

From: [Marcus Warmington](#)
To: maw2054@med.cornell.edu
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News from TRIPLL

December 2011

News

Pain Disparities Consensus Workshop

The Translational Research Institute on Pain in Later Life (TRIPLL) will host a consensus workshop on December 13th to address topics discussed during the October 12th Pain Disparities Conference. The workshop will follow the CITRA consensus model, and a research review will be provided prior to the workshop to facilitate discussion. The model used will be collaborative, interactive, and participant-focused in order to develop a research and policy agenda to address racial and ethnic pain disparities. The Consensus Workshop Model is an important way to bridge the gap between research and practice. The Model is designed to address the need for meaningful dialogue between researchers and practitioners, to identify discrepancies between interventions recommended by research and the actual experience of community-based practitioners providing service to older adults, and generate a research agenda with input from key stakeholders. Two panels consisting of expert researchers and expert community practitioners will provide a brief overview of the current state of health disparities in the area, and raise further awareness about research gaps to be discussed during the workshop.

Sleep Problems and Risk of Fibromyalgia

A recent study published in *Arthritis & Rheumatism* identified a relationship between sleep deprivation and fibromyalgia risk among older women. Sleep deprivation has been shown in previous research to increase inflammation and reduce the body's ability to manage pain; however, researchers are not able to determine the direct mechanism by which sleep deprivation increases fibromyalgia risk. Experimental data have shown that sleep deprivation as well as intermittently interrupted sleep were consistent with increased fibromyalgia related pain symptoms. It is believed that long lasting sleep problems exacerbate widespread chronic pain development among older adults. This directly correlates with the theory that poor sleep can be an effective predictor of developing chronic pain. The authors suggested that anxiety and stress can lead to sleep

deprivation and treating those conditions may be an effective way to prevent the development of future fibromyalgia symptoms. The authors also mentioned that more research is needed to determine the effectiveness of such a treatment method: "Future studies should investigate whether early detection and treatment of sleep problems can reduce the risk of developing chronic widespread pain".

A link to the research article is provided below:

<http://onlinelibrary.wiley.com/doi/10.1002/art.33346/pdf>

Benefit of Exercise as a Treatment for Osteoarthritis

A recent article published in *Arthritis & Rheumatism* addresses the therapeutic benefit of exercise as treatment for osteoarthritis. The study consisted of middle to older aged adults suffering from radiographically confirmed knee osteoarthritis. The authors found that prior to the study a large portion of study participants did not perform recommended amounts of physical activity despite being aware of the benefits. As stated in the study abstract "this study, based on objectively measured physical activity using accelerometers, showed that 12.9% of men and 7.7% of women in the study met the current recommended guidelines". As a result, numerous individuals developed debilitating pain symptoms over time due to inactivity. Accelerometers were used to record and collect activity output amongst the study cohort. Increased accelerometer activity was consistent with reports of decreased pain symptoms amongst study participants. Collected study data verified exercise as an effective treatment method for osteoarthritis pain, and pain relief was observed among the majority of participants including those who participated in moderate to low levels of exercise. The study found that minor exercise amongst study participants had health benefits outside of pain relief, "Transitioning from inactive to low activity classification has been shown to have substantial benefits, including reduced mortality and risk for incident coronary heart disease, hypertension, and diabetes." The authors argued that a sedentary lifestyle can increase osteoarthritis severity and increase pain symptoms. Older adults suffering from osteoarthritis are encouraged to exercise as a recommended means of improving pain and overall health conditions.

A link to the research article is provided below:

<http://onlinelibrary.wiley.com/doi/10.1002/art.30562/pdf>

Consistent Exercise is an Effective Tool for Healthy Aging

Researchers believe that continued exercise in old age has beneficial effects on aging. A recent study published in *The Physician and Sports Medicine* focused on aging in athletes and physically fit older adults in comparison to aging adults with sedentary lifestyles. The study consisted of 40 recreational athletes ages 40-81 who exercised weekly. Older adults lose muscle mass

as they age resulting in strength loss and functional decline. As stated in the research article "elderly patients with low muscle mass were 3 to 4 times more likely to report a disability, have balance abnormalities, and use an assistive device for ambulation." The study sought to determine whether aging athletes could slow the development of functional decline, weakness, and frailty associated with old age. The authors found that a growing subset of older individuals maintained higher functional capacity and quality of life through exercise, stating the following " chronic exercise is prophylactic against age-related functional decline, as exercise at any age stimulates protein synthesis and increased muscle mass and strength." Exercise improved balance and mobility, decreased the likelihood of falls, and reduced arthritis pain. By strengthening muscles through exercise, and limiting the fat content with in muscles, the authors believe that older adults are able to prevent the degradation of joints and muscles consistent with osteoarthritis development and other chronic pain conditions.

