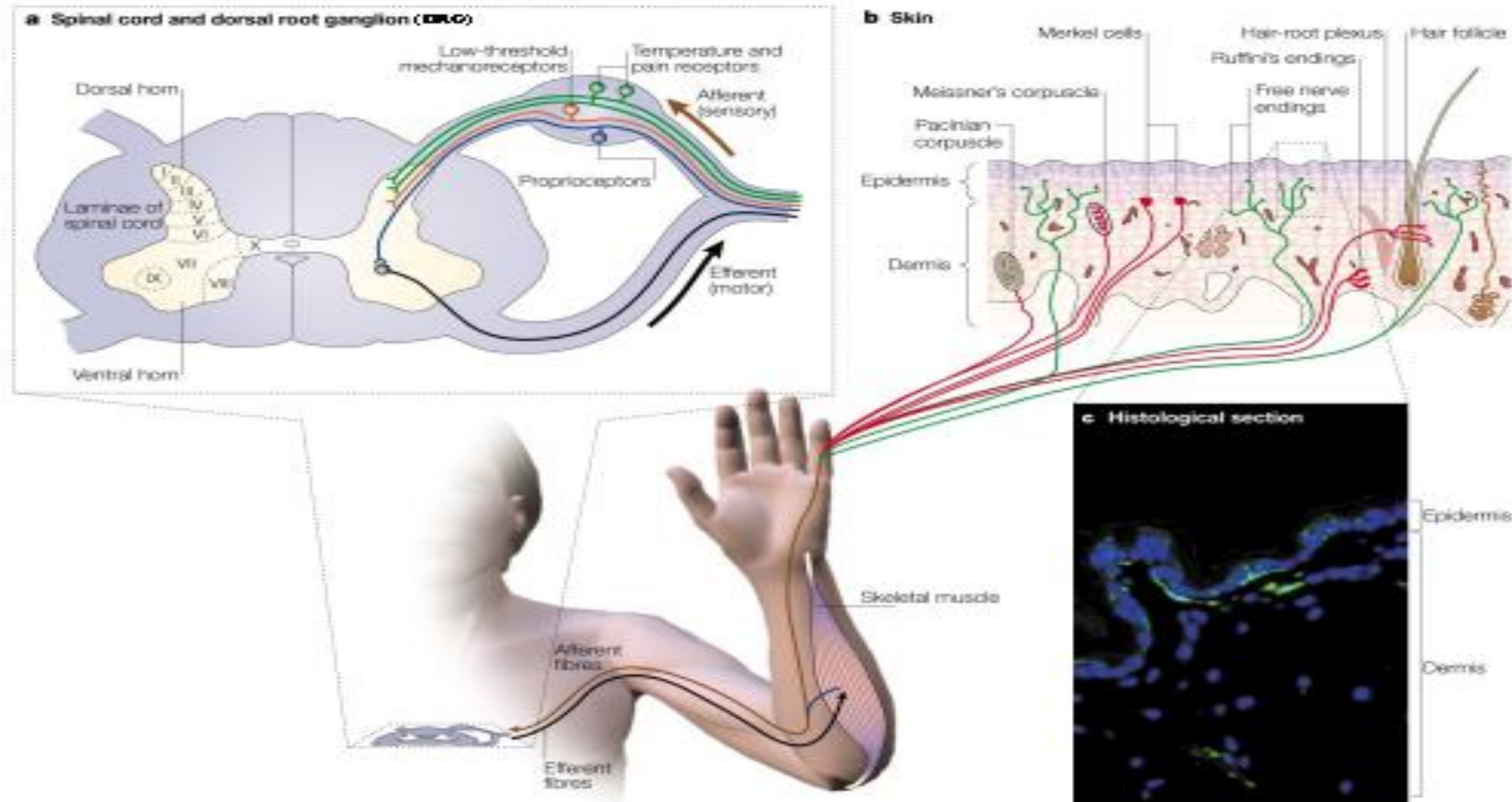
## Nociplastic Pain



- Fibromyalgia
- Complex regional pain syndrome (CRPS)
- Pain in irritable bowel syndrome
- Chronic low back pain
- Bladder pain syndrome
- Spinal tumor-induced nerve compression

