

SPRING  
2024

# Pain & Aging Newsletter

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## Annual Meeting 4/14-17

*USASP in Seattle*

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University of Florida

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**USASP**

US Association for  
the Study of Pain

**Pain and Aging**

Special Interest Group

## A Word From Your Co-Chairs

This summer marks three years on the USASP Pain and Executive Committee and two years as your co-chairs. During that time, we were extremely fortunate to work alongside amazing colleagues: Connie Cole, Roger Fillingim, Alisa Johnson, Anne Murphy, Kelly Naugle, Volker Neugebauer, and Janiece Taylor.

Collectively, this amazing group helped kickstart the SIG and watched it blossom to over 50 engaged members. We hosted quarterly virtual meetings and a half dozen social events, facilitated networking and mentorship, started a newsletter, judged scientific abstracts and presentations, and even handed out a few awards.

Our tenure was not without hiccups! Due to low response numbers, we were unable to launch writing workgroups; we hope this remains a priority for the future. And who can forget the GSA mixup, where our social event was nearly confined to a hallway.

Still, we look back on the last two years with fondness, pride, and humility. Four years ago, we didn't have an Association - much less a SIG. We now comprise a core group of driven clinician scientists who, collectively, are improving healthcare and quality of life for older adults in pain.

Following this year's Annual Meeting, we will both step down from our posts. There are just too many gifted leaders in the ranks, and the time is now for new voices! We will work with the new co-chairs to ensure a seamless transition, and will continue our involvement as SIG members.

A big thank you to everyone who supported us on this journey. Most especially, our four EC teammates who have yet to say 'no' to an ask. We consider you not just colleagues, but lifelong friends.

We look forward to celebrating you and the SIG in Seattle!

Sadaf & Corey

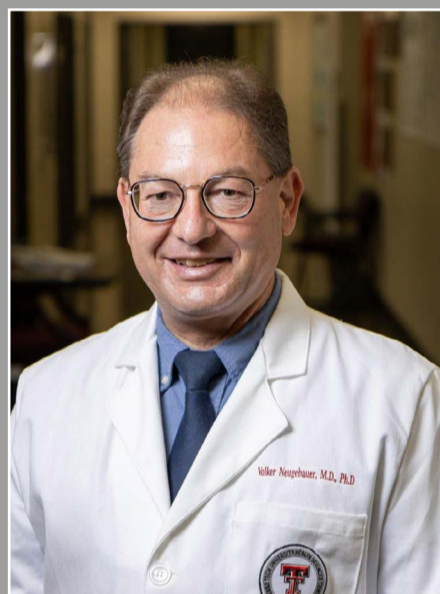
## EXECUTIVE COMMITTEE



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## Faculty Spotlight: Javier Tamargo, PhD



Dr. Tamargo is a postdoctoral fellow in the Pain Research and Intervention Center for Excellence (PRICE) at the University of Florida. Javier is supported by the Integrative and Mutidisciplinary Pain and Aging Research Training (IMPART) Program; which is a NIA-funded (T32) postdoctoral training program in partnership with PRICE and the University of Florida Institute on Aging. Dr. Tamargo is a 2021 graduate of Florida International University, where he received a PhD in Nutrition and Dietetics.

### What research are you working on currently?

*My main research interest lies in understanding the role of nutrition in chronic pain and how nutrition-based interventions may be effective as pain management strategies. I am also passionate about highlighting food insecurity as a key and modifiable social determinant of health, so part of my research is dedicated to understanding its influence on chronic pain and other health outcomes of older adults.*

### What drew you to pain and aging research?

*My dad was older when I was born, and while I was extremely fortunate to have the most amazing father, I have seen what loss of independence looks like. He was afraid of it, and now so am I. I believe that improving health-span and quality of life in the rapidly growing aging population are some of the major scientific challenges of the day. And few factors can negatively impact quality of life and independence like chronic, disabling pain.*

### Where do you see the subfield going in the next 10 years?

*I hope that at least in the next 10 years, chronic pain will be fully recognized as the significant global health challenge that it is. I believe that the future looks like personalized, precision health and that tools like artificial intelligence will help us move toward that goal.*

### What are your hobbies outside of the research?

*I love cinema and consider myself a cinephile. I love watching films for fun, but I also love to study the art and science of moviemaking. I also love music and enjoy playing guitar in my free time.*

# USASP in Seattle

## Annual Meeting April 14-17th

*Understanding the Complexity of Pain from Diverse Perspectives*



### EVENT LINKS

[Full Program](#)

[Poster Schedule](#)

### SIG MEMBER SYMPOSIA

**Rajesh Khanna, PhD**

*Forecasting the Future in Pain Research: Editors' Picks for 2024*  
Monday 3:30 - 5:00pm

