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# *Pain Talk*

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## 2nd Annual East Tennessee Opioid Conference

Pain Consultants of East Tennessee co-organized the 2nd Annual East Tennessee Opioid Conference, which took place on Thursday, April 11th in Lenoir City.

More than 300 physicians, nurses, community leaders, and students attended the conference to hear presenters speak about topics including: adverse childhood experiences (ACEs), the science behind addiction, alternatives to treating pain, mindfulness meditation's impact on pain, an update from the Knox County Medical Examiner's Office on the opioid crisis, and primary care provider treatment of pain.



Presenters included physicians from Pain Consultants of East Tennessee, Cherokee Health Systems, The University of Tennessee Medical Center, the Knox County Medical Examiner's Office, and Fadel Zeidan, PhD of the University of California San Diego.

Community Panel members included Karen Pershing, MPH, CPS II, Executive Director of the Metro Drug Coalition, Tommy Farmer, Tennessee Bureau of Investigation Special Agent, Charme Allen, Knox County District Attorney General, and Dr. Mitch Mutter, director of special projects for the Tennessee Department of Health.

The conference was organized by Summit Medical Group, the Metro Drug Coalition, and Pain Consultants of East Tennessee and was sponsored by Cigna. Medical professionals also had the opportunity to continuing medical education (CME) credits made possible by the Knoxville Academy of Medicine.

Dr. Choo believes the event served an important purpose.

"Our primary care providers are on the front line when it comes to initial reporting of pain from patients," he said. "Our goal was to educate them about pain management within their practice so that they can make more informed decisions, know and understand the ever-changing laws, and ultimately better protect their patients. We hope the educational materials presented at the conference will continue to lead to a decrease in opioid abuse and addiction."

# Drs. Choo and Smith named “Top Docs”

CityView Magazine is honoring the outstanding men and women in our medical community whose dedication and skill have earned the respect of both their patients and their fellow physicians.

Each year, CityView asks area physicians to tell them whom they would choose if they needed specialized care. This is not a popularity contest or a paid survey. Rather, these results are the opinions of the practicing physicians on the front lines of the healthcare industry—the people who see new and unusual cases and situations every day that require specialized medical care.



Dr. James Choo and Dr. Martha Smith have been named to the Top Docs 2019 list for Pain Medicine. This is Dr. Choo’s eighth consecutive award and Dr. Smith’s first.

## Choo Delivers TEDx Talk at University of TN

Dr. James Choo was honored to receive an invitation to deliver a TEDx Talk at The University of Tennessee in mid-April. TEDx events are intended to shine a light on important community issues and are independently organized events of the larger TED Conferences.

Dr. Choo’s talk was entitled “My Journey to Understanding Pain, Opioids, and Trauma in My Community”.

The University summarized the event, entitled “On Another Wavelength”, by saying “We think the best ideas sometimes require us to think on a different level; a step change in how we view the world. We’re hoping this group of scientists, storytellers, and social innovators can inform a new wave of conversation that shifts our individual thinking and sparks a sea change in our collective potential for impacting an ever-more challenging world.”



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