SYSTEMIC FACTORS AFFECTING PAIN EXPERIENCE

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According to CDC guidelines, 20% of American adults (50 million) live with chronic pain, and 8% (20 million) have high-impact chronic pain! A higher prevalence of chronic pain and high-impact chronic pain exists among US women. Pain is defined by the International Association for the Study of Pain (IASP) as “An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage”. Pain is a very subjective phenomenon. The experience of pain anywhere in the body is influenced significantly by systemic factors including, but not limited to, genetics, nutritional status, metabolic diseases, psychological factors, immunological conditions, endocrine disorders, sleep disorders, and more recently, COVID-19 infection. This 2 hour presentation is meant to enumerate the salient features of systemic diseases affecting pain experience.

EDUCATIONAL OBJECTIVES

• To have an overview of how systemic factors affect pain
• To understand systemic conditions that may predispose the patient to increased pain
• How to do a case work-up of a patient with a possible systemic condition that affects his/her pain experience
• To learn to investigate the reasons for unexplained chronic pain including TMD and orofacial pain
• How to maximize the efficiency of systems review and catch the red flags for chronic pain early

CLINICIAN

DAVID C. THOMAS, BDS, DDS, MSD, MSc Med, MSc completed his Bachelor of Dental Surgery (BDS) from India. He received his Doctor of Dental Surgery (DDS) degree from New York University. In 1998, he went on to complete one year of Advanced Education in General Dentistry at NYU. In 2002, he established his first practice in Oakhurst, NJ and while in private practice, he took several Continuing Education courses at reputed US dental and medical schools in the field of TMJ/TMD and Orofacial Pain. He went on to complete Post Graduate Fellowship and Masters in TMD and Orofacial Pain at the University of Medicine and Dentistry of New Jersey (UMDNJ) in 2005. Dr. Thomas completed his Masters in Sleep Medicine (MSc Med) with the University of Sydney, Australia in 2016. In 2019, he completed his Masters (MSc) in Clinical Pain Management under the University of Edinburgh, UK. Dr. Thomas now continues his research in Pain Management at Rutgers School of Dental Medicine, where he is also an Assistant Clinical Professor in the Diagnostic Sciences Division. The experience and education Dr. Thomas has acquired over the years has allowed him to lecture extensively all around the world. He has been a commissioned officer in the United Sates Army since 2001. He is also an Attending at Monmouth Medical Center in Long Branch, NJ and at Jersey Shore University Medical Center. Dr. Thomas is currently a distinguished professor at Sechenov Medical University, Moscow, Russia; adjunct clinical professor at the Rochester Medical School and he is an adjunct faculty at College of Dental Surgery, Manipal, India. Currently, he is the director for OFP/TMD/Sleep medicine courses for Roseman University/Smile USA Academy.

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