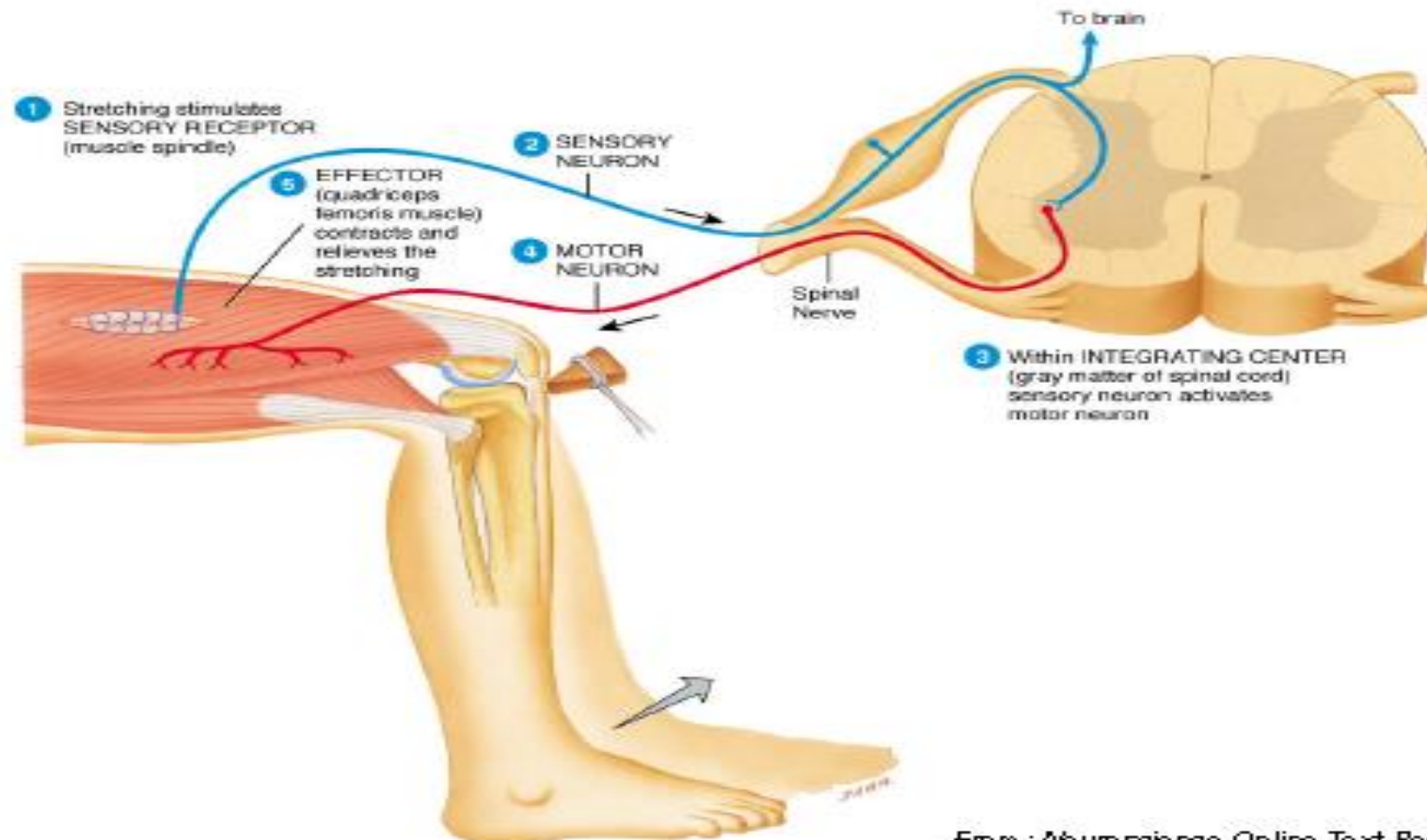
# Sensory subtypes

## Functionally distinct sensory subtypes in DRG



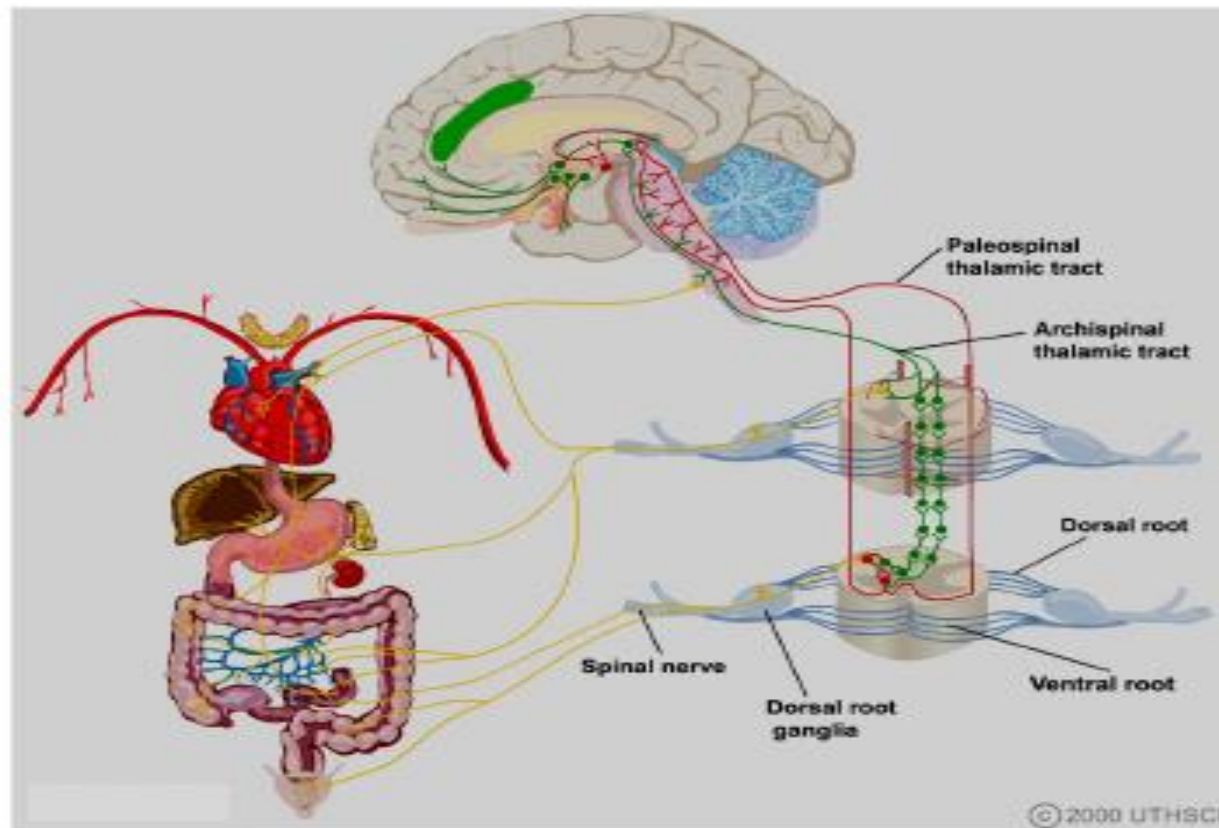
# Musculoskeletal sensory nerves

## Musculoskeletal Sensory Nerves and Circuit



# Visceral sensory nerves

## Visceral Sensory Nerves and Circuit


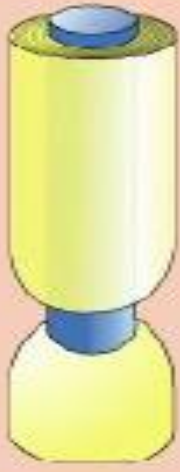




From: Neuroscience Online Text Book, UTHSCH



# Classification of sensory fibers

## Classification of Peripheral Afferent Sensory Fibers

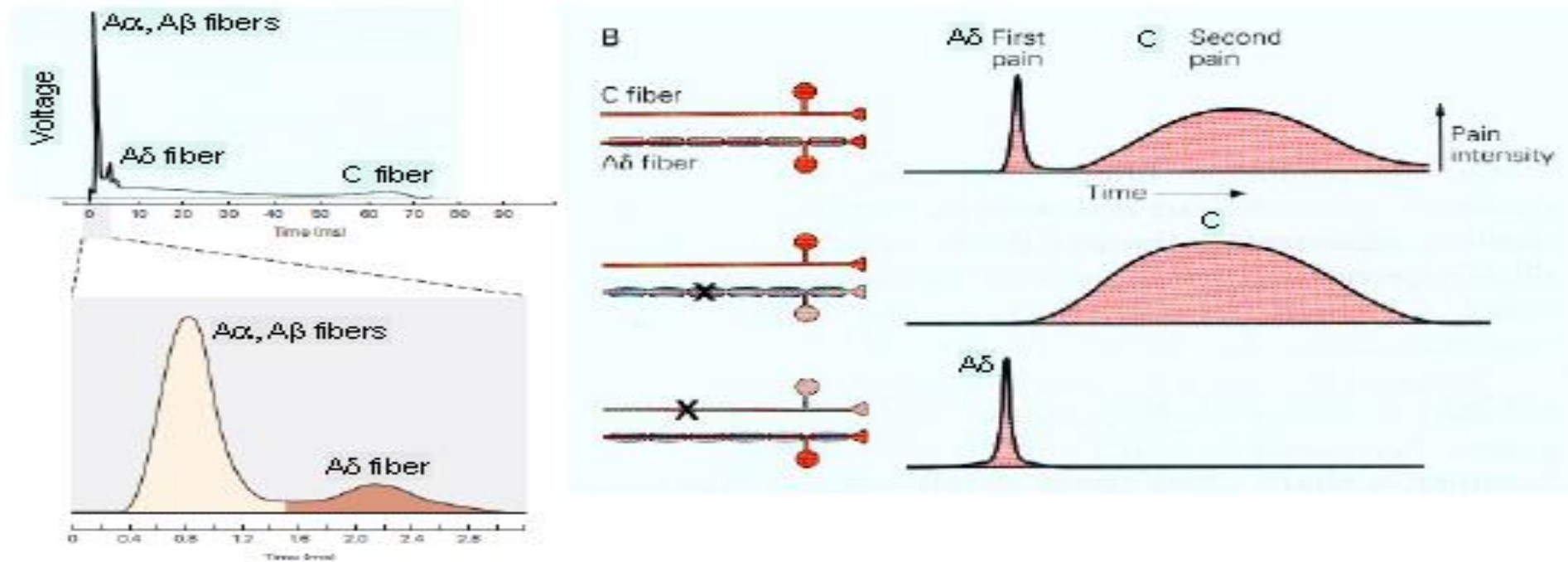
1 <sup>st</sup> Axon to skin 1 <sup>st</sup> Axon to muscle	<b>A<math>\alpha</math></b>	<b>A<math>\beta</math></b>	<b>A<math>\delta</math></b>	<b>C</b>
	<b>Group-I</b>	<b>Group-II</b>	<b>Group-III</b>	<b>Group-IV</b>
				
Diameter ( $\mu\text{m}$ )	12 – 22	6 – 12	1 – 6	0.2 – 1.5
Speed (m/sec)	70 – 170	30 – 70	5 – 30	0.5 – 2.0
Sensory receptors	Proprioceptors of Skeletal Muscle	Mechanoreceptors of Skin	Temperature, Pain, Itch(?)	Temperature, Pain, Itch

From: Neuroscience Online Text Book, UTHSC

- A fibers – myelinated (multiple extent) → High conduction velocity.
- C fibers – unmyelinated → low conduction velocity.

# Nociceptor fiber types

## Nociceptor Fiber Types



# Classes of nociceptors

## Classes of Nociceptors

### Thermal Nociceptors

- Respond to extreme temperatures ( $>43^{\circ}\text{C}$  or  $<5^{\circ}\text{C}$ )
- Thin, sparsely myelinated  $A\delta$  fibers that conduct at 5-30m/s

### Mechanical Nociceptors

- Respond to intense pressure
- Also  $A\delta$  fibers

### Polymodal Nociceptors

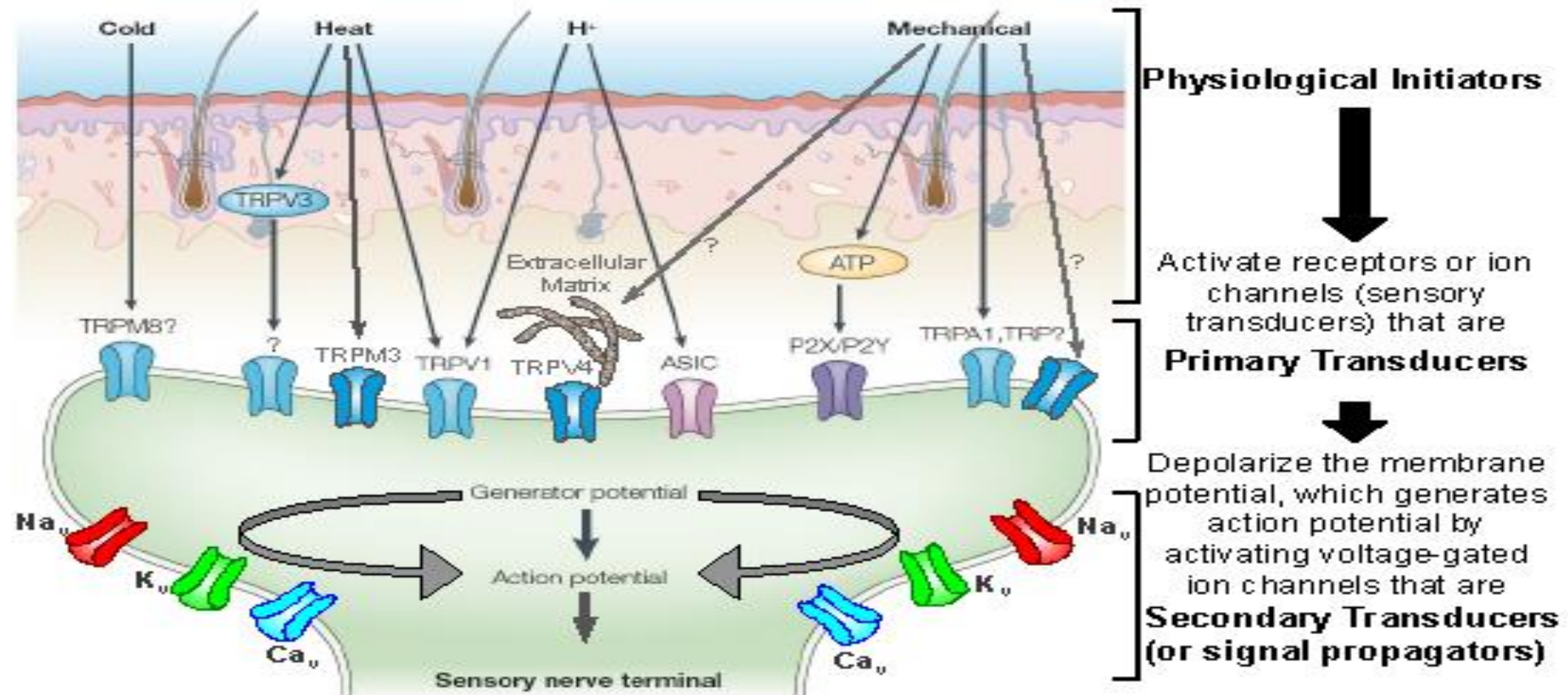
- These fibers respond to extreme temperatures, pressure, and noxious chemicals
- $A\delta$  and C fibers that conduct at  $\sim 1\text{m/sec}$

Modality	Sub Modality	Sensory Fiber
Temp.	Warm/Hot	C
	Cool/Cold	$A\delta$ /C
Pain	Sharp cutting pain	$A\delta$
	Dull burning pain	C, $A\delta$ (??)
	Deep aching pain	C, $A\delta$ (??)
	Chemical pain (acid)	C



