# Richard A. Lawhern, PhD

# Patient Advocate in Chronic Pain Communities

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**EDUCATION** 

1962-1966 California Polytechnic College, San Luis Obispo CA

**BS Electrical Engineering (with Honors)** 

1967-1969 University of Washington, Seattle

**MS Electrical Engineering** 

1972-1976 University of California, Los Angeles

PhD Engineering Systems (Dynamic Systems Control)

**CAREER OVERVIEW** 

1966-1988 21 years uniformed military service concluded as Lt Colonel, USAF (Colonel

Select). Last military position, Director of Integration for the B-52 Bomber

Modernization Program, Wright Patterson AFB, OH.

Career assignments in evaluation of emerging technologies, systems

engineering and acquisition management. Published peer-reviewed papers in classified and unclassified literature for air traffic control testing, radar propagation in heavy rain, space based radar systems technology, electronic

intelligence collection systems, strategic nuclear attack detection and warning, advanced target location techniques from low altitude aircraft.

1988- 2009 21 years civilian service in defense aerospace industry as operations

research analyst, computer assisted training developer, military intelligence domain architect, course developer and lecturer in open source intelligence collection and internet-based market research. Last position Chief Systems Engineer, Technology Integrated Product Team - US ARMY Future Combat

Systems program (SAIC Inc, Tysons Corners VA).

Extensive papers in classified literature, addressing large-scale systems acquisition and systems analysis for systems of systems; evaluation of emerging military technologies; modeling of military command, control and

communications networks.

1996-Present Volunteer patient advocate and healthcare writer, medical literature analyst,

information miner. Website designer, webmaster and moderator for chronic pain patients, families and medical professionals in peer to peer social

media.

1996 – 2001 US Trigeminal Neuralgia Association - webmaster and member of the Board.

Revised, re-hosted and researched source materials for a website serving 5000+ chronic neurological face pain patients. With Cindy Fleishman,

designed the first US national survey of diagnosis and treatment outcomes in

Trigeminal Neuralgia, compiling over 12,000 patient responses. 2001

Aesculapius Award for Excellence in Web-Based Healthcare

Communication, by the Health Improvement Institute.

2001-2010 Volunteer moderator, commentator and Web author in multiple chronic pain

forums for peer to peer support groups including About.com, WebMD, and

US Trigeminal Neuralgia Association.

2010-2015 Subject matter expert, research analyst and moderator for "Living With

TN", an online-community within the Ben's Friends group for patients

rare medical disorders.

2013-2021 Subject matter expert and healthcare writer for ~50 Facebook groups

focused on chronic pain patients and families. Extensive publications on

issues of public policy in the prescription of opioid analgesics for management of chronic intractable pain. Director of Research for

the Alliance for the Treatment of Intractable Pain, a network of ~450 medical professionals, healthcare writers, support group leaders, knowledgeable

patients and family members.

# EARLY CAREER PUBLICATIONS US DEFENSE COMMUNITY

Conference Co-Editor, "Proceedings of the Conference on Analytical Thinking and

**Proceedings:** Organizational Culture," CIA Colloquium on the 21st Century, October 1998

**Presentations:** "Internet Sites of Interest to Department of Defense – A Corporate

Perspective," invited presentation to the November 1995 users

conference of the Defense Technical Information Center, Alexandria VA

"Impacts of the Internet on Post-Secondary Education," invited presentation to the 1995 faculty off-site conference of Shenandoah University, Front

Royal VA.

Web Publications: "Quick Search the Internet" – Internet research training course on "Voice of

The Shuttle", University of California Santa Barbara, 1993

http://vos.ucsb.edu/shuttle/Lawhern.html

Websites: Allegheny General Hospital Department of Neurosurgery – Cranial Nerve

Center: <a href="http://www.asri.edu/AGH/neuro/janetta/">http://www.asri.edu/AGH/neuro/janetta/</a>

## **CURRENT PUBLICATIONS**

Richard A Lawhern, PhD, "Who Gets TN – Demographics of a Social Networking Website" *Ben's Friends communities for patients with rare medical disorders*. March 15, 2012. Archived at <a href="http://www.Lawhern.org/DemographicsFacialPain.docx">http://www.Lawhern.org/DemographicsFacialPain.docx</a>.

Richard A. Lawhern, PhD, "Psychogenic Pain and latrogenic Suicide", *Global Summit for Diagnostic Alternatives*, Society for Humanistic Psychology, July 5, 2013 http://dxsummit.org/archives/1002

Richard A. Lawhern, PhD, "It's NOT All In Your Head", Mad in America, October 27, 2013, <a href="https://www.madinamerica.com/2013/10/head/">https://www.madinamerica.com/2013/10/head/</a>

Richard A. Lawhern, PhD, "Somatic Symptom Disorder", Blog of Dr. David Healy, Psychiatrist, Psychopharmacologist, Scientist. February 2014.

