



# NEWSLETTER

The Official Publication of the Eastern Pain Association, Inc.  
Organized in 1974 • A Regional Section of the American Pain Society

Volume 6, Issue 4

Winter 2006

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## President's Message

### *Annual Meeting clarifies challenges and opportunities*

It is my distinct pleasure to write this, my first, President's message. As I take over the responsibilities of the EPA presidency for the next two years I know that I am working with a successful, financially sound organization.

I owe much to the efforts of my predecessors and in particular Dr. Bill Schmidt the immediate past president. I thank Dr Schmidt for his dedicated and tireless service as president for the past two years and hope to build on his accomplishments.

Several members of the board of directors will be leaving after several years of service, including Drs. Robert Dworkin, Sunil Panchal, Abraham Sunshine and Frank Caruso. I, along with the rest of the Board, thank them for their valuable service to the EPA.

Following the recent elections, I have the pleasure of announcing that Dr. Dania Chastain from University of Virginia will be the President-Elect. Dr. Chastain has very capably run the past two successful Annual Meetings and I look forward to her contributions to the Executive Committee over the next two years.

Dr. Beth Jung has been reelected Secretary; Ms. Nancy Olsen was reelected Treasurer and Dr. Bert Wolff was reelected Parliamentarian.

New Board members for the 2006-2008 session include Dr. Paul Desjardins, Dr. Ronald Kanner, Dr. Joyce Lowinson and Dr. Alex Mauskop. Through these reelections and, in some cases, returns to board service, we have a continuity that will serve the association well.

I write this message following the conclusion of our best-supported Annual Meeting to date and I thank all of our corporate supporters who helped make this a very successful meeting.



EPA President Donald C. Manning MD, PhD

Each year we say that it will be difficult to top the scientific and clinical content of the previous year's annual meeting, and each year we manage to raise the bar even higher. This year was no exception, and the attendees were treated to a wide range of expertly presented lectures ranging from delivery of pain care in the battlefield to functional brain imaging studies to reflections on how well we have upheld the vision of John Bonica in the delivery of adequate pain care.

This last challenge was presented by Dr. Richard Payne in his Bonica Award presentation and speaks to the heart of the EPA mission. We must be clear on our mission within and for the pain community and encourage a directed growth of our association to meet this mission. This will be explored at length in future editions of this newsletter and through board and subcommittee activities.

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# Editor's Column

## Annual Meeting clarifies challenges and opportunities

Another successful scientific meeting!

On Friday, September 29, and Saturday, September 30, the Education and Program Committee under the able leadership of Dr. Dania Cyd Chastain organized and presented another successful scientific meeting. This year's theme, Pain Communication, truly emphasized the nature of communication flowing from periphery to central neural systems to concepts of mind as well as from pediatrics to adults, as individuals and as members of family systems. This year's special topic was headache and featured notable headache specialists such as Drs. Gary Jay and Al Mauskop.

As usual, our Bonica speaker was informative and thought provoking. I have heard Dr. Richard Payne speak many times over the years. The themes of spiritual and compassionate care have



Roy C. Grzesiak, PhD,  
Newsletter Editor

characterized his major presentations for years now. Thanks to Dr. Payne for the pleasure of his company.

Does this mean that all is well with EPA? I think not! At this year's Board Meeting, it became apparent that we have stopped growing. We are on the verge of negative growth if not in it already. It sort of depends on how you choose to "spin" the numbers. Simple optimism will not do; over the years, we have had to push hard for new members.

While I speak, EPA is welcoming the new members listed in the last two newsletters, but let's face it, that's not a lot of people! All of us need to continue to push, to always have an eye toward recruiting new members. If you think about what you do in the course of any given week, you probably have at least a dozen opportunities to play up EPA. Play it up!

If you are really feeling gutsy, ask for money! Ask your local drug representative for money, tell them about our programs, tell them about GRIPE. We used to have GRIPE meetings quarterly! Right now we have only one scheduled. We need more money, more people, more enthusiasm.

