

Treatment Recommendations for Managing Pain Associated with Chronic Pancreatitis

Lifestyle

1. Eliminate alcohol intake and smoking - reduce toxins triggering pancreatitis
2. Diet: Anti-inflammatory diet, Mediterranean diet - enhance intake of antioxidants
3. Exercise - stimulate NRF2 activation and increase cellular production of antioxidants
4. Mindful activities - enhance inhibitory descending pathways, reduce central sensitization

Medications

1. Gabapentinoids: Pregabalin or gabapentin
2. Antidepressants: Consider duloxetine, tricyclics
3. Opioids (in preferred order):
 - Buprenorphine
 - Tramadol
 - Tapentadol
 - Levorphanol
 - Methadone
 - Oxycodone

Supplements

1. Vitamin C - monitor serum levels ?
2. Vitamin D - maintain optimal levels 50-80 ng/ml
3. Vitamin E - monitor serum levels ?
4. Curcumin - liposomal or nanoformulations to enhance absorption
5. Palmitoylethanolamide (PEA) - liposomal or nanoformulations to enhance absorption
6. CoQ10
7. Resveratrol
8. Pre/Probiotics - consider

PERT

When indicated: FEL-1, g.i. symptoms, wt loss, suboptimal nutrient serum levels

Caveats

Synergistic Treatment of Oxidative Stress

1. Antioxidants - diet & supplements
2. NRF2 activators - exercise, supplements, fasting (?),

Synergistic Treatment of Central Sensitization

1. Initiate treatment early in course of pancreatitis before chronification
2. Enhance inhibitory descending pathways