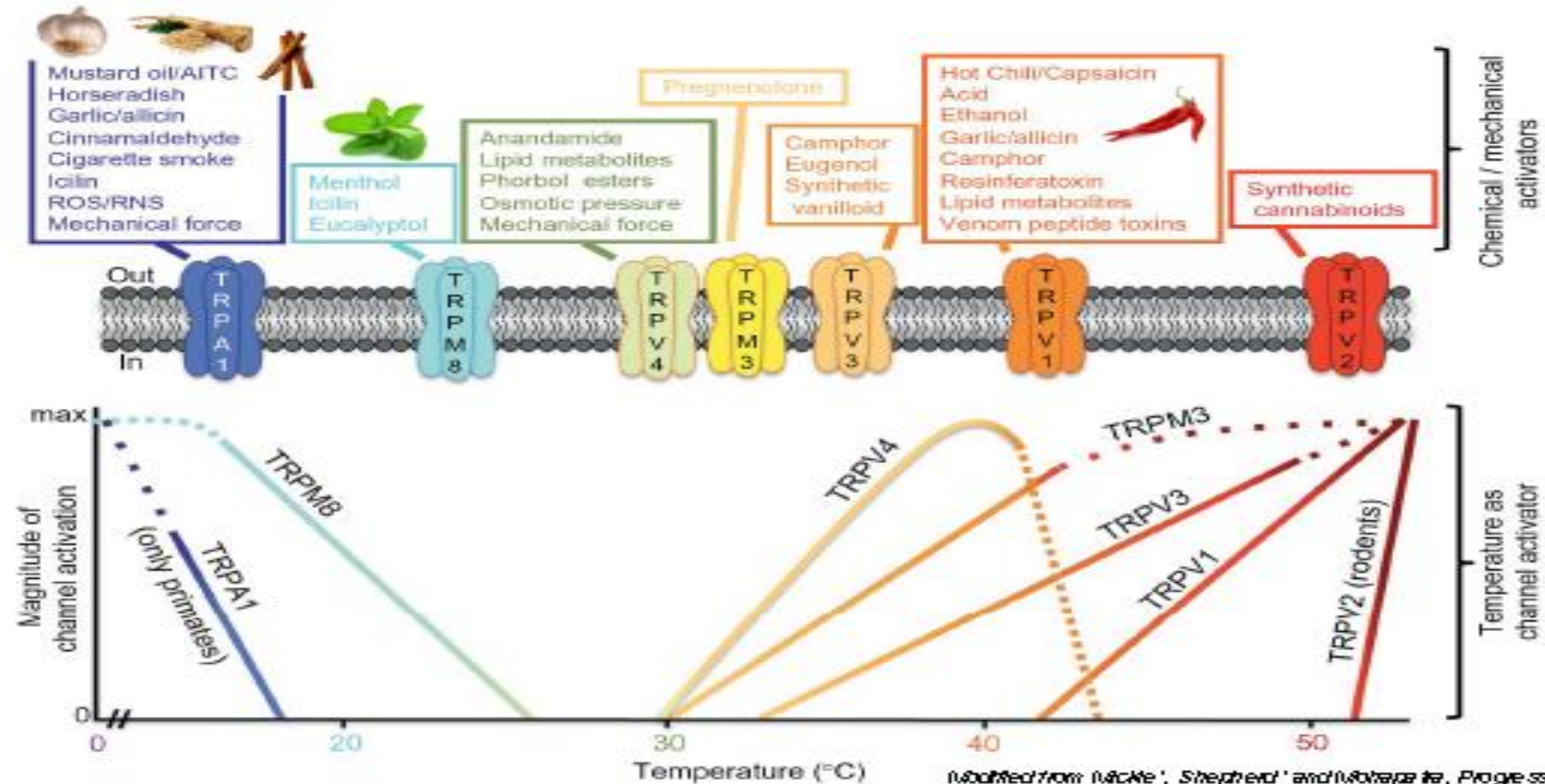
# Receptors

## Contribution of Specific Receptors in Nociceptor Excitation



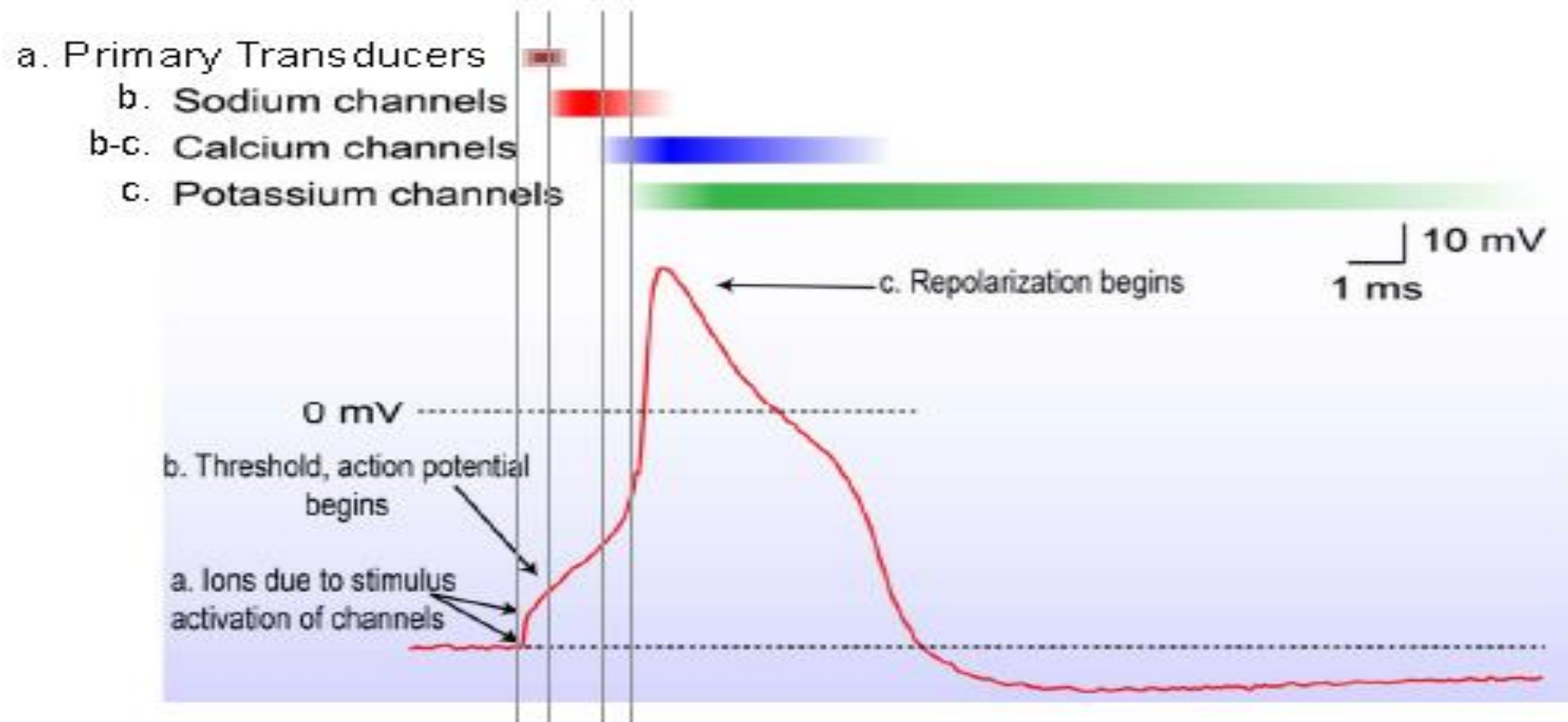
# Sensory TRP channels

## Sensory TRP Channels: Major Nociceptive Receptors



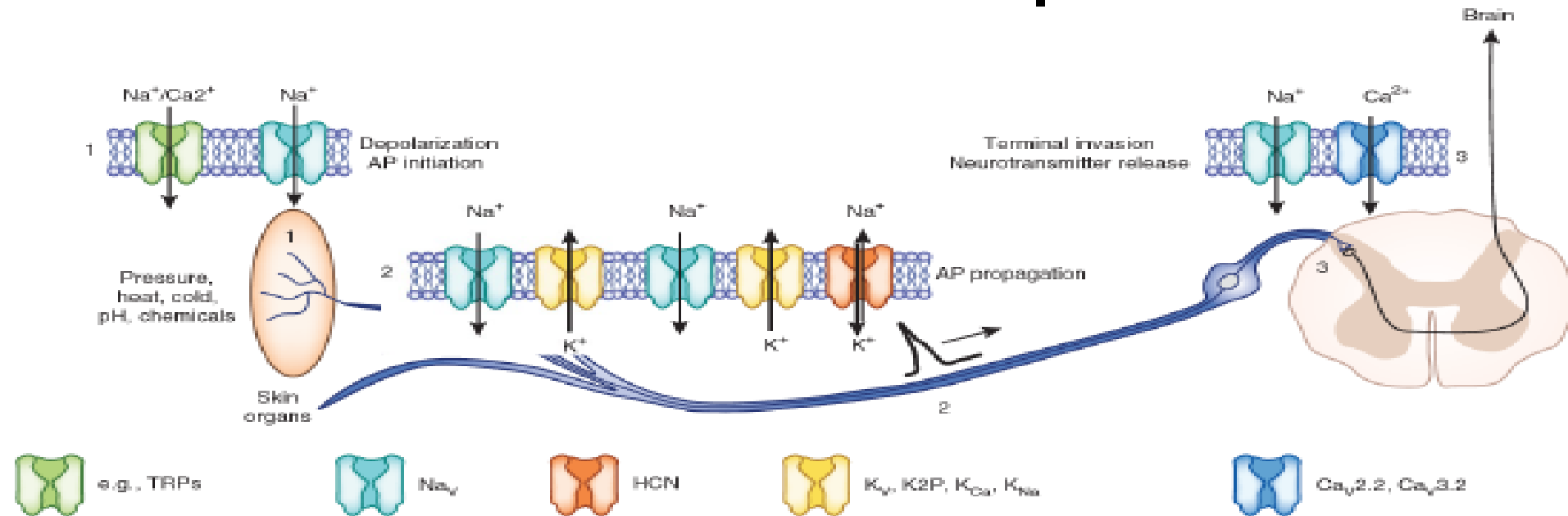
# Noxious stimuli

## Detection of Noxious Stimuli → Action Potential Generation



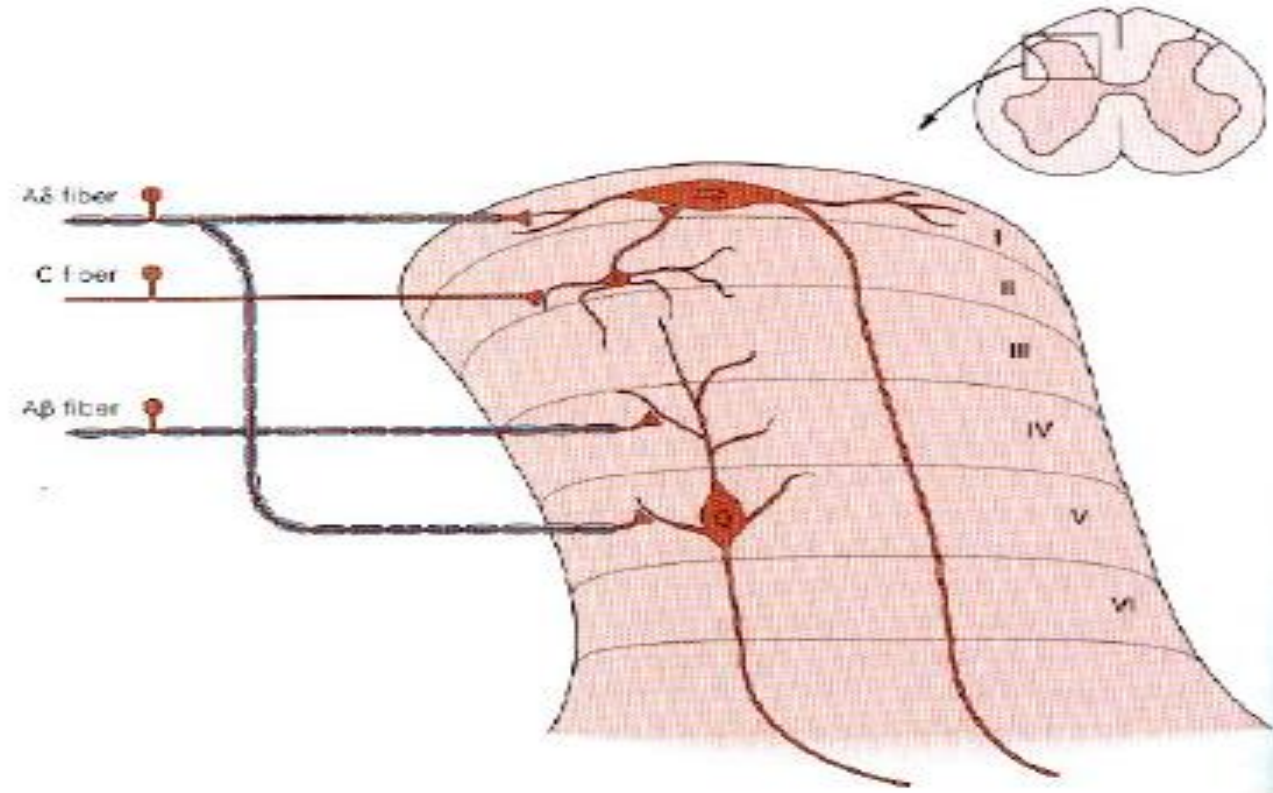
# Nociceptors

## Distribution of Receptors/Ion Channels in the Peripheral and Central Axons