Non Systemic Transdermal (NST) Pain Therapy Reduced Pain, Improved Quality of Life and Reduced Opiate Use in Chronic Pain Patients

Objectives:

“Relieving Pain in America”, the Institute of Medicine’s (IOM) report states more than 100 million Americans suffer chronic pain and cost the U.S. over $600 billion each year. This has caused a 600% increase in the use of opiates over the past decade. Although making up only 4.4% of the world’s population, the U.S. accounts for 80% of the world’s opiate consumption, a rate which has not resulted in proper management of the chronic pain epidemic, in part, because of lack of proper education and training. Using an IRB approved Outcomes Survey, the efficacy of Non-Systemic Transdermal (NST) pain therapy to manage pain, improve Quality of Life (QoL), and reduce opiate use was assessed in chronic pain sufferers using customized non-opioid based transdermal pain creams.

Methods:

Individuals rated their pain using MD Anderson’s Brief Pain Inventory (BPI) and non-BPI metrics, and the level of pain’s interference with their Physical and Emotional QoL metrics before and after 4 weeks of NST pain therapy.

Results:

In a population of 2284 chronic pain sufferers, pain decreased 21% after 4 weeks with improvement of both Physical and Emotional QoL of 17 and 27%, respectively. Using non-BPI metrics, 72% indicated their pain had improved and 34% of these patients indicated their Opiate use had decreased.

Conclusion:

Thus, NST pain therapy can reduce pain, improve Quality of Life and reduce opiate use in a population of chronic pain sufferers.

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