A link to the research article is provided below:

<https://physsportsmed.org/doi/10.3810/psm.2011.09.1933>

Pain Treatment Disparities in the Emergency Room
A recent study published in *Annals of Emergency Medicine* addressed the issue of inadequate pain care for older adults in the emergency room, "studies of specific conditions suggest that older adults are also less likely to receive adequate pain treatment in the Emergency Department." The objective of the study "was to compare ED pain treatment in older adults versus younger adults, using data that represent ED care across the United States, with comparisons by type of analgesic and by pain severity." A possible explanation for this trend may lie in the growing belief that analgesics pain medications are easily abused and physicians are under growing pressure from the public and other sources to scale back the administration of pain medications. Another explanation may involve the growing belief amongst older adults that pain medications may cause short to long term adverse effects and addiction. The article states "pain-related visits by adults aged 75 years or older are less likely to result in analgesic treatment than visits by middle-aged adults, even after adjusting for pain severity" suggesting that there is a growing health care gap in pain treatment for older adults. The exact cause for this treatment gap is not understood, and more research is necessary to determine an effective treatment plan to resolve this healthcare issue. The authors recommended the development of pain treatment guidelines specifically for elderly patients that would ensure older adults receive proper and adequate pain care in the emergency department.

A link to the research article is provided below:

<http://www.annemergmed.com/article/S0196-0644%2811%2901605-2/abstract>

New Online Pain Management Course

SCAN, a leading medical service provider, recently developed an online pain management course. The course is designed to provide pain assessment and self help instructional material for those suffering from severe chronic pain conditions. The SCAN course has been developed for seniors and other consumers, but can be accessed and used by physicians, nurses, and other health care providers looking to increase their knowledge of pain management techniques and procedures. The SCAN website also provides information on other health topics "In addition to the pain management module, [SCAN offers online courses in palliative care, chronic kidney disease in the elderly, stroke prevention and management." Courses are easily accessible and provide up to date pain assessment, interventions and treatments, monitoring, quality improvement and education for patients, families and staff. The majority of online SCAN courses include tutorials that provide additional information on specific topics.

A link to the research article is provided below:

<http://www.marketwatch.com/story/scan-health-plan-launches-online-course-focused-on-pain-management-in-long-term-care-2011-11-28>

Upcoming Events

The following list includes upcoming seminars, meetings, and conferences that focus on aging, pain, or general research methods

December Work-in-Progress Seminar

December 21, 2011

12:00 pm - 1:30 pm

To attend please contact Marcus Warmington at maw2054@med.cornell.edu or (212) 746-1801.

Fall 2011 Community Education Programs

Hospital for Special Surgery offers a wide range of educational lectures and workshops for the community. Lectures range from managing osteoarthritis pain and falls prevention, to movement classes including dance and Tai Chi. See our Event Calendar for course descriptions and to register online. To request copies of brochures please email pped@hss.edu.

5th Annual International Conference on Positive Aging

The Fifth Annual International Conference on Positive Aging, an interactive gathering of various leaders working to shape a dynamic future for older adults throughout the world. The conference is hosted by the Institute for Social Innovation at Fielding Graduate University. Conference workshops and presentations include a

diverse range of topics, such as care giving, civic engagement, community, dialogue, diversity, entrepreneurship, global and cultural contexts, housing, intergenerational issues, lifelong learning, life transitions, public policy, services, spirituality, sustainability, wellness, workplace issues, and work in the second half of life.

