BRAIN INJURY ASSOCIATION
SUDBURY & DISTRICT

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On Thursday, June 21st, our featured speaker was Dr. Lionel Marks de Chabris, a physician with a focused practice in chronic pain management and addiction medicine. Here is a summary of what was discussed:

Managing pain without the use of medication can include: A healthy diet, exercise, hot & cold therapy, massage therapy, acupuncture, TENS treatment, physical therapy, yoga, mindfulness based stress reduction...etc.

The Following Medications were Reviewed:

Acetaminophen (Tylenol):

- Helps relieve pain in 1 in 4 individuals.
- Effects on Cognition: Reduces pain of social rejection.
- https://www.drugs.com/acetaminophen.html

NSAIDS (Aspirin, Ibuprofen, etc.):

- Nonsteroidal anti-inflammatory agents (usually abbreviated to NSAIDs) are a group of medicines that relieve pain and fever and reduce inflammation.
- Only a slight benefit in managing pain associated with the spine.
- More likely to cause gastrointestinal issues (acid reflux, ulcers, etc.)
- Can increase the risk of myocardial infarction (heart attack).

Tricyclic Antidepressants (Amitriptyline, etc.):

- Is used in management of long term (chronic) pain, especially nerve pain.
- It can also be used for improving sleep.
- Effects on cognition: Anxiety, agitation, delirium and confusion.

Gabapentinoids (Gabapentin, Pregabalin, etc.):

- Known for their use in managing neuropathic pain and seizures.
- Effects on cognition: Memory retention and learning issues.

SNRI's (Duloxetine, Effexor, etc.):

- Effects on cognition: Cognition improves if treating depression using Duloxetine (Cymbalta). If using the same medication to treat pain, increased memory loss has been reported.
- https://www.mayoclinic.org/diseases-conditions/depression/in-

depth/antidepressants/art-20044970

Muscle Relaxants (Baclofen, Flexeril, etc.):

- Medications used to treat muscle spasms or muscle spasticity.
- Effects on cognition: Increased drowsiness, dizziness, confusion, false sense of well being, unusual fatigue, unusual excitement.

Opioid Analgesics (Morphine, Fentanyl, etc.)

- Can have serious side effects if not used correctly.
- Low dose Opioids: 190 mg/day
- Effects on cognition: Inattention, concentration difficulties, memory deficits, psychomotor dysfunction, perceptual distortions, executive dysfunction and somnolence, sleep disorders, and lethargy.
- https://www.drugs.com/drug-class/narcotic-analgesics.html

Cannabinoids (Nabilone and Cannabis):

- http://www.personalhealthnews.ca/prevention-and-treatment/the-transition-of-cannabis-to-mainstream-pain-medication
- http://www.everythingzoomer.com/featured/sponsored-content/2016/11/23/dispelling-myths-medical-cannabis/
- https://www.toronto.com/community-story/7306021-medical-cannabis-an-option-but-not-a-panacea-for-people-with-chronic-pain-doctor/

In Conclusion:

- TBI causes problems with cognition.
- Pain causes problems with cognition.
- Treating pain may improve cognition.
- All pain treatments can have side effects, including problems with cognition.

Survivor Stories:

Ted Talks:

We touched a bit on Pekka Hyysalo's story about how he sustained a TBI while freestyle skiing.

Video: https://www.youtube.com/watch?v=7ZkNABCyMYk

Interview: https://freeskier.com/stories/back-his-feet-pekka-hyysalo-story