of Nociceptors



# Nociceptive inputs

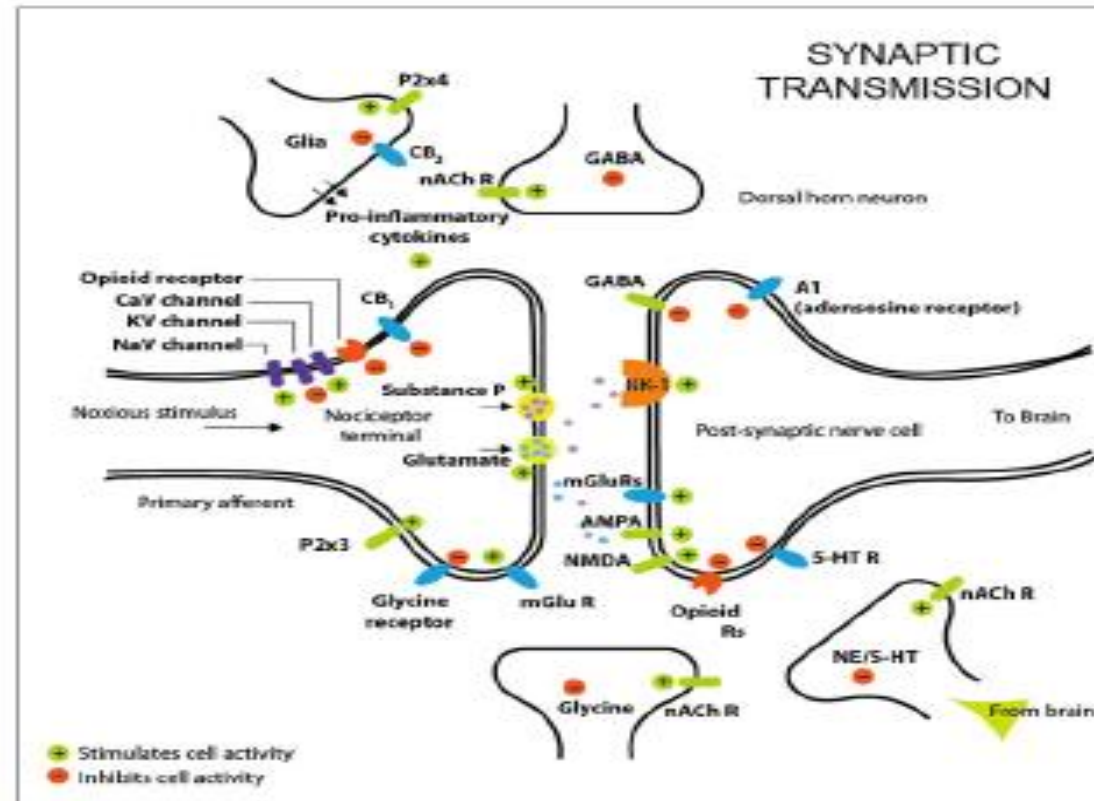
## Nociceptor Inputs to the Spinal Cord Dorsal Horn





# Nociceptive signal transmission

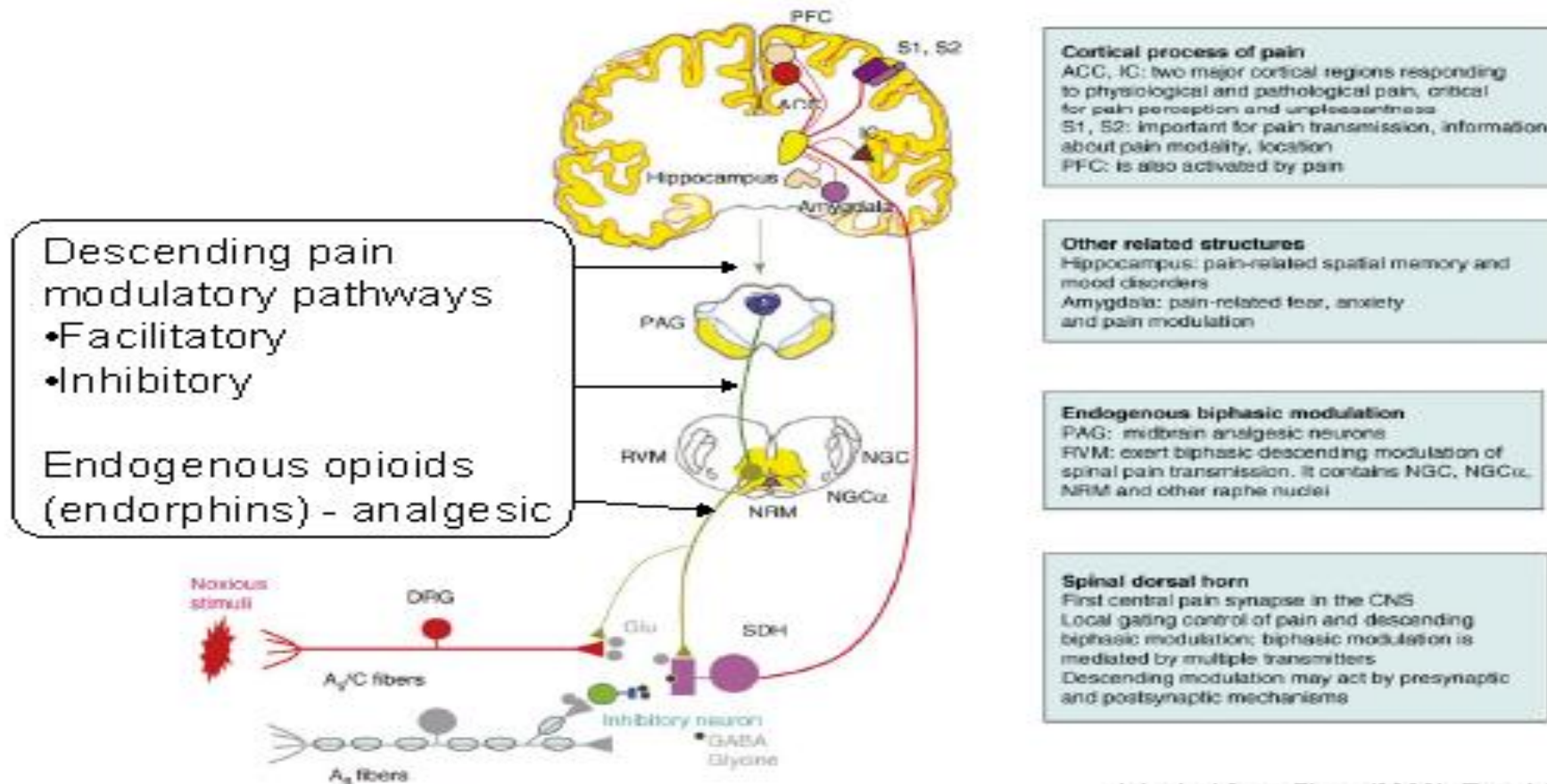
## Nociceptive Signal Transmission in the Spinal Cord Dorsal Horn





# Nociceptive information

## Multiple areas in the brainstem, mid- and fore-brain process nociceptive information



# Pain measurement

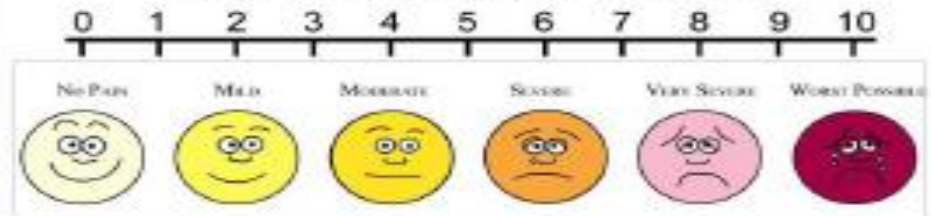
## How Pain is Measured or Assessed?