**Staja 'Star' Booker, PhD, RN; Corey Simon, DPT, PhD**

*Movement-Evoked Pain: Addressing the Complexity and Variability Across Patients, Disciplines, and Settings*  
Tuesday 11:30am - 1:00pm

**Emily Bartley, PhD**

*Improving Psychological and Behavioral Interventions for Older and Medically Complex Patients*  
Tuesday 3:30 - 5:00pm

### PAIN & AGING SIG MEETING

Tuesday 5:30 - 7:00pm

Join us for a short business meeting followed by the following presentations:

**Fiona Agbor Tabe, RN, MSN** - *The Pace of Biological Aging Mediates the Relationship Between Internalized Chronic Pain Stigma and Pain-Related Disability*

**Will Hauser, BS** - *C-Fiber Damage in a Mouse Model of Alzheimer's Disease*

**Lauren Donovan, PhD** - *Senescence of Primary Sensory Neurons as a Driver of Pain in Aging*

**Tyler Bell, PhD** - *Multisite Chronic Pain Accelerates Cognitive Decline Particularly in APOE e4 Allele Carrier*

**Patrick Knox, DPT, PhD** - *Experimental Pain Sensitivity is Associated with Clinical Pain and Functional Outcomes in Older Adults with Chronic Low Back Pain*

## PLENARY SPEAKERS



**Michael Burton, PhD**  
University of Texas Dallas

The Role of Dermal Fibroblasts in the Initiation and Resolution of Acute  
Monday 8:30 - 9:30am



**Gwendolyn Sowa, MD, PhD**  
University of Pittsburgh

Phenotyping for Low Back Pain: The Right Treatment for the Right Patient at the  
Tuesday 8:30 - 9:30am



**Erin Krebs, MD, MPH**  
University of Minnesota

Opioids for Chronic Pain — Is Evidence Still Insufficient?  
Wednesday 8:30 - 9:30am

## ANNOUNCEMENTS



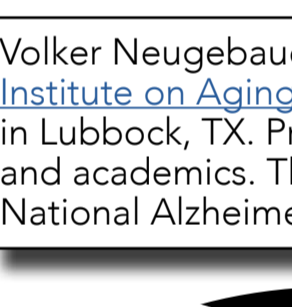
Rajesh Khanna and a large multi-disciplinary national team [identified a small molecule inside the calcium channel - CBD3063 - that was effective in alleviating pain in both male and female mice](#). Compared to the drug gabapentin, far less CBD3063 (1 to 10 mg) than gabapentin (30 mg) was needed to reduce pain.



Keela Roach and colleagues in the University Tennessee College of Nursing received a [\\$364,502 grant from the United States Department of Agriculture \(USDA\)](#). Their project is a collaboration with St. Jude Children's Research Hospital and Baptist Memorial Health Care; to deliver specialized education outreach health care professionals for the purposes of improving emergency Care for People with Sickle Cell Disease.



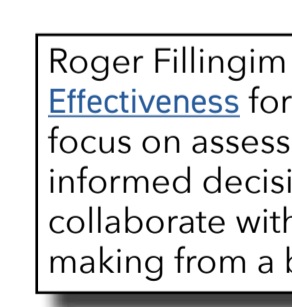
Jie Chen, is the recipient of the Florida State University 2023 Toffler Scholar Award. The Toffler Scholar Program focuses on helping university medical researchers gain access to support and a network of often underfunded innovations.



Volker Neugebauer, executive director and chief scientific officer of [The Garrison Institute on Aging](#), oversaw the 4th Annual Alzheimer's Awareness Symposium in Lubbock, TX. Presentations were aimed at caregivers, health care providers, and academics. The Symposium was one several events in November as part of National Alzheimer's Disease Awareness Month.



Alicia Johnson presented findings from her RCMAR pilot study at the 2024 International Congress on Integrative Medicine & Health this April. Dr. Johnson's presentation is titled "Myofascial contributions to movement-evoked pain in knee osteoarthritis and massage treatment considerations for improved health outcomes."



Roger Fillingim has been appointed the [associate dean of Planning and Institutional Effectiveness](#) for the University of Florida College of Dentistry. His new role will focus on assessment, evaluation of outcomes, strategic planning, and data-informed decision-making, and continuous improvement. Dr. Fillingim will collaborate with college leadership to approach strategic planning and decision-making from a broad perspective.



Anitah Saravanan presented "[The Smart Tablet Education for Healthy Living Program for Older Adults](#)" at the The Network of the National Library of Medicine Spotlight Speaker Series Webinar in December. This Program provides older adults living in retirement homes with workshops on how to use smart tablets for accessing reliable health information.

# SIG MEMBER PUBLICATIONS

November 2023 - March 2024

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**Bell TR**, Franz CE, Eyler LT, Fennema-Notestine C, Puckett OK, Dorros SM, Panizzon MS, Pearce RC, Hagler DJ, Lyons MJ, Beck A, Elman JA, Kremen WS. [Probable chronic pain, brain structure, and Alzheimer's plasma biomarkers in older men](#). J Pain. 2024 Jan 8;S1526-5900(24)00014-2.

