

# Introducing *Practical Pain Management's* Newest Editorial Board Members

**We are expanding our Editorial Board and are excited to welcome four new members to our team. All four are well respected leaders in their fields, as well as pain educators, dedicated to providing practical information to improve patient care.**



## **Paul J. Christo, MD, MBA**

Associate Professor  
The Johns Hopkins University School of Medicine  
Division of Pain Medicine  
Department of Anesthesiology and Critical Care Medicine  
Baltimore, MD

Dr. Christo is a board certified, Harvard-trained anesthesiologist and Hopkins-trained pain medicine specialist. He directed the Multidisciplinary Pain Fellowship Program at The Johns Hopkins Hospital for 8 years, and directed the Blaustein Pain Treatment Center at Hopkins for 5 years.



Dr. Christo is an invited lecturer both nationally and internationally, serves on 4 journal editorial boards and reviews for several others, has published more than 90 articles and book chapters, co-edited 3 textbooks on pain, and actively teaches medical students, residents, and pain fellows. He has been a course director or coordinator for many CME (continuing medical education) programs that focus on educating both specialists and generalists on important aspects of pain diagnosis and treatment.

He has served on Advisory Boards for the American Academy of Pain Medicine (AAPM), American Society of Anesthesiologists, International Association for the Study of Pain, and the American Pain Society (APS). He has also earned an MBA from the Johns Hopkins Carey Business School in Health Care Management.

Dr. Christo specializes in treating patients with persistent

pain in the spine, cancer pain, neuropathic pain (reflex sympathetic dystrophy or complex regional pain syndrome), shingles pain (post herpetic neuralgia), post surgical pain, and thoracic outlet syndrome. Further, Dr. Christo is experienced in performing implantations of pain pumps and spinal cord stimulators for the treatment of unrelenting pain. He also has expertise in clinical anesthesia, epidural placement, and spinal anesthesia.

His current areas of research interest include the use of botulinum toxin for thoracic outlet syndrome, pain in older adults, the mechanisms of spinal cord stimulation, and the application of online educational modules for pain education.

Dr. Christo is the host of *Aches and Gains*, the first nationally syndicated radio show on overcoming pain that airs weekly on Sirius XM Radio. He has appeared on radio/television/and in print: XM Satellite Radio with Dr. Mehmet Oz, Lifetime TV's—The Balancing Act, Dr. Timothy Johnson—Good Morning America Health, Retirement Living Television, and NPR's The Diane Rehm Show and Talk of the Nation, as well as *U.S. News and World Report*, *Washington Post*, and the *Baltimore Sun*.

*U.S. News & World Report* lists Dr. Christo as a Top Doctor and among the top 1% in the nation for Pain Management, *Becker's ASC Review* selected him as 1 of the 70 Best Pain Management Physicians in America, and he is listed as a Super Doctor for the Washington, DC-Baltimore-Northern Virginia area. He was 1 of 8 national pain experts to be selected as an AAPM/Pfizer Visiting Professor, and was 1 of 6 experts from the US and Canada to participate in the Mayday Pain and Society Fellowship Program, raising awareness about the importance of pain control with the media and policymakers.

*Practical Pain Management* readers will recognize Dr. Christo as a frequent contributor to the journal.

**Srinivas (Sri) Nalamachu, MD**

President

International Clinical Research Institute  
Overland Park, Kansas

Dr. Nalamachu completed his training in physical medicine and rehabilitation at Temple University in Philadelphia, and worked as an assistant professor at Albert Einstein College of Medicine in New York City before moving to the Kansas city area to join an academically oriented, privately owned pain clinic.



He currently is the president and medical director of the International Clinical Research Institute in Overland Park. He also serves as the co-director of the Pain Management Institute, also in Overland Park. His current academic appointments include Clinical Assistant Professor in the Department of Medicine at Kansas City University of Medicine and Biosciences and Clinical Assistant Professor in the Department of Rehabilitation Medicine at Kansas University Medical Center, where he is actively involved in teaching medical students and residents. He also heads the division of clinical development, data analysis and publication gap planning.

Dr. Nalamachu got involved in clinical research to help patients and to help the advancement of science. In the last 10 years, he has participated as a principal investigator in more than 75 clinical trials and has designed a number of them. He has authored close to 50 publications and more than 70 abstracts that were presented at various national and international pain and physical medicine societies. Since 2000, Dr. Nalamachu has lectured more than 500 times at local, regional, national and international meetings. His research is focused on onobotulinum toxins, cancer pain, neuropathic pain, and abuse-deterrent opiates.

Dr. Nalamachu serves as a consultant for multiple small, medium, and large pharmaceutical companies in the development of new products. He is on the scientific committees of Collegium Pharmaceuticals, Kem Pharm, and many other development stage companies. He is a member of the FDA safe use initiative, which is currently developing the database to educate health care providers on the safe use of medications.

He serves on the editorial board of *Pain Clinician*, *Pain and Therapy* and *World Journal of Anesthesiology*, as well as the current co-chair of scientific session for the PAINWeek.