### 0-10 SCALE OF PAIN SEVERITY

Severity	Description of Experience
<b>10 Unable to Move</b>	I am in bed and can't move due to my pain. I need someone to take me to the emergency room to get help for my pain.
<b>9 Severe</b>	My pain is all that I can think about. I can barely talk or move because of the pain.
<b>8 Intense</b>	My pain is so severe that it is hard to think of anything else. Talking and listening are difficult.
<b>7 Unmanageable</b>	I am in pain all the time. It keeps me from doing most activities.
<b>6 Distressing</b>	I think about my pain all of the time. I give up many activities because of my pain.
<b>5 Distracting</b>	I think about my pain most of the time. I cannot do some of the activities I need to do each day because of the pain.
<b>4 Moderate</b>	I am constantly aware of my pain but I can continue most activities.
<b>3 Uncomfortable</b>	My pain bothers me but I can ignore it most of the time.
<b>2 Mild</b>	I have a low level of pain. I am aware of my pain only when I pay attention to it.
<b>1 Minimal</b>	My pain is hardly noticeable.
<b>0 No Pain</b>	I have no pain.

### Universal Pain Assessment Tool

This pain assessment tool is intended to help patient care providers assess pain according to individual patient needs. Explain and use the 0-10 Scale for patient self-assessment. Use the faces or behavioral observations to interpret expressed pain when patient cannot communicate his/her pain intensity.