**Berardi G**, Dailey DL, Chimenti R, Merriwether E, Vance CGT, Rakel BA, Crofford LJ, Sluka KA. [Influence of Transcutaneous Electrical Nerve Stimulation \(TENS\) on Pressure Pain Thresholds and Conditioned Pain Modulation in a Randomized Controlled Trial in Women With Fibromyalgia](#). J Pain. 2023 Dec 26;S1526-5900(23)00653-3.

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November 2023 - March 2024

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# SIG MEMBER PUBLICATIONS

November 2023 - March 2024

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# SIG MEMBER PUBLICATIONS

November 2023 - March 2024

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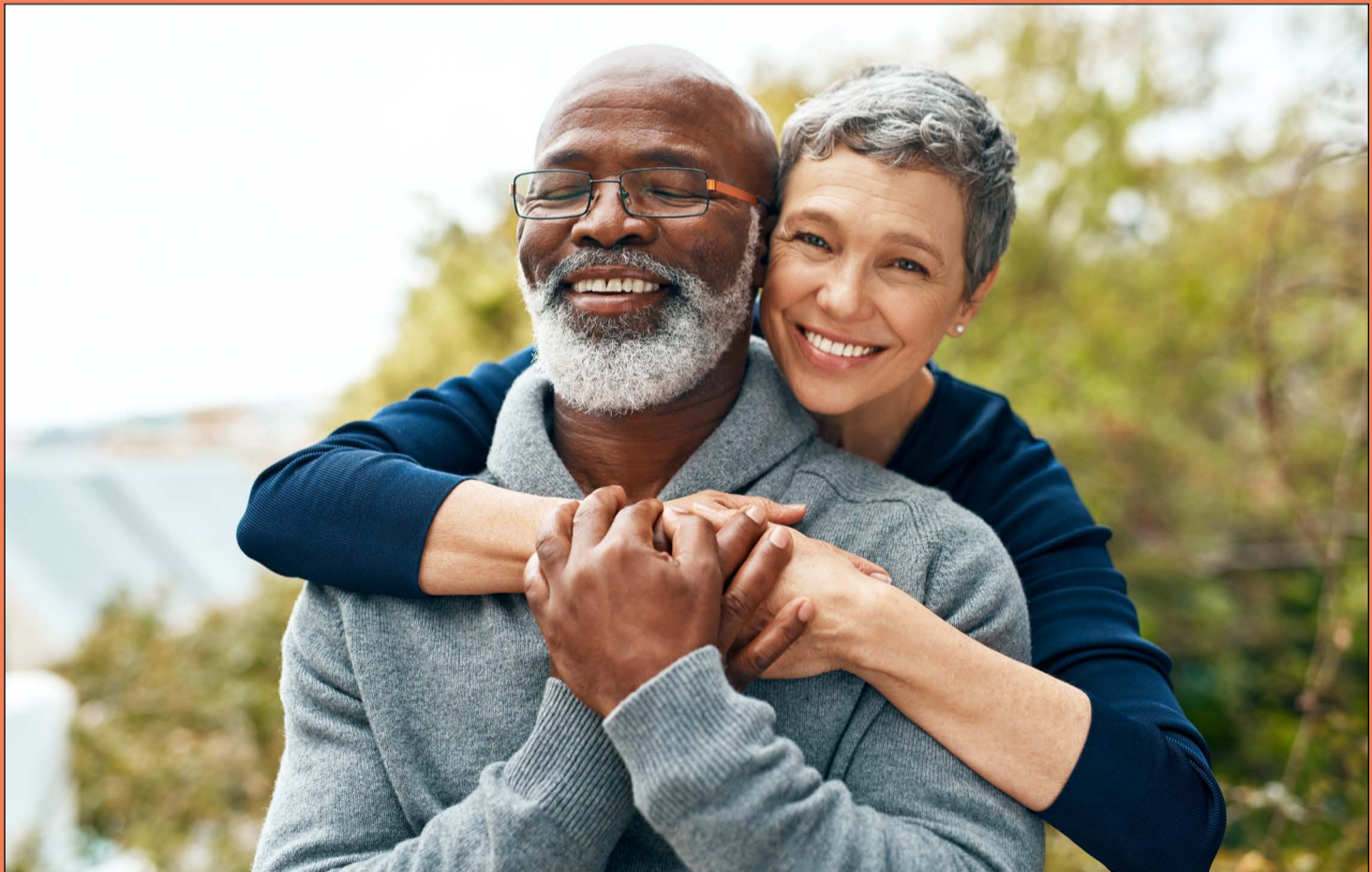
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“The longer I live the more beautiful life becomes.”

*Frank Lloyd Wright*