December 6-9, 2011

Innovation in Positive Aging

Fielding Graduate University

Location: California Endowment, Center for Nonprofit Management,
Los Angeles, California

Register online via:

<http://www.positiveaging.fielding.edu/registration>

Council of Senior Centers & Services of NYC, Inc. (CSCS) will host its 23rd Annual Conference on Aging and Vendor Expo on January 19, 2012.

What: Annual Conference on Aging, "The Power of Aging: Creating a Future for Older New Yorkers"

When: January 19, 2012, 8:30 - 4:30

Where: CUNY Graduate Center, 365 Fifth Avenue

Keynote Speaker: Larry Minnix, President & CEO, Leading Age

For more information: <http://cscs-ny.org/events/conference/2012-pre-conference-material.php>

10th Annual Symposium on Regional Anesthesia and Acute Pain Management

The New York School of Regional Anesthesia is hosting a December Symposium structured to offer a comprehensive update on the latest developments in regional anesthesia and acute pain management and to present the best current regional anesthesia techniques and practice protocols. These goals will be accomplished through parallel lectures and workshop sessions on Saturday. In addition, a comprehensive range of hands-on workshops are planned for Sunday to offer attendees an opportunity to acquire or improve a wide range of state of the art regional anesthesia techniques.

December 17-18, 2011

NYSORA 10th annual Jubilee

Marriot Marquis Hotel

New York,

New York Register online via:

[http://www.asahq.org/For-Members/Education-and-Events/Calendar-of-Events/2011/December/10th-Annual-Symposium-on-Regional-Anesthesia-and-Acute-Pain-Management-\(05232011035418\).aspx](http://www.asahq.org/For-Members/Education-and-Events/Calendar-of-Events/2011/December/10th-Annual-Symposium-on-Regional-Anesthesia-and-Acute-Pain-Management-(05232011035418).aspx)

Funding Opportunities

Pain Related Funding

Mechanisms Mediating Osteoarthritis in Aging (R01)
Program Announcement (PA) Number: PA-12-019

This Funding Opportunity Announcement issued by the National Institute on Aging (NIA) and the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) invites applications on research employing genetically defined and modified mouse models, other animal models such as dogs and monkeys, or archived human joint tissues to explore the biological mechanisms underlying osteoarthritis. Osteoarthritis is a significant problem in the elderly population, and a major contributor to mobility limitations that are endemic in this population and, therefore, is an important element in the research missions of NIA and NIAMS. Inflammatory processes are evident in advanced stages of osteoarthritis, and are likely to be major contributors to the chronic pain that is the most common symptom of the condition. However, for the purpose of this announcement, osteoarthritis is distinguished from other joint diseases, such as rheumatoid arthritis, in which inflammation arising from autoimmunity is the primary cause of tissue damage. The root causes of joint degeneration in osteoarthritis remain unclear.

Application due date (deadline)

January 25th, 2012 (5:00pm local time of applicant organization)

<http://grants.nih.gov/grants/guide/pa-files/PA-12-019.html>

Pilot and Feasibility Clinical Research Grants in
Arthritis and Musculoskeletal and Skin Diseases (R21)
Program Announcement (PA) Number: PAR-10-282

This FOA, issued by National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) of the National Institutes of Health, encourages exploratory/developmental clinical research related to the prevention or treatment of arthritis and musculoskeletal and skin diseases, conditions, and/or injuries. The Pilot and Feasibility Clinical Research Grants Program is designed to allow initiation of exploratory, short-term clinical studies, so that new ideas may be investigated without stringent requirements for preliminary data. The short-term studies should focus on research questions that are likely to gather critical preliminary data in support of a future, planned clinical trial. They can include testing new or prevention strategies, a new intervention, or unique combinations of therapies. A high priority is the use of such studies to help stimulate the translation of promising research developments from the laboratory into clinical practice.

Applications are continuous and no specified due date is applied.