**Jeffrey Fudin, BS, PharmD, FCCP**Clinical Pharmacy Specialist, Pain Management  
Director, PGY2 Pain & Palliative Care Pharmacy Residency  
Stratton VA Medical Center  
Albany, New York

Dr. Fudin graduated from Albany College of Pharmacy & Health Sciences (ACPHS) with his Bachelors Degree and his PharmD. He was awarded and completed an American Cancer Society Sponsored Fellowship in Oncology/Hematology at SUNY/Upstate Medical Center shortly after his undergraduate work.



He is a Diplomate of the American Academy of Pain Management, a Fellow of the American College of Clinical Pharmacy (ACCP), and a member of several other professional organizations. Dr. Fudin is a Section Editor for *Pain Medicine*, the official journal of AAPM. He is Founder/Chairman of Professionals for Rational Opioid Monitoring & Pharmacotherapy (PROMPT), an advocacy group in favor of safe opioid prescribing by encouraging clinician education, proactive risk stratification, and appropriate therapeutic monitoring.

As a peer reviewer, Dr. Fudin helped to establish the American Pain Society Clinical Practice Guidelines for Arthritis, for Fibromyalgia, and for Cancer Pain and Palliative Care. He was a panel member for establishing guidelines on the "Use of Chronic Opioids for Chronic Non-Cancer Pain," a collaborative effort between the APS and the AAPM; these guidelines have been widely disseminated by the *American Journal of Pain* for use by healthcare providers worldwide. Recently, he participated in development of draft guidelines for the proper use of urine testing in addiction medicine, a collaborative project by the National Association of Addiction Treatment Providers with support from the Center for Lawful Access and Abuse Deterrence and the American Society of Addiction Medicine.

Dr. Fudin is a reviewer for publications and poster submissions for the ACCP, American Society of Health-System Pharmacists, AAPM, and other recognized professional pharmacy, medical, and nursing organizations. He is founder and two-time past Chair of the ACCP Pain Pharmacy Practice Network group.

Dr. Fudin practices as a Clinical Pharmacy Specialist and Director, PGY-2 Pharmacy Pain Residency Programs at the Stratton Veterans Administration Medical Center

in Albany NY. He is an Adjunct Associate Professor of Pharmacy Practice at Western New England University College of Pharmacy; Adjunct Assistant Professor of Pharmacy Practice at the University of Connecticut School of Pharmacy, and has several other academic affiliations including and the University at Buffalo School of Pharmacy and Pharmaceutical Sciences. He has been an Instructor of Pharmacology at SAGE Graduate School of Nursing for several years. He is a Clinical Pharmacy Consultant to Homedical Associates, an innovative home-based academic patient care service dedicated to medically complex patients in their homes.

Dr. Fudin is an active lecturer, writer, and researcher on pain management issues. He has been an invited speaker on pain management at VA Hospitals and at major academic medical centers throughout the United States. In the

last year alone, Dr. Fudin has lectured live and by Webinar on various pain-related topics to thousands of physicians, pharmacists, and other healthcare providers and administrators in over 30 states nationwide. He is also the owner and managing editor of PainDr.com, and interactive website that houses his pain blog and has many professional resources developed by Dr. Fudin for medical professionals including pharmacists.

Recent national attention to the Risk Evaluation and Mitigation Strategies (REMS) has been an increasing subject of interest. Dr. Fudin has been called upon by several professional organizations to help strategize in anticipation of much needed education on proper opioid prescribing and monitoring.

*Practical Pain Management* readers will recognize Dr. Fudin as one of the co-developers of the *PPM* Opioid Calculator.

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### Jeffrey A. Gudín, MD

Director  
Pain Management Center  
Englewood Hospital and Medical Center  
Englewood, New Jersey

Clinical Instructor  
Anesthesiology  
The Icahn School of  
Medicine at Mt Sinai  
University  
New York, New York



Dr. Gudín received his medical degree from Albany Medical College in Albany, New York. Following a transitional internship in surgery, medicine, and anesthesiology at St. Barnabas Medical Center in Livingston, New Jersey, he completed a residency

in anesthesiology at Yale University School of Medicine, in New Haven, Connecticut. He continued his training with an extended postdoctoral fellowship in pain medicine at the Yale Center for Pain Management, where he was actively involved in research and teaching.

Dr. Gudín is currently Director of the Pain and Palliative Care at Englewood Hospital and Medical Center in New Jersey, an affiliate of the Icahn School of Medicine at Mt Sinai. Dr. Gudín is board certified in Pain Medicine, Anesthesiology, Addiction Medicine and Hospice and Palliative Medicine. Dr. Gudín is an active speaker in the field of pain management. His clinical and research focus includes pain management, opioid abuse and potential solutions, and increasing clinician awareness of pain assessment and risk management.

*Practical Pain Management* readers will recognize Dr. Gudín as a contributor and featured speaker on a number of our educational videos found on [practicalpainmanagement.com](http://practicalpainmanagement.com).

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## Psychology of Pain

### Notable Quote From PAINWeek

“There is a 50% overlap between pain and psychiatric disorders, most commonly depression. Approximately 35% of chronic pain patients will also have depression. This includes almost 22 million Americans.”

—Sean Mackey, MD, PhD  
Chief

Division of Pain Medicine  
Stanford University School of Medicine  
Palo Alto, California