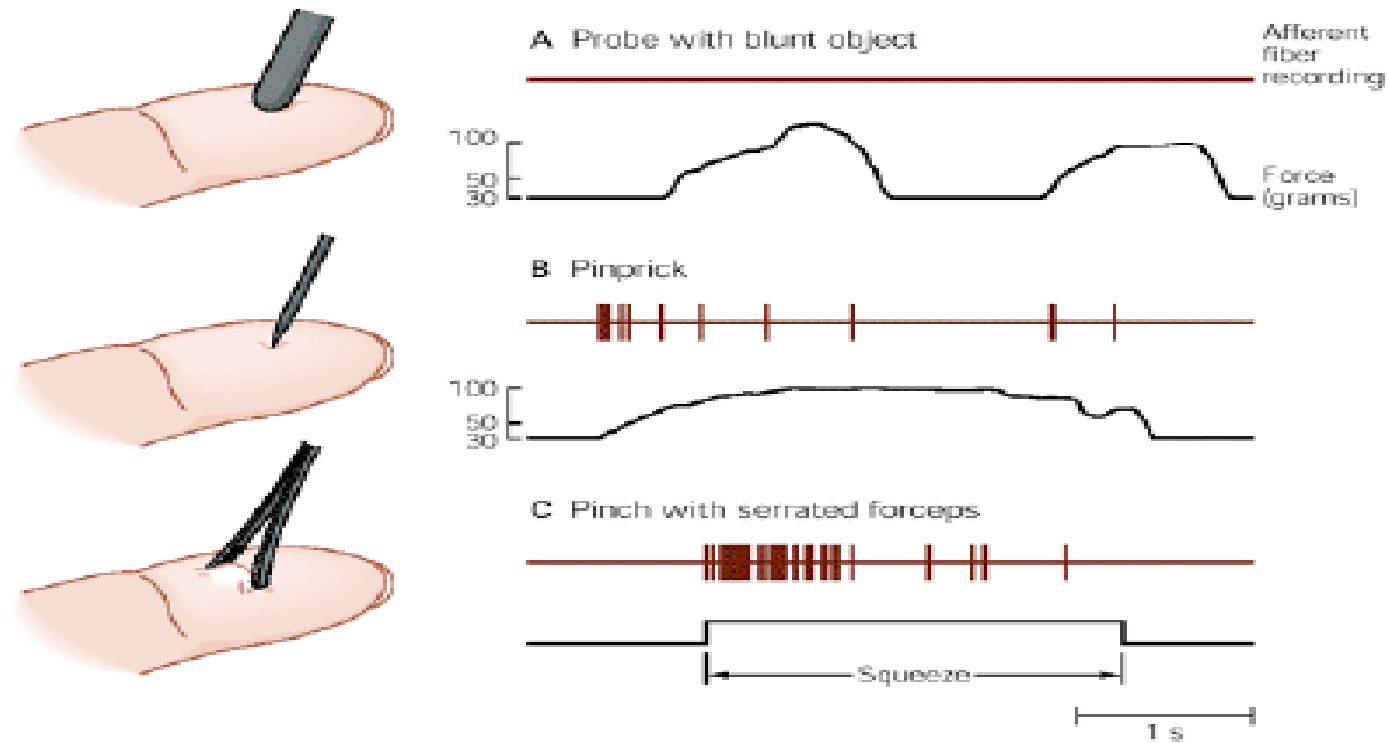
# Sensory testing

## Quantitative Sensory Testing for Pain



# Mechanical nociception

## Mechanical Nociception



# Pain testing

## **Quantitative Sensory Testing for Pain**





# Quantitative testing

## **Quantitative Sensory Testing for Pain**



# Animal pain

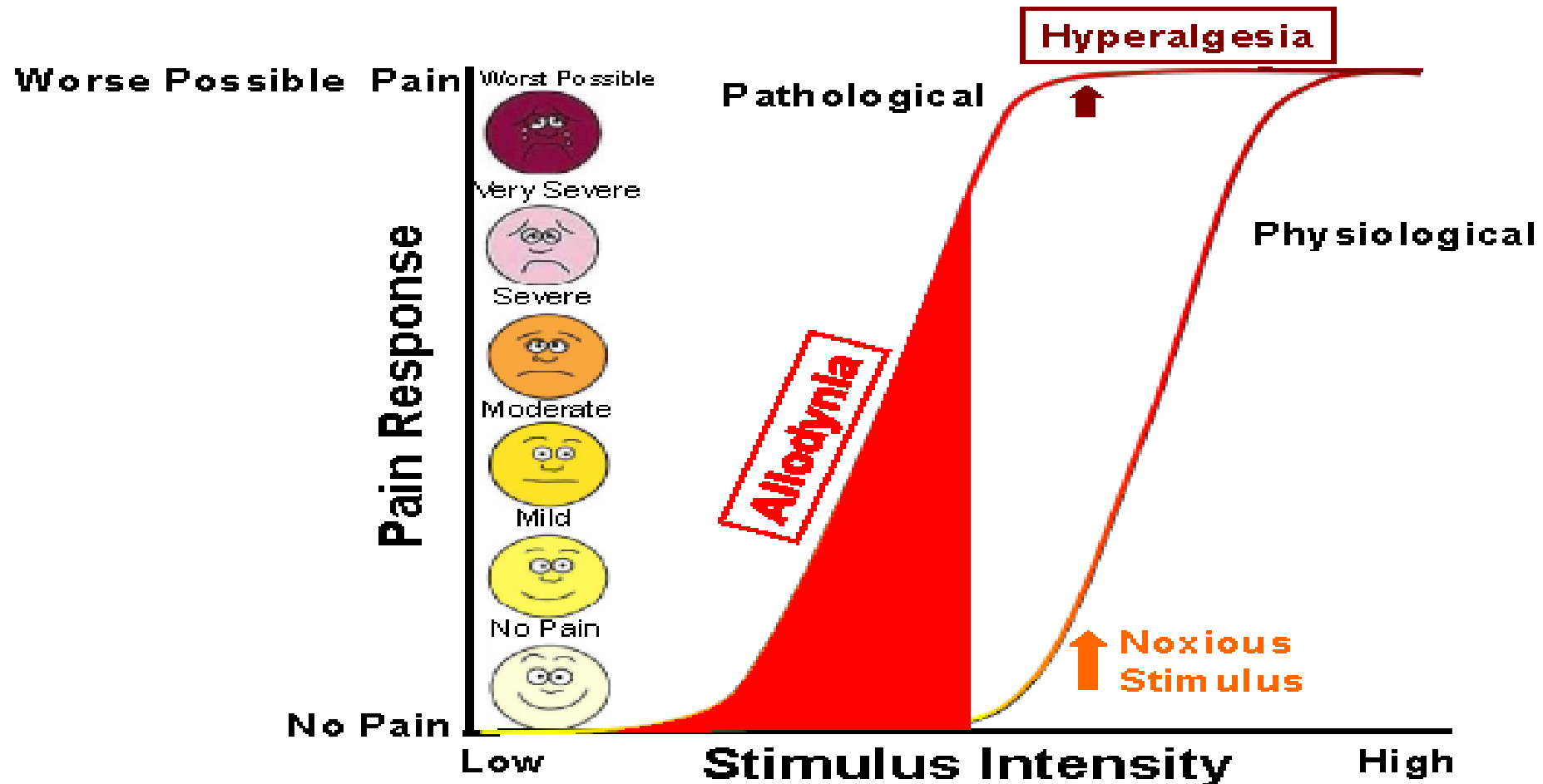
## Assessing Pain in Animals





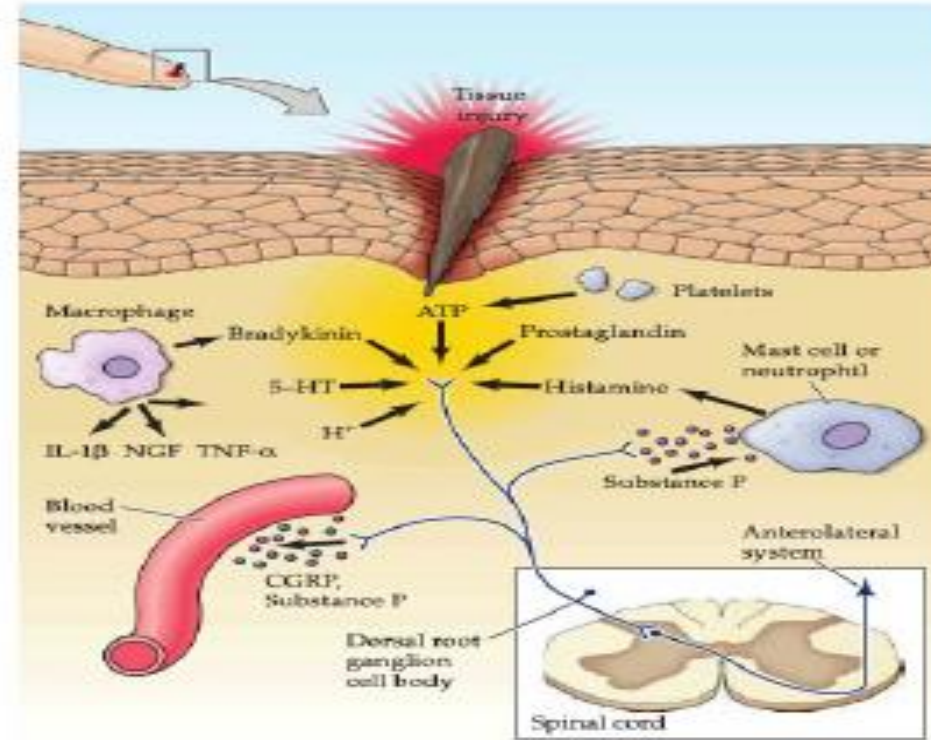
# Stimulus-response

## Nociceptor Sensitization Shift Pain Stimulus-Response



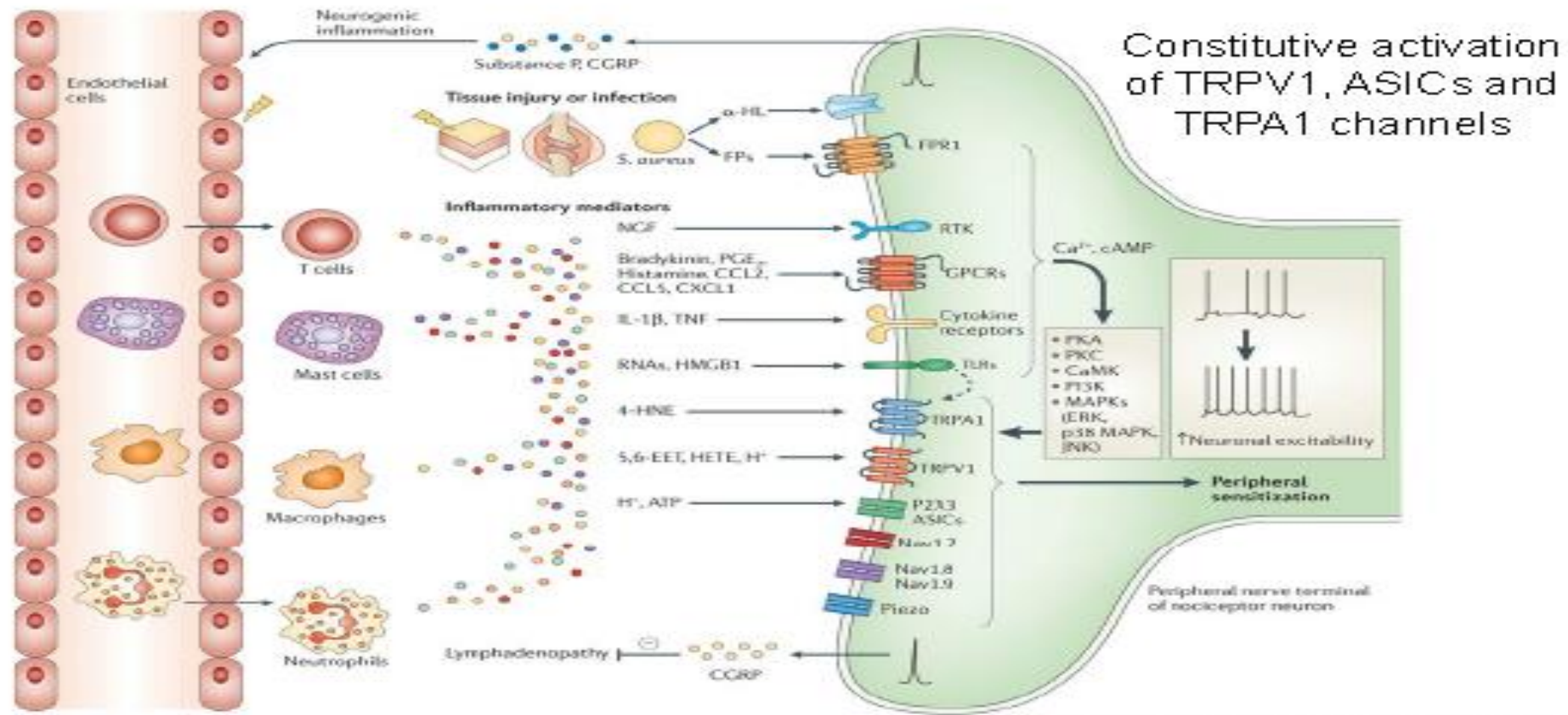
# Peripheral nociceptor

## Peripheral Nociceptor Sensitization



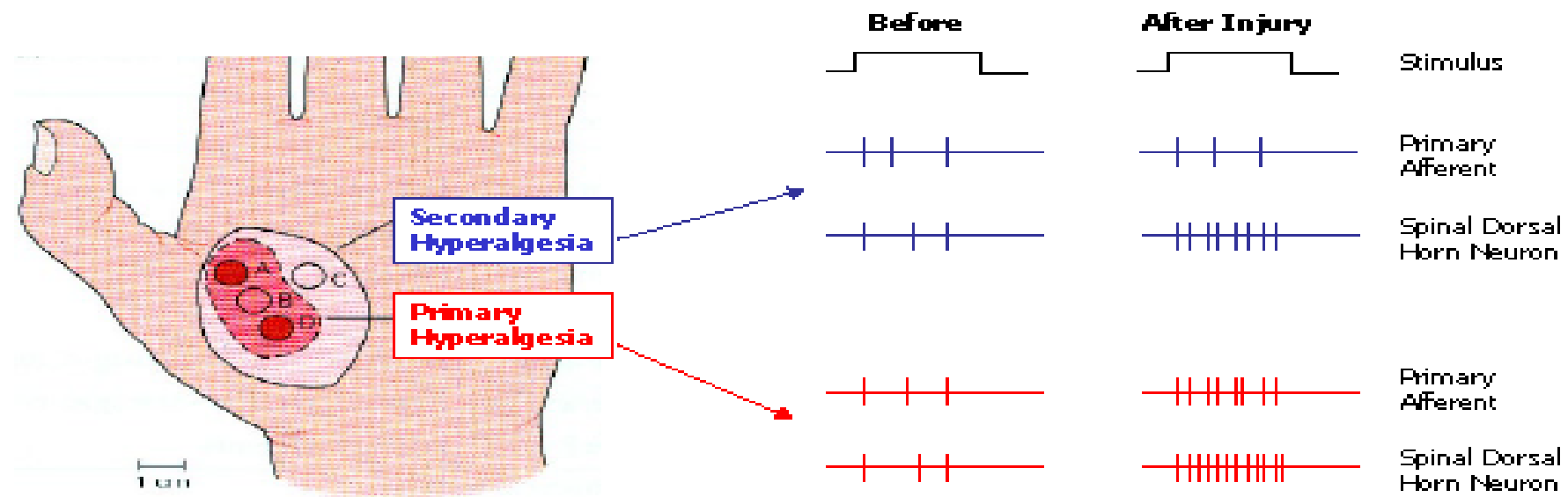
# Nociceptor sensitization

## Peripheral Nociceptor Sensitization



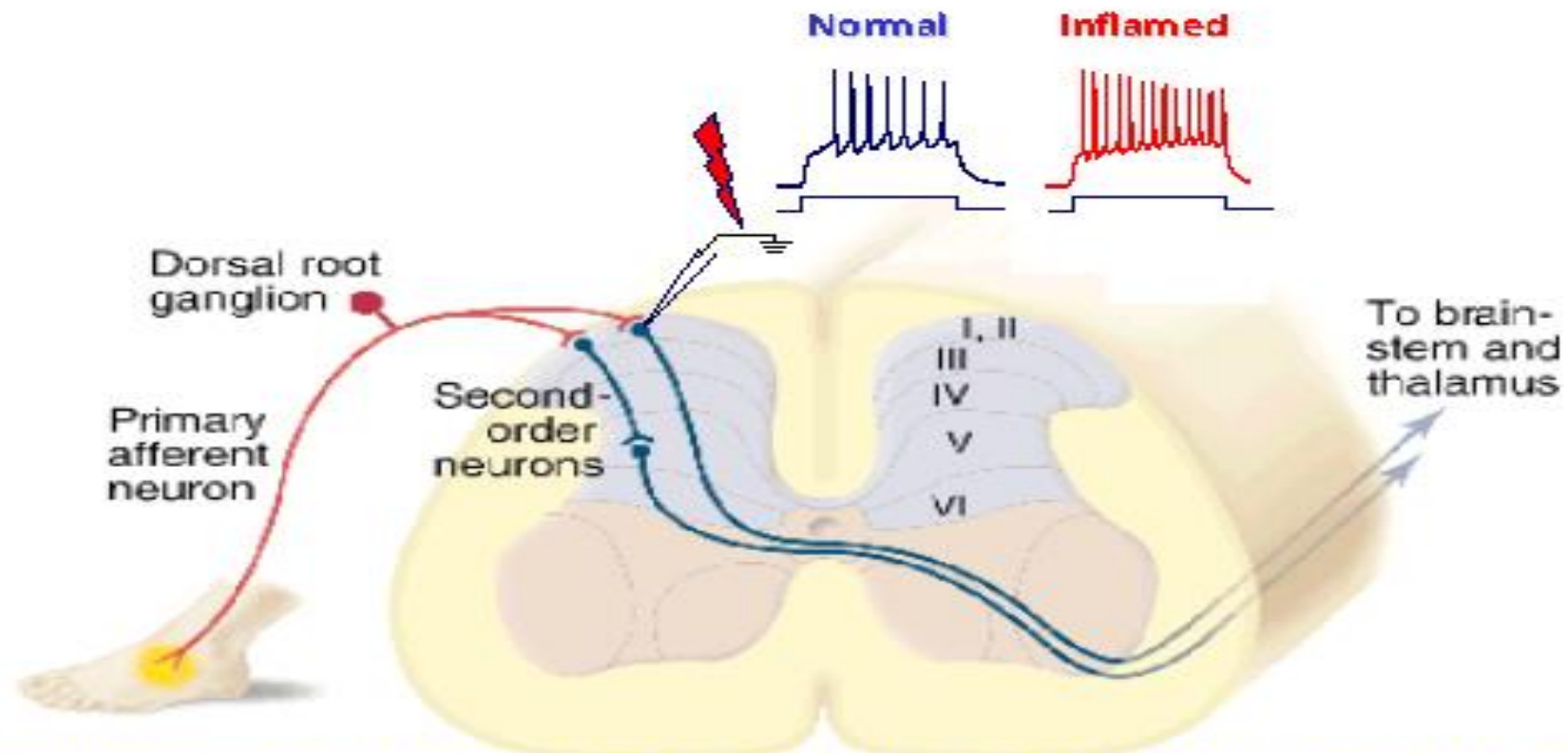
# Central sensitization

Primary afferents innervating the site of secondary hyperalgesia are not sensitized in response to inflammation. Thus, there must be some change in the spinal cord or brain that mediates secondary hyperalgesia/allodynia. These changes are known as **Central Sensitization**