<http://grants.nih.gov/grants/guide/pa-files/PA-09-195.html>

Mechanistic Studies of Pain and Alcohol Dependence (R01)

Program Announcement (PA) Number: PA-11-267

This Funding Opportunity Announcement (FOA) encourages applications that propose to conduct mechanistic studies on the relationship between alcohol drinking, alcohol dependence and pain. An association between chronic pain conditions and alcohol dependence has been revealed in numerous studies with episodes of alcohol abuse antedating chronic pain in some people and alcohol dependence emerging after the onset of chronic pain in others. Pain transmission and alcohol's reinforcing effects share overlapping neural substrates giving rise to the possibility that chronic pain states significantly affect alcohol use patterns and promote the development of dependence and addiction. In addition, long term alcohol intoxication and alcohol dependence induce pain symptoms and may exacerbate chronic pain arising from other sources. The objective of this FOA is to understand genetic, pharmacological and learning mechanisms underlying the association between the propensity to drink alcohol and pain responses.

Applications are continuous and no specified due date is applied.

<http://grants.nih.gov/grants/guide/pa-files/PA-11-267.html>

Mayday Fund of New York

The Mayday Fund is dedicated to alleviating the incidence, degree, and consequence of human physical pain.

The Mayday Fund's current grant-making targets are projects that result in clinical interventions to reduce the toll of physical pain, pediatric pain, pain in non-verbal populations, and pain in the context of emergency medicine. Mayday will also continue to be proactive in its commitment to promote networking between veterinary and human medicine, especially in an effort to inform measurements of pain in non-verbal populations. Finally, the trustees of the Mayday Fund wish to be nimble enough to respond as special opportunities present themselves. Grants are made only to public charities and educational institutions officially recognized as such by the IRS. The Mayday Fund concentrates its activities in the United States. On occasion, grants have been made to Canadian organizations when the project has an effect that reaches beyond Canada. Grants cannot be made to individuals.

Applications are continuous and no specified due date is applied.

Age Related Funding

Social Neuroscience and Neuroeconomics of Aging (R21)

Funding opportunity announcement (PAR) number: PAR-11-336
The National Institute on Aging (NIA) issues this Funding Opportunity Announcement (FOA) with special review to stimulate interdisciplinary aging-relevant research in the social, affective and economic neurosciences. The NIA invites applications examining social, emotional and economic behaviors of relevance to aging, using approaches that examine mechanisms and processes at both (a) the social, behavioral or psychological (emotional, cognitive, motivational) level, and (b) the neurobiological or genetic level. Proposals are encouraged that have an overriding emphasis on economic, social or emotional processes and associated genetic or neurobiological processes. Applications should demonstrate either relevance for aging or for age differences or age-related changes in these processes. Aging-relevant applications can address issues of importance to the well-being and health of either mid-life or older adults, and can include data spanning the entire life course.

The earliest submission date for this grant is January 16, 2012
Application due date (deadline)
February 16th, 2012 (5:00pm local time of applicant organization)
<http://grants.nih.gov/grants/guide/pa-files/PA-11-336.html>

Aging Research Dissertation Awards to Increase Diversity.

Funding opportunity announcement (PAR) number: PAR-11-291
The National Institute on Aging (NIA) announces the reissuance of Funding Opportunity Announcement (FOA) that provides dissertation awards in all areas of research within NIA's strategic priorities to increase diversity of the scientific research workforce engaged in research on aging and aging-related health conditions. As part of NIA's Health Disparities Strategic Plan, this Funding Opportunity Announcement announces the availability of dissertation awards (R36) to support individuals whose advancement in research will help ensure that a diverse pool of highly trained scientists is available in appropriate scientific disciplines to address NIA's mission. That mission includes research on the basic biology of aging, on chronic, disabling, and degenerative diseases of aging, with a particular focus on Alzheimer's disease, on multiple morbidities, on individual behavioral and social changes with aging, on caregiving, on longevity, and on the consequences for society of an aging population.

Application due date (deadline)
January 5th, 2012 (5:00pm local time of applicant organization)
<http://grants.nih.gov/grants/funding/submissionschedule.htm>

Translational Research to Help Older Adults Maintain their Health and Independence in the Community.
Program announcement (PA) number: PA-11-123
The National Institute on Aging (NIA) and the Administration on Aging (AoA) invite applications using the R01 award mechanism for

translational research that moves evidence-based research findings towards the development of new interventions, programs, policies, practices, and tools that can be used by community-based organizations to help elderly individuals remain healthy and independent, and living in their own homes and communities. The goal of this FOA is to support translational research involving collaborations between academic research centers and community-based organizations with expertise serving the elderly (such as city and state health departments, city/town leadership councils, and Area Agencies on Aging) that will enhance our understanding of practical tools, techniques, programs and policies that communities across the nation can use to more effectively respond to needs of their aging populations.

