



**CANADIAN ACADEMY
OF PAIN MANAGEMENT**
EXCELLENCE IN INTERDISCIPLINARY EDUCATION

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MARCH 2026 BULLETIN

ARTICLE

ADHD and Pain Perception, Tolerance and Treatment

In children (and some info about adults as well)

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10576289/>

Child Adolesc Psychiatry Ment Health

. 2023 Oct 13;17:118. doi: [10.1186/s13034-023-00667-y](https://doi.org/10.1186/s13034-023-00667-y)

The effect of methylphenidate on pain perception thresholds in children with attention deficit hyperactivity disorder

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Study Conclusions: Children with ADHD are more sensitive to pain sensation, and MPH may help normalize these individuals' pain experiences by raising pain thresholds. Families and clinicians must be aware of situations that may cause pain in children with ADHD. In addition, these children's low threshold for pain may lead them to experience it more intensely.

From the Introduction:

Numerous studies have shown that ADHD has substantial biological origins, including problems in neurotransmitter systems in the brain. Genetic, imaging, and pharmacological studies support the idea that ADHD is primarily caused by dopamine dysfunction [6]. Moreover, a functional dopaminergic neurotransmitter system is of crucial importance, not

solely for higher cognitive functions, but also for components of human perception such as olfaction, audition, vision, and sensory sensitivity [7–10]. Given the complex character of ADHD, the majority of current research has focused on cognitive and behavioral abilities linked to attentive and executive functions, while the sensory dimension has received little attention. Increasing evidence indicates that dopamine also plays a role in other perceptive deficiencies, such as color perception, tactile perception, and pain perception, in addition to the fundamental symptoms of ADHD [11–13].

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Research has also investigated pain in adults with ADHD and revealed a decrease in pain thresholds. In one study, in which pain sensitivity was evaluated psychophysically, the ADHD participants without methylphenidate (MPH) had a considerably lower cold pain threshold and cold tolerance compared to controls. Both the cold threshold and tolerance of ADHD patients treated with MPH increased significantly in comparison to those who did not receive medication. That study suggests that individuals with ADHD are more sensitive to pain and that MPH may have antinociceptive qualities [12].

AI Summary

Key connections between ADHD and pain include:

- **Reduced Pain Tolerance:** Adults with ADHD commonly report lower cold pain thresholds, implying higher sensitivity.
- **Chronic Pain Association:** Individuals with ADHD have a higher prevalence of chronic conditions like migraines, tension headaches, and fibromyalgia.
- **Neurological Factors:**

Differences in dopamine and norepinephrine systems, along with chronic neuroinflammation, can cause the brain to over-process pain signals.

- **Sensory Issues:** A common tendency toward sensory hypervigilance means individuals may be unable to "tune out" pain, leading to it feeling more overwhelming.
- **Medication Effects:** Methylphenidate (a stimulant medication) has been shown to increase pain tolerance and reduce pain sensitivity, suggesting it can help manage this sensitivity.

Website:

<https://edgefoundation.org/why-adhd-makes-pain-different/#:~:text=This heightened pain sensitivity is,Poor sleep can increase inflammation.>

There are multiple references used for the Edge Foundation article. One of these articles proposes a medical hypothesis

NEW MEMBERSHIP PORTAL

The Canadian Academy of Pain Management is thrilled to officially announce the launch of our brand-new Membership Portal. This is— a dedicated, members-only space designed to enhance your experience and keep you better connected with everything the Canadian Academy of Pain Management has to offer.

This exclusive platform has been created with you in mind, giving you easy, centralized access to important information, valuable resources, and opportunities to engage more deeply with our community.

How to Access the Portal

Getting started is simple:

1. Visit the CAPM website

2. Navigate to the **Membership** page: <https://www.canadianapm.com/membership>
3. Click on “**Members Only Portal**” button
4. Sign in using your email and password

Once logged in, you will unlock a wide range of features and content available exclusively to members.

What You’ll Find Inside

Your new portal includes:

- **Resources Section**
Access curated materials, documents, and tools designed to support your professional growth and keep you informed.
- **Monthly Bulletins**
Stay up to date with the latest news, updates, and insights from CAPM.
- **Membership Directory**
Connect with fellow members, expand your network, and build meaningful professional relationships within the community.
- **Upcoming Events**
Explore what’s ahead, register for events, and stay engaged with CAPM activities
(Coming Soon)
- **Credentialing Course Information**
Learn more about the virtual Fall Credentialing Course **(Coming Soon)**

Manage Your Membership Anytime

We’ve also made it easier than ever to stay in control of your membership. Whether you need to update your profile, renew your membership, or explore upgrade options, you can do it all in just a few clicks.

Simply:

- Go to the **Membership** page: <https://www.canadianapm.com/membership>
- Click on “**Membership Management**”

This feature allows you to keep your information current and ensure you’re getting the most out of your membership.

Built Just for You

This new portal represents our commitment to providing you with a more personalized, accessible, and valuable membership experience. It is your central hub for staying informed, connected, and engaged with us.

We are incredibly excited to bring you this new tool and encourage you to log in, explore, and take full advantage of everything it has to offer.

Thank you for being a valued member!

CANADIAN ACADEMY OF PAIN MANAGEMENT ANNUAL GENERAL MEETING

The Canadian Academy of Pain Management Annual General Meeting (AGM) will be held on:

Date: Tuesday, May 5, 2026

Time: 7:00 PM (EDT)

Location: Virtual (Zoom meeting details to be provided)

This meeting is an important opportunity to review CAPM's activities, discuss key initiatives, and engage with fellow members.

Further details, including the meeting agenda and access information, will be shared in advance of the event.

We encourage all members to attend and participate.

CREDENTIALING WITH CAPM

CAPM's next Credentialing Course will take place in Fall 2026.

If you are interested in attending, please reach out to the CAPM office to express your interest. We encourage members to connect early to receive updates, registration details, and additional course information as it becomes available.

Please email us at office@eismanagementgroup.com

We look forward to supporting your continued professional development.

NOTICES FROM OUTSIDE CAPM

1. Pacific Pain Forum, Vancouver, British Columbia, Canada Interdisciplinary Conference April 17, 2026 Beyond Pain: Embracing Compassion and Trauma-Informed Awareness, <https://www.iasp-pain.org/event/pacific-pain-forum/>
2. CPS Conference 2026 : Shaping the future of pain science, April 29 — May 2 Québec City Convention Centre, Québec City
3. IASP 2026 Global Year of Neuropathic Pain
 - a. IASP World Congress 2026 – Bangkok, Thailand October 26-30, 2026

Relevant 2026 Pain Dates:

- September 2026: **Pain Awareness Month.**
 - October 17, 2026: **World Day Against Pain.**
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STAY CONNECTED FOLLOW CAPM ON LINKEDIN

We're excited to invite all members of the Canadian Academy of Pain Management to follow us on LinkedIn! Our LinkedIn page is a great way to stay up to date with the latest news, educational insights, professional development opportunities, and community highlights from CAPM. Following us will help you stay connected with your peers and engage with content that supports excellence in pain management care and education.

Follow CAPM on LinkedIn: <https://ca.linkedin.com/company/canadian-academy-of-pain-management>

Thank you for being part of our community. We look forward to connecting with you online!



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