# Central sensitization

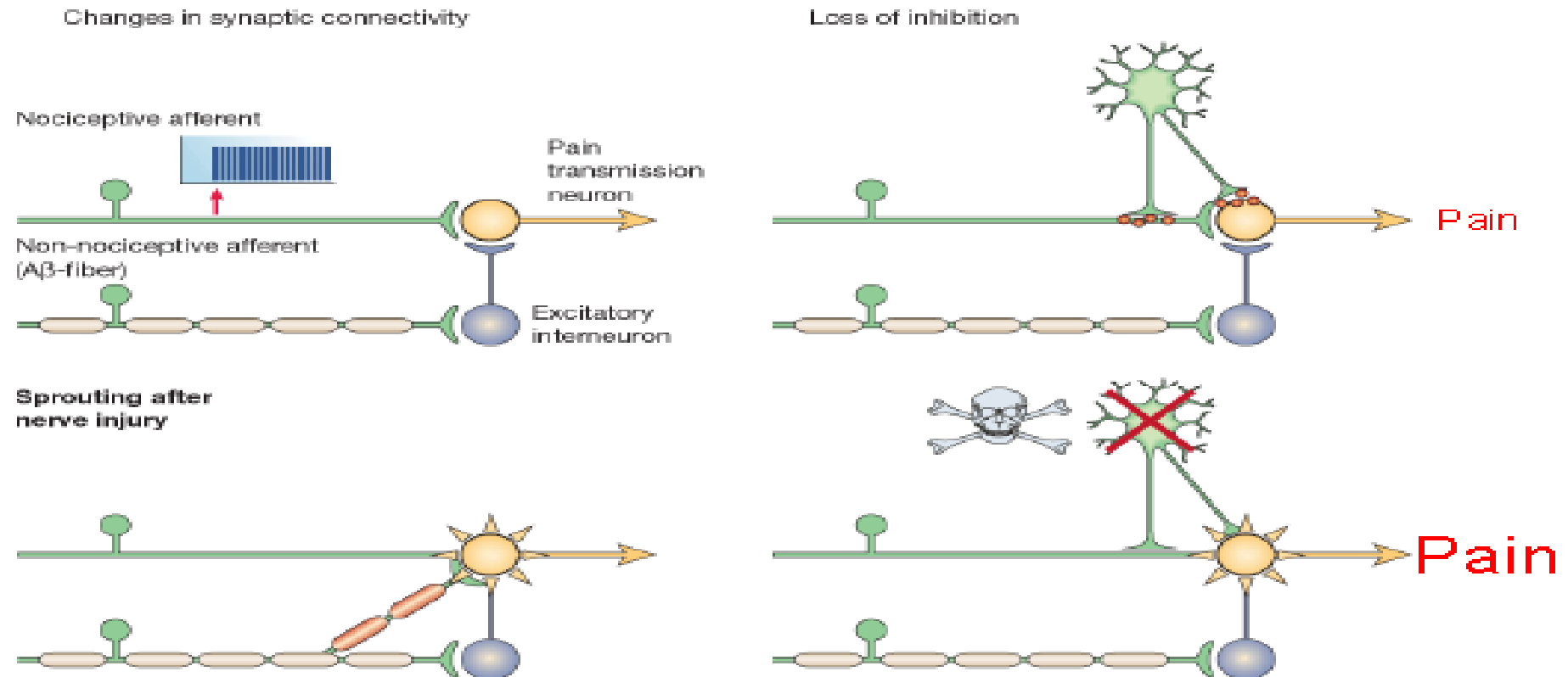
## Inflammation-Induced Central Sensitization



**Central sensitization serves as an amplifier of nociceptive input to the CNS → pain out of proportion to input intensity**