Application due date (deadline)

January 25th, 2012 (5:00pm local time of applicant organization)

<http://apply07.grants.gov/apply/GetGrantFromFedgrants?opportunity=PA-11-123>

Behavioral and Social Genomics of Aging:
Opportunities in the Health and Retirement Study (R01)
Program announcement (PA) number: PA-11-318
The Health and Retirement Study (HRS; see at <http://hrsonline.isr.umich.edu/>) is a longitudinal, nationally representative sample of the US population aged 50 years and older (plus spouses) with an oversample of African and Hispanic Americans and a total sample size of over 20,000. Using funds from the American Reinvestment and Recovery Act, the HRS is currently conducting genome-wide scans of DNA samples from approximately 20,000 participants, using the Illumina HumanOmni 2.5 Quad chip. It is anticipated that the genotype data for the first 13,000 subjects will be released to the public via dbGaP in the Fall of 2011, with data from the remaining participants to be released by the end of 2012. This FOA encourages applications taking advantage of the newly available genetic data to advance our understanding of how genetic, behavioral, and psychosocial factors affect the health and well-being of older Americans.

Application due date (deadline)

January 25th, 2012 (5:00pm local time of applicant organization)

<http://grants.nih.gov/grants/guide/pa-files/PA-11-318.html>

National Science Foundation funding grant "General & Age-Related Disabilities Engineering (GARDE)"
The General & Age Related Disabilities Engineering (GARDE) program supports research that will lead to the development of new technologies, devices, or software for persons with disabilities. Research may be supported that is directed to the characterization, restoration, and/or substitution of human functional ability or cognition, or to the interaction of persons with disabilities and their environment. Areas of particular recent interest are disability-related

research in neuroscience/neuroengineering and rehabilitation robotics. Emphasis is placed on significant advancement of fundamental engineering and scientific knowledge and not on incremental improvements. Proposals should advance discovery or innovation beyond the frontiers of current knowledge in disability-related research. Applicants are encouraged to contact the Program Director Ted Conway at tconway@nsf.gov, or call (703) 292-7091, prior to submitting a proposal.

More information on the grant can be found at the following link http://www.nsf.gov/funding/pgm_summ.jsp?pims_id=501021

The New Investigator Awards in Alzheimer's Disease Funded by The Rosalinde and Arthur Gilbert Foundation and The Diane and Guilford Glazer Foundation, the major goal of this partnership program is to support important research in areas in which more scientific investigation is needed to improve the prevention, diagnosis, and treatment of Alzheimer's disease. The program will also serve to encourage junior investigators in the United States and Israel to pursue research and academic careers in the neurosciences, and Alzheimer's disease in particular. Projects in basic and translational research related to Alzheimer's disease (AD) that are clinically relevant, will be considered. Projects that focus on healthy brain aging are also considered. For one of the awards, priority may be given to an investigator with a research interest related to healthy brain aging. Areas of research could for example include learning and memory, nutrition, exercise, cardiovascular risk factors, as they relate to the brain and the aging process. The applicant must be an independent investigator with assigned independent space as assigned by the departmental chair or equivalent official, and must be within the first ten years of receiving a doctoral degree by July 1, 2011. Exceptions to the ten year rule may be requested for unusual circumstances by emailing an NIH-style bio-sketch to AFAR at grants@afar.org. The proposed research must be conducted at any type of not-for-profit setting in the United States or Israel.

<http://www.afar.org/research/funding/new-investigator-awards>



The Translational Research Institute on Pain in Later Life (TRIPLL) is an NIA funded Edward R. Roybal center with a focus on persistent pain due to both cancer and non-cancer related causes. TRIPLL is a collaboration between investigators at Weill Cornell Medical College, Cornell-Ithaca, Columbia University's Mailman School of Public Health, Hospital for Special Surgery, Memorial Sloan Kettering Cancer Center, Visiting Nurse Service of New York and Council of Senior Centers & Service of NYC,

Inc.

For more information on TRIPLL please contact Marcus Warmington at
maw2054@med.cornell.edu.



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