



## Progress in Longevity Medicine Seminar Series

### **Etiology, Diagnosis and Treatment of Pain In the Elderly**

**Pam Squire, MD**  
*North Vancouver, BC*

**Date/Time:** Friday, March 14, 2008; 5:30 pm (dinner included)

**Location:** The Arizona Club, 201 North Central Avenue, 37th Floor

**Cost:** Free

**Abstract:** A major shift in the world's population is now taking place. In the US and Canada, the percentage of the population over the age of 65 will rise from 17% to 36% by 2050, and the over 80 segment will nearly triple. Evidence has shown that older adults have an apparent reduced sensitivity to mild pain and report less pain with acute medical illness. Approximately 40% of patients over 65 report little or no pain during pneumonia, intestinal obstruction, and peritonitis or during myocardial infarction. In contrast, this same demographic appears to have an increased vulnerability to severe or persistent pain. The prevalence of persistent pain climbs with age often exceeding 50% in community dwelling elderly and up to 80% in nursing home populations. Unlike the generation before them, the aging boomers have expectations for functionality that will challenge current practice. This talk will review the common pain syndromes in the elderly and review age-appropriate pain assessment tools. Evidence-based treatment and the art of individualized pain management will also be covered.

#### **Objectives:**

- To review common causes of pain in the elderly
- To discuss challenges and review potential solutions for identifying pain in the older adult
- To review current guidelines for the management of persistent pain in the elderly

**Biography:** Dr. Squire graduated with distinction from the faculty of Medicine at the University of Saskatchewan. She completed her final year of medical school at the University of British Columbia and then a one-year rotating internship at Lions Gate Hospital in North Vancouver. Dr. Squire has practiced family medicine since 1989. She obtained her CCFP fellowship in 1997. In 1998 she completed a five-month residency in a multidisciplinary pain clinic in Brisbane, Australia. Upon her return, she resumed family practice but has gradually developed a consultative practice in chronic

pain management. She is an Assistant Clinical Professor with the University of British Columbia and the Pain Consultant for the Oncology Unit at Lions Gate Hospital.

To RSVP or for additional information, please contact Stephanie Tusalem at (602) 778-7492 or via email at [stephanie.tusalem@kronosinstitute.org](mailto:stephanie.tusalem@kronosinstitute.org).

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