Congratulations to the newly elected as well as the reelected members of the Board. Gratitude to those members of the Board

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## President's Message, from page 1

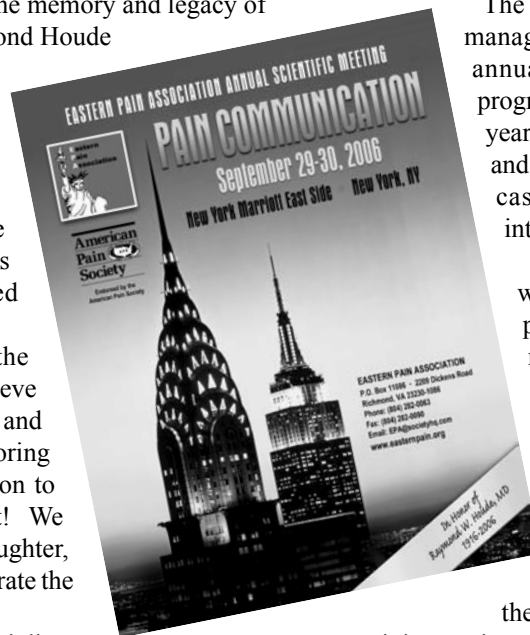
This year's meeting was dedicated to the memory and legacy of Dr. Raymond Houde, and the first Raymond Houde Award was presented to Dr. James Henry from McMaster University on Canada.

Dr. Henry delivered a sobering account of central post-stroke pain and the difficulty in understanding mechanisms and developing treatments. This lecture presented a contrast to the plenary lectures where we learned about and celebrated advances in the treatment of pain.

In central pain we are humbled at the task still before us to understand and relieve pain-related suffering. How appropriate, and a fitting tribute, to have the lecture honoring Raymond Houde concentrate our attention to areas in need of study and advancement! We were also honored to have Dr. Houde's daughter, Dr. Susan Houde-Walter, attend to inaugurate the Houde lectureship.

The Saturday half-day program "Interdisciplinary Treatment Volume 2, Focus on Headache" continued the tradition started last year of presenting a succinct review of a clinical topic in pain management from a multidisciplinary point of view.

Our registration for this program increased over last year and the session was enthusiastically interactive. The original intention of this conference was to appeal to trainees in pain management but the appeal seems to extend to more senior practitioners as well. We will take this into account in designing future programs.



The EPA exists to fulfill the needs of the pain management community, and in addition to the annual meeting, we will strive to offer more programs like the GRIPE meetings throughout the year to provide a forum where pain practitioners and trainees from various institutions can present cases and problem solve in a comfortable, interactive setting.

Amidst all this positive news I was surprised when I reviewed the registration lists from the past five annual meetings. A high number of registrants appear in only one year and do not return for subsequent meetings despite very positive evaluations for each meeting.

In the coming year, we must ask ourselves if we are serving the pain community well. We need to energize the membership to become more involved in the annual meeting and various committees within

the EPA. We need to ask if the difficulty in retaining registrants from year to year reflects the choice of topics for the meeting or are there other factors to consider. Should we focus on small meetings throughout the year to complement and supplement the annual meeting?

The EPA has a rich tradition and legacy and perhaps it is time to take stock of our intellectual assets and consider taking on a larger role in the pain management community. I invite the membership to send me their suggestions at [epa@societyhq.com](mailto:epa@societyhq.com) to make the EPA a stronger and even more valuable asset to the pain community.



Clockwise from upper left: Dr. William Schmidt and Dr. Susan Houde-Walter; Dr. Donald Manning, Dr. William Schmidt and Houde Award recipient Dr. James Henry; Bonica Award recipient Dr. Richard Payne and Dr. B. Berthold Wolff.



Attendees enjoy the Faculty - Board Dinner at the EPA Annual Meeting on September 29 in New York.

**Editor's Column, from page 2**

that have finished their tenure. Special thanks to Dr. Bill Schmidt for his tenure as President for the last two years and to Dr. Don Manning as he assumes the Presidency for the next two years. We have been and continue to be in good hands.

Don't forget that the newsletter is another avenue for you to communicate ideas, concepts, and clinical anecdotes about pain. You can contribute short pieces, information about special events, meeting information, and so on. Now that the newsletter is on a twice-yearly basis, keeping to a tighter time-frame is important. Please contact me if you have any information that you believe might be appropriate for the newsletter:

Roy C. Grzesiak, Ph.D., Newsletter Editor  
E-mail: rgrzesiak@optonline.net

**WELCOME NEW MEMBERS!**

- |                                |                  |
|--------------------------------|------------------|
| Randy Koslo                    | Parsippany, NJ   |
| Andrea Kunda, RN               | Amityville, NY   |
| Gus Larijani, PharmD           | Saint Davids, PA |
| Mary Layman-Goldstein, BSN, NS | New York, NY     |
| Comella Levers, RN             | Bayshore, NY     |
| John Markman                   | Rochester, NY    |
| Jay Portnow, MD, PhD           | Brockton, MA     |
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*The Eastern Pain Association would like to thank our 2006 Supporters and Exhibitors*

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(Alpharma also supported Houde Dinner/Lecture)

### Endo Pharmaceuticals

(Endo also supported the Bonica Luncheon/Lecture)

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