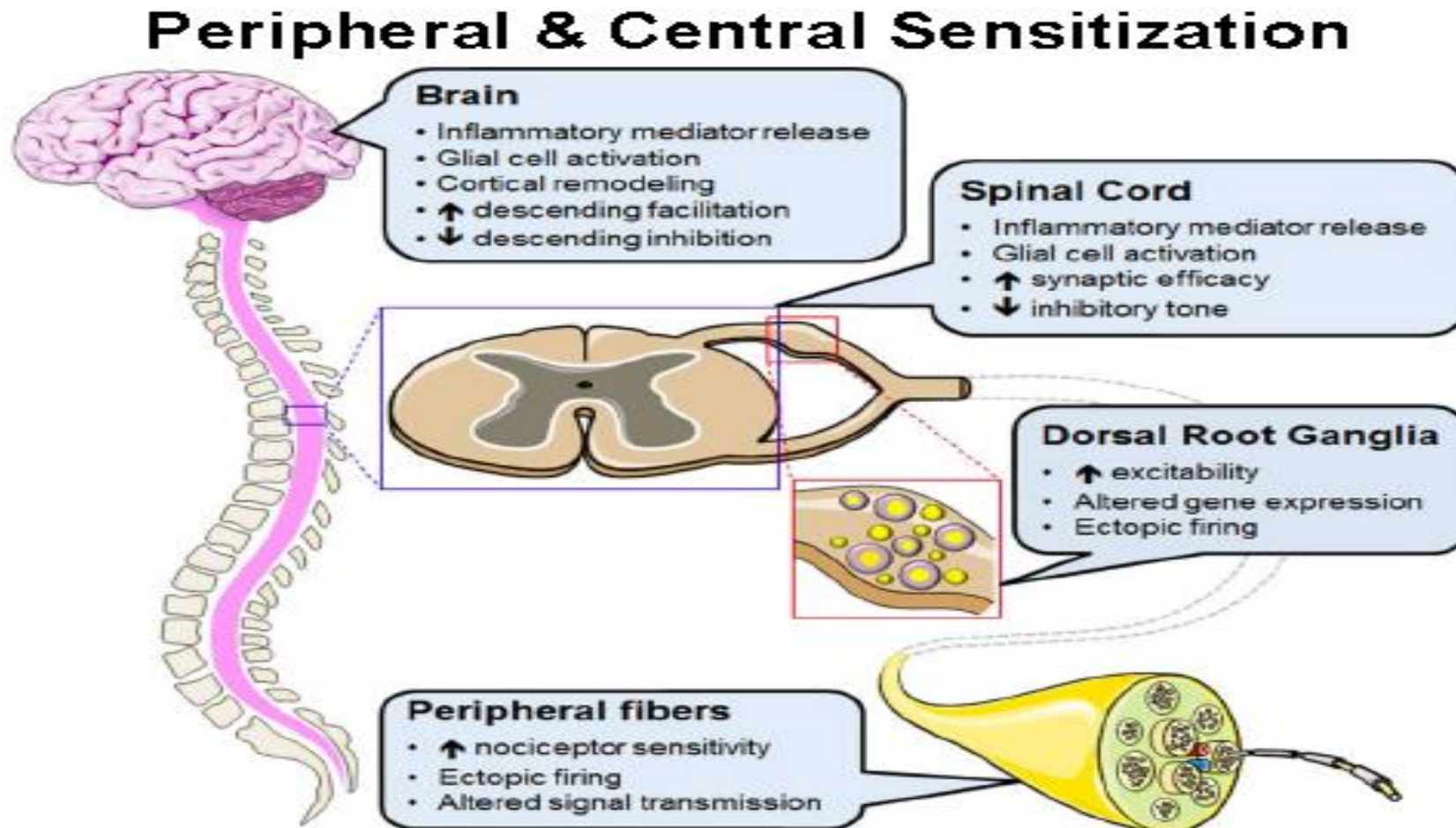
# Spinal cord

## Central Sensitization in the Spinal Cord: Anatomical Mechanisms





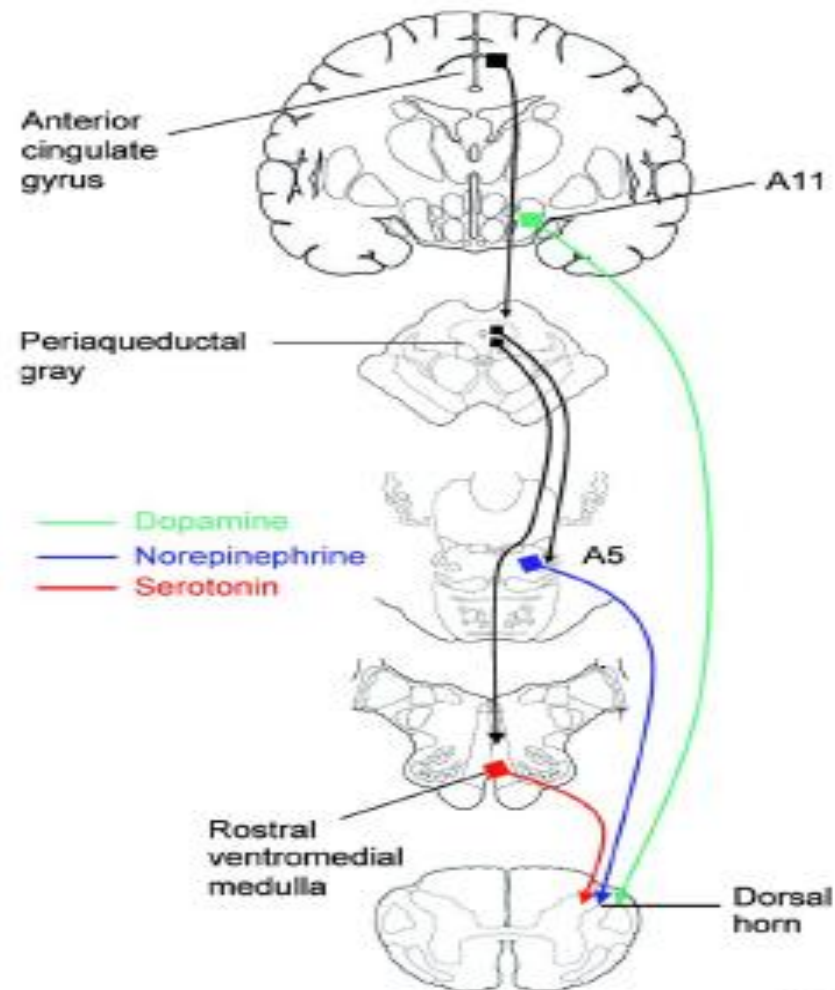
# Central and peripheral sensitization





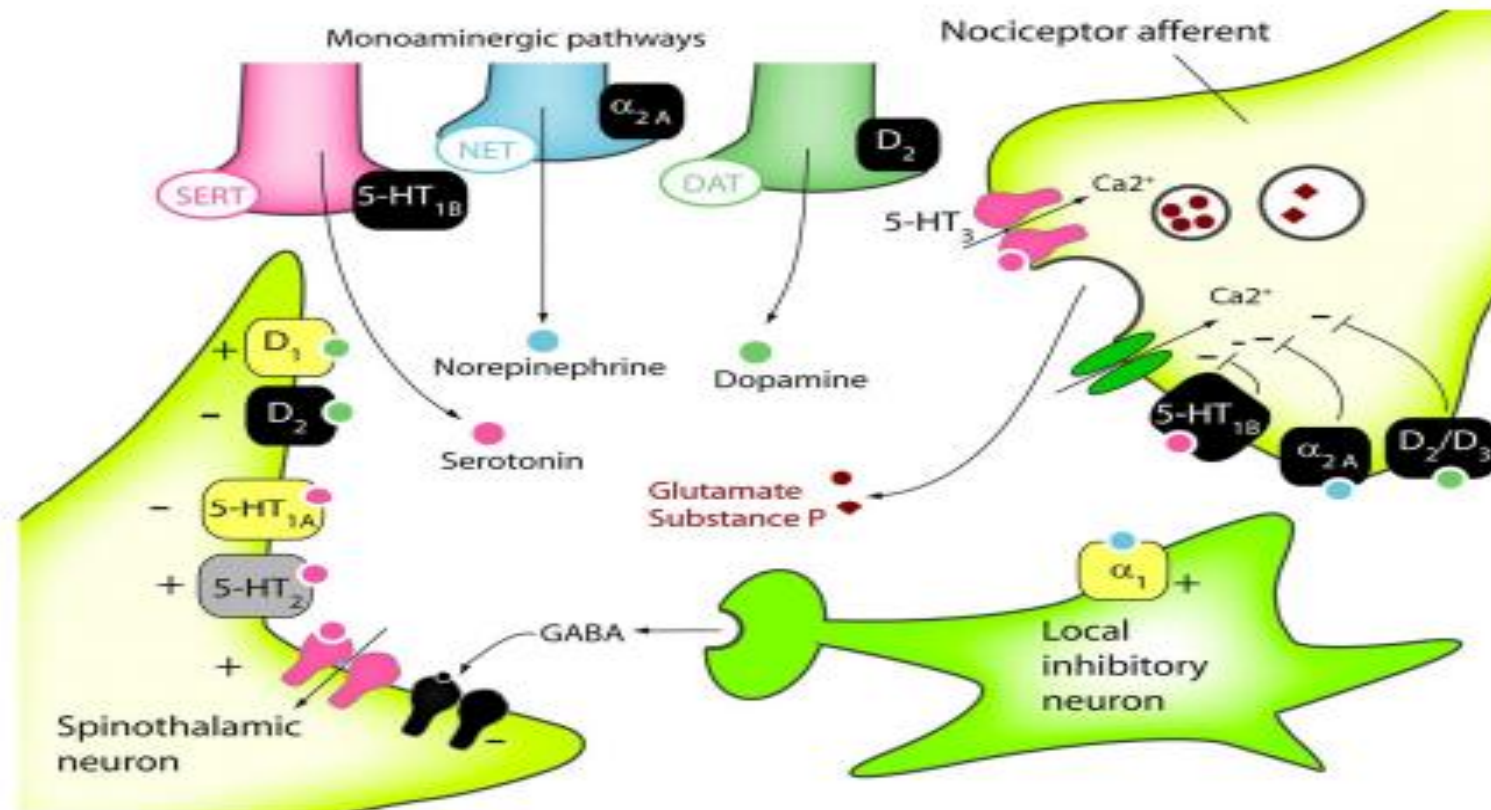
# Pain modulation

## Descending Pain Modulation



# Monoamine pathways

## Monoamine Pathways in Descending Pain Modulation



# Cancer Pain

## Pharmacological Management of Cancer Pain

MEDICINE GROUP	MEDICINE CLASS	EXAMPLE MEDICINES
Non-opioids	Paracetamol	Paracetamol oral tablets and liquid. Rectal suppositories, injectable
	NSAIDs	Ibuprofen oral tablets and liquid Ketorolac oral tablets and injectable Acetylsalicylic acid oral tablets and rectal suppositories
Opioids	Weak opioids	Codeine oral tablets and liquid and injectable
	Strong opioids	Morphine oral tablet and liquid and injectable Hydromorphone oral tablets and liquid and injectable Oxycodone oral tablets and liquid Fentanyl injectable, transdermal patch, transmucosal lozenge Methadone oral tablet, liquid, injectable
Adjuvants	Steroids	Dexamethasone oral tablet and injectable Methylprednisolone oral tablets and injectable Prednisolone oral tablets
	Antidepressants	Amitriptyline oral tablets Venlafaxine oral tablets
	Anticonvulsants	Carbamazepine oral tablets and injectable
	Bisphosphonates	Zoledronate injectable

Source: WHO guidelines for the management of cancer pain in adults and adolescents (2018)

# Cancer pain management

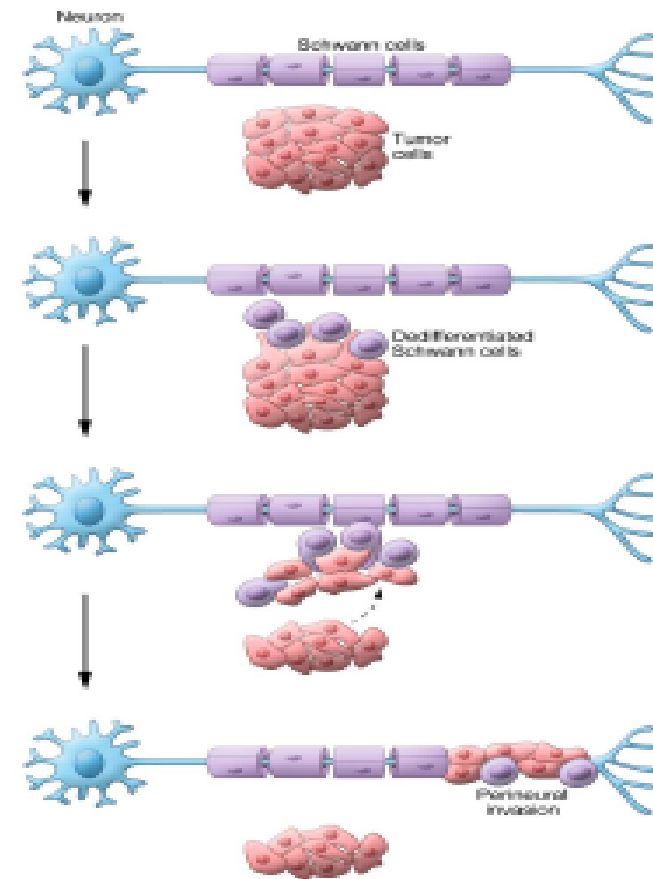
## Non-Pharmacological Management of Cancer Pain

Therapy Type	Examples
Psychological	<ul style="list-style-type: none"><li>• Hypnosis</li><li>• Relaxation</li><li>• Cognitive Behavioral Therapy (CBT)</li></ul>
Physical	<ul style="list-style-type: none"><li>• Acupuncture</li><li>• Transcutaneous Electrical Nerve Stimulation (TENS)</li><li>• Healing touch and massage</li><li>• Yoga</li><li>• Occupational therapy</li></ul>
Clinical Process	<ul style="list-style-type: none"><li>• Specific Pain Assessment</li><li>• Physical Advice and Communication</li><li>• Education (including family)</li></ul>

# Other roles

## Other Roles of Nociceptive Sensory System in Cancers

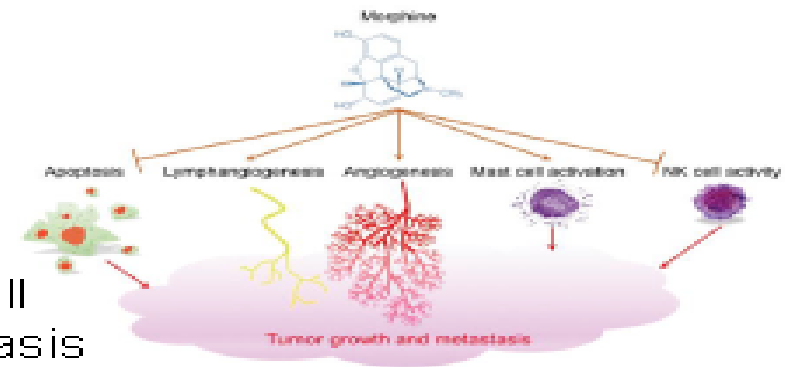
- Perineural Invasion (PNI) High prevalence in prostate and pancreatic cancers
- Cancer cells penetrate inside perineurium and migrate to sympathetic, nodose and dorsal root ganglia, and spinal cord
- Utilize nociceptive sensory neurons for tumor growth, aggression and metastasis
- Ablation of nociceptive afferents in mice → significantly reduced pancreatic tumor growth, and prolonged survival (Saloman et al 2016, PNAS)



# Cancer pain

## Cancer Pain: Controversies and Gaps in Knowledge

- Chronic opioid use correlated with cancer aggressiveness (in certain cancers) – only few studies
- In cellular and preclinical studies opioids shown to enhance cancer cell proliferation, tumor growth & metastasis
- Mechanisms (clinically-relevant) underlying peripheral & central pain sensitization and central modulation in primary and metastatic cancers
  - A lack in relevant animal models
  - Difficulty in assessing ongoing cancer-related pain in animals
- Neuropathies associated with cancer chemotherapy
  - A lack of relevant animal models of CIPN
  - Difficulties in studying heterogeneous nature of CIPN



*Aich et al (2017) Int Anesthesiol Clin*