

Lupus and Pain Management

In The Loop – Healthy Living with Lupus Symposium

Steven Neucks, M.D.

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Lupus and Pain: Pain Sources

- Joints
- Muscles
- Tendons
- Pleural and Pericardial Pain
- Headaches
- Neuropathies
- Fibromyalgia

Lupus and Pain Indirect Pain Sources

- Fatigue
- Stress
- Deconditioning
- Non restorative sleep
- Depression

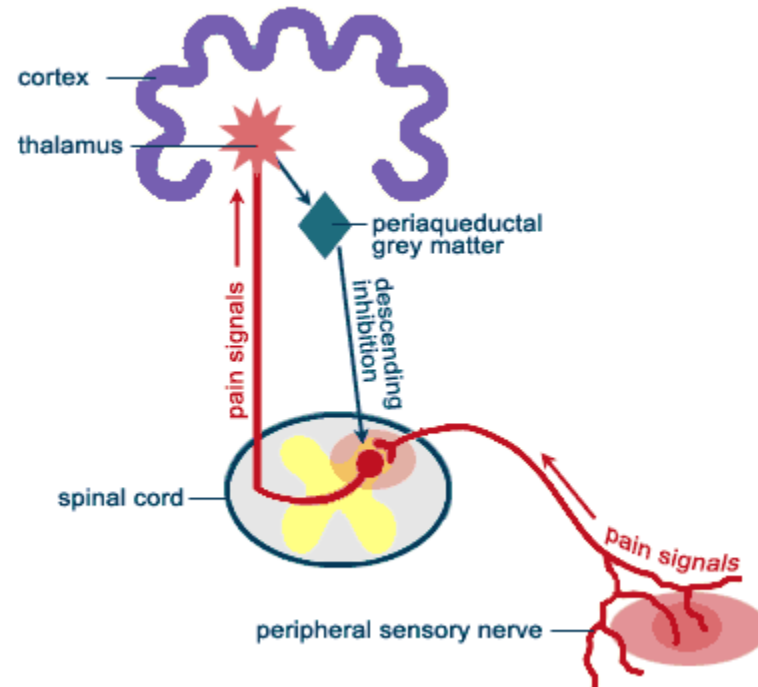
Lupus and Pain What Is Pain

- Pain is an unpleasant sensory and emotional experience that is associated with actual or potential tissue damage or described in such terms.
- International Association for the Study of Pain

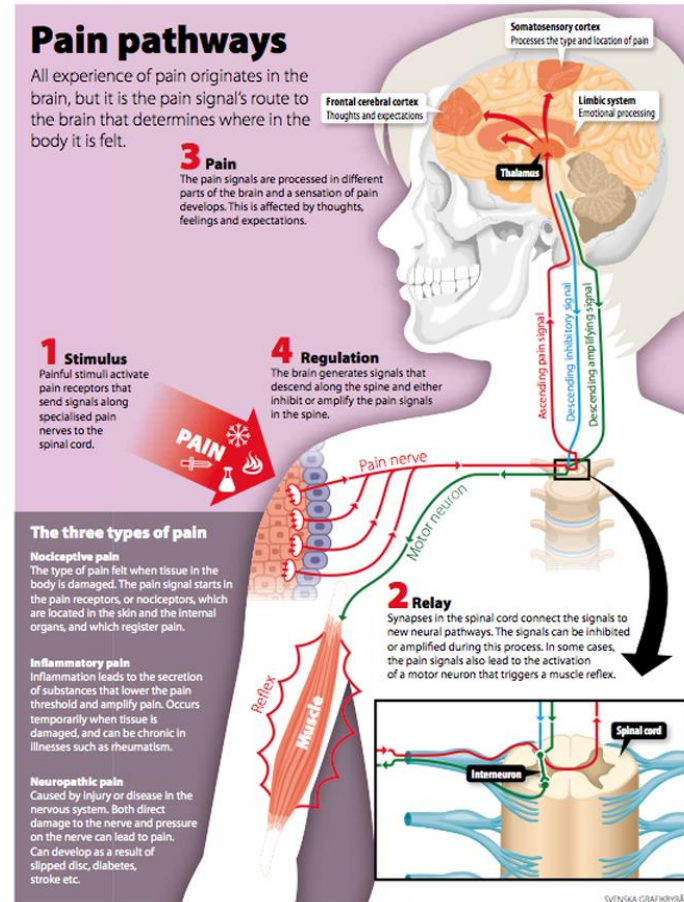
Lupus and Pain Purpose of Pain

- Alert us about problems
- Focus us to source and location of problems
- Keep our attention/Keep us awake
- Activate the Sympathetic Nervous System

