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## Pain Management in Chordoma

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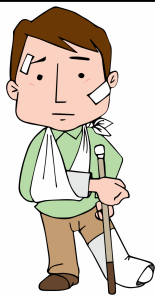
### Types of Pain

Nociceptive      Neuropathic

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### Nociceptive pain

- Occurs in response to noxious stimuli and continues in its presence



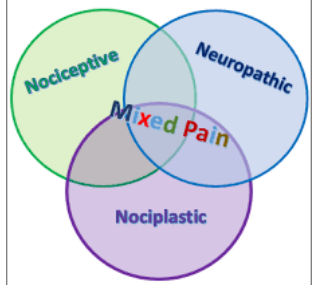
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### Neuropathic Pain

- Burning, tingling



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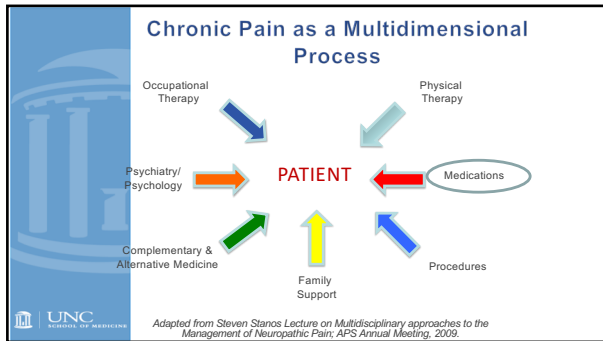
There is not much that is "black or white" in medicine, most everything is either one or other shade of gray

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### Pain Assessment

- Where is the pain?
- What does it feel like?
- Does it radiate anywhere?
- How severe is it?
- What makes it better/worse?

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### Gabapentin (Neurontin)

- FDA approved for pain related to shingles and seizure disorders
- **Off label use is very common:**
  - » Peripheral neuropathy
  - » Neuropathic pain NOS
  - » Widespread musculoskeletal pain
  - » Pain around the time of surgery

### Pregabalin (Lyrica)

FDA approved for:

- Diabetic peripheral neuropathy
- Post herpetic neuralgia
- Fibromyalgia
- Neuropathic pain related to spinal cord injury

### Gabapentinoid Side Effects


- Drowsiness
- Confusion
- Unsteadiness when walking
- Swelling of the hands and feet

### Antidepressants:

- Certain classes of antidepressants help with pain by enhancing the body's own anti-pain signaling
- **Improvement in pain is not related to improvements in mood**
- Examples:
  - » Tricyclic Antidepressants: Amitriptyline (Elavil), Nortriptyline (Pamelor)
  - » Serotonin-Norepinephrine Reuptake Inhibitors: Duloxetine (Cymbalta), Venlafaxine (Effexor)


### Antidepressant Side Effects

- Common: Nausea, dry mouth, change in sleep, constipation, tiredness
- Elderly – drop in blood pressure with standing, unsteadiness with walking
- Be mindful of drug-drug interactions




### Muscle Relaxants

- For muscle spasticity, cramping
- Multiple agents on the market: Baclofen, Tizanidine, Cyclobenzaprine, Methocarbamol, Metaxalone
- Mechanism of action differs
- Common Side Effect: Drowsiness, dizziness





### Opioids

- Best for short-term use
- Some neuropathic pain conditions do not respond to opioids
- **Can lead to increase sensitivity to pain when used long-term**
- Tolerance: Same dose no longer effective
- Dependence: Withdrawal
- Addiction: Use despite harm



### Summary

- Chronic pain can be challenging to treat
- There is no one size fits all treatment: trial and error
- Treatment tends to be most successful with multi-disciplinary care

Thank you