Lupus and Pain Pathways

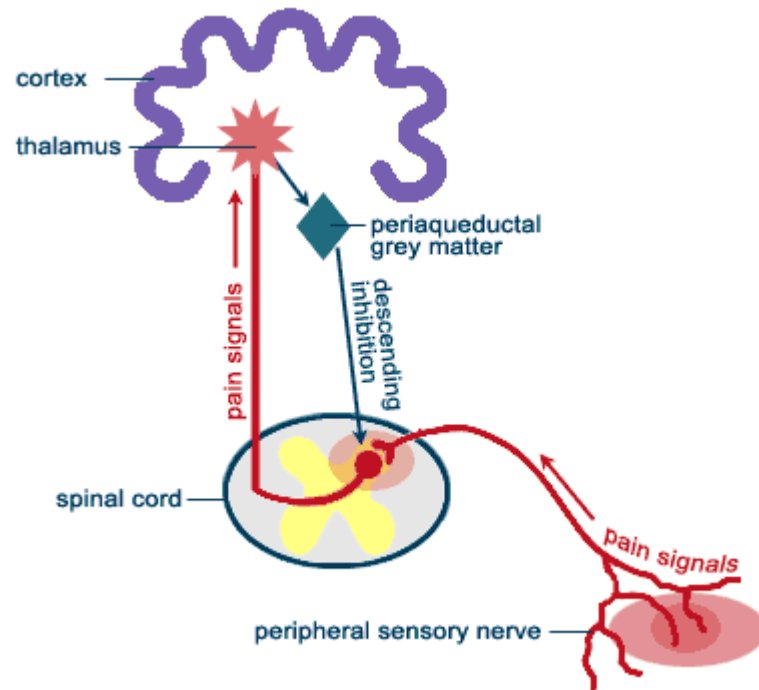


Lupus and Pain Pathways



Lupus and Pain Internal Pain Controls

Pain Pathway



Descending Pain Control

- Internal pathway
- Role in acute pain
- Role in chronic pain
- Endorphins

Lupus and Pain Pain Types

- Acute
- Recurring Acute
- Chronic
- Inflammatory
- Visceral
- Somatic
- Neurological
- Fibromyalgia

Lupus and Pain Treatment of Acute Pain

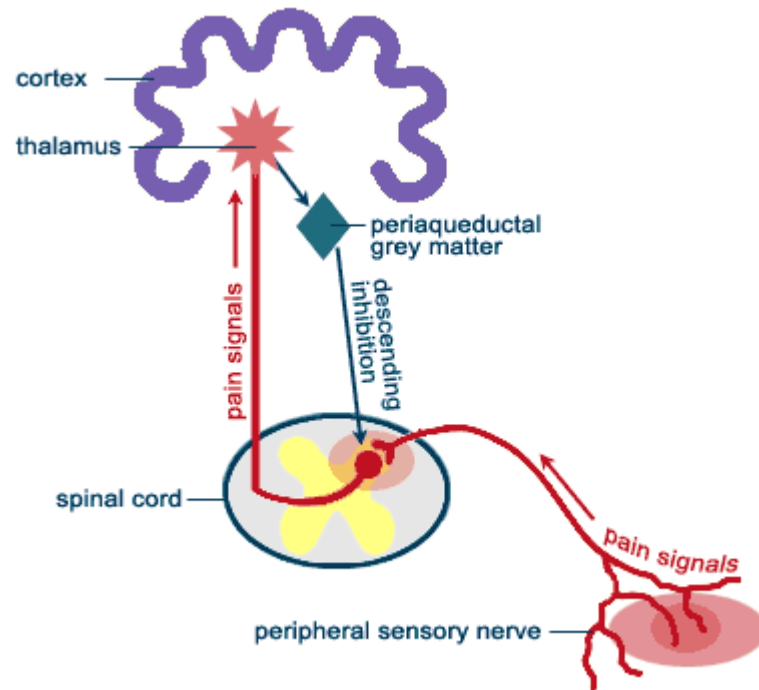
- Inflammatory
- Physical Methods. heat, ice, stretch
- NSAIDS
- Steroids
- Prevention: immune modulators

Lupus and Pain Treatment of Chronic Pain

- Topicals
- NSAIDS, Acetaminophen
- Muscle Relaxants
- Adjunctive
 - Antidepressants
 - Antiseizures
- Opioids
- Non Pharmacologic

Lupus and Pain Adjunctive Medications

Pain Pathway



Adjunctive Medications

- Antidepressants
 - SNRI
 - Cymbalta/duloxetine
 - Savella/milnacipran
- Antiepileptic Meds
 - Gabapentin
 - Lyrica/pregabalin
 - Lamictal/lamotrigine
 - Others

Lupus and Pain Opioids

- Pseudoendorphins
- Very effective for short term, visceral and somatic pain
- Becoming controversial for chronic and neuropathic pain
- IR and SR formulations
- Current Indiana Licensing Board Guidelines
- Future of Opioid treatments

Lupus and Pain Non Pharmacologic

- Exercise
- Stretching
- Physical Therapy
- T'ai Chi/ Yoga
- Hydro Therapy
- Mediatation/Prayer/Quieting
- Stress Management

Lupus and Pain Stress Management

- Role of stress in acute and chronic pain management
- Quieting
- Exercise/stretching/hydro therapy/physical therapy
- Cognitive Behavioral Therapy
- T'ai Chi/Yoga

Lupus and Pain Non Pharmacologic Pain Control

TAI CHI



TAI CHI

- Combines exercise, stress reduction, stretching, meditation.
- Multiple health benefits

Lupus and Pain Hydro Therapy

Hydro Therapy



Hydro Therapy

- Weightless
- Water Pressure/Massage
- Exercise/Stretching
- Community

Lupus and Pain Summary

- Complex subject
- Identify the sources of the pain
- Multimodal approach
- Fibromyalgia
- Importance of movement
- Opioids
- Constant re-evaluation