Richard A. Lawhern, PhD "Stop the War on Chronic Pain Patients" *National Pain Report*, May 26, 2016 <a href="http://nationalpainreport.com/opinion-stop-the-war-on-chronic-pain-patients-8830555.html">http://nationalpainreport.com/opinion-stop-the-war-on-chronic-pain-patients-8830555.html</a>

Richard A. Lawhern, PhD, "An Opportunity to Make Ourselves Heard" *Pain News Network*, July 3, 2016

https://www.painnewsnetwork.org/stories/2016/7/3/s0jywevzlbm6jdoiwil01xdsi 2vr1k

Richard A. Lawhern, PhD, "Tracking Down the 'Research' Behind The CDC's Opioid Prescribing Guidelines", *National Pain Report*, August 10, 2016. <a href="http://nationalpainreport.com/tracking-down-the-research-behind-the-cdcs-opioid-prescribing-guidelines-8831122.html">http://nationalpainreport.com/tracking-down-the-research-behind-the-cdcs-opioid-prescribing-guidelines-8831122.html</a>

Erika Conrad, "The CDC is Wrong – A Speech By Richard A. Lawhern, PhD," *Face Facts* - The Facial Pain Advocacy Alliance (FPAA), October 27, 2016. http://face-facts.org/3000-2/

Josh Bloom, PhD, "In Search of Sane Pain Policies – An Interview With Richard A. Lawhern, PhD", *American Council on Science and Health*, November 10, 2016 <a href="https://www.acsh.org/news/2016/11/10/search-sane-pain-policies-interview-richard-Lawhern-phd-10430">https://www.acsh.org/news/2016/11/10/search-sane-pain-policies-interview-richard-Lawhern-phd-10430</a>

Josh Bloom, PhD, "A Report Card on the American Healthcare System -- F" - Opinion, American Council on Science and Health, November 26, 2016. <a href="https://www.acsh.org/news/2016/11/26/report-card-american-healthcare-system-10486">https://www.acsh.org/news/2016/11/26/report-card-american-healthcare-system-10486</a>

Richard A. Lawhern, Ph.D. "The CDC's Fictitious Opioid Epidemic Part I", *Journal of Medicine* of the US College of Physicians, January 15, 2017 <a href="https://www.ncnp.org/journal-of-medicine/1929-doctors-fleeing-pain-management-dumping-patients.html">https://www.ncnp.org/journal-of-medicine/1929-doctors-fleeing-pain-management-dumping-patients.html</a>

Richard A. Lawhern, Ph.D "CDC Opioid Guidelines Violate Standards of Science Research", March 25, 2017. *American Council on Science and Health*, <a href="https://www.acsh.org/news/2017/03/25/cdc-opioid-guidelines-violate-standards-science-research-11050">https://www.acsh.org/news/2017/03/25/cdc-opioid-guidelines-violate-standards-science-research-11050</a>

Richard A. Lawhern, PhD, "How Would Opioid Prescription Guidelines Read If Pain Patients Wrote Them?" *National Pain Report*, April 10, 2017 <a href="http://nationalpainreport.com/how-would-opioid-prescription-guidelines-read-if-pain-patients-wrote-them-8833330.html">http://nationalpainreport.com/how-would-opioid-prescription-guidelines-read-if-pain-patients-wrote-them-8833330.html</a>

Article above is reprinted in *The Journal of Medicine* of the National College of Physicians, on April 15, 2017. <a href="https://www.ncnp.org/journal-of-medicine/1980-the-cdcs-fictitious-opioid-epidemic-part-2.html">https://www.ncnp.org/journal-of-medicine/1980-the-cdcs-fictitious-opioid-epidemic-part-2.html</a>

This piece was also introduced by *PAIN-Week* under the title "What if Prescribing Guidelines Were Patient Centered? Rethinking Public Policy for Better Patient Outcomes and Expanding CDC Guidelines"

<a href="https://www.painweek.org/news\_posts/what-if-prescribing-guidelines-were-patient-centered.html">https://www.painweek.org/news\_posts/what-if-prescribing-guidelines-were-patient-centered.html</a>

Richard A Lawhern, PhD, "The CDC's Fictitious Opioid Epidemic, Part 2" *The Journal of Medicine*, US National College of Physicians, April 2017, <a href="https://www.ncnp.org/journal-of-medicine/1929-doctors-fleeing-pain-management-dumping-patients.html">https://www.ncnp.org/journal-of-medicine/1929-doctors-fleeing-pain-management-dumping-patients.html</a>

Richard A. Lawhern, PhD, "Public Comment to "Training for Opioid Analgesic Prescribers – Exploring the Path Forward." FDA Workshop, Silver Spring MD, May 9, 2017

Richard A. Lawhern, PhD, "Warning to the FDA: Beware of Simple Solutions for Chronic Pain and Addiction", June 1, 2017, *National Pain Report*, June 1, 2017 <a href="http://nationalpainreport.com/warning-to-the-fda-beware-of-simple-solutions-in-chronic-pain-and-addiction-8833744.html">http://nationalpainreport.com/warning-to-the-fda-beware-of-simple-solutions-in-chronic-pain-and-addiction-8833744.html</a>

Richard A. Lawhern, PhD, "A Government in Disarray Over Opioid Therapeutic Use Vs. Addiction," *National Pain Report*, June 13, 2017 <a href="http://nationalpainreport.com/institutional-schizophrenia-in-the-us-government-8833851.html">http://nationalpainreport.com/institutional-schizophrenia-in-the-us-government-8833851.html</a>

Richard A. Lawhern, PhD, "An Open Letter to the President's Commission on Combating Addiction and the Opoid Crisis: You Need to Hear a Tenth Voice". *National Pain Report*, June 21, 2017 <a href="http://nationalpainreport.com/an-open-letter-to-the-presidents-commission-on-combating-addiction-and-the-opioid-crisis-you-need-to-hear-a-tenth-voice-8833880.html">http://nationalpainreport.com/an-open-letter-to-the-presidents-commission-on-combating-addiction-and-the-opioid-crisis-you-need-to-hear-a-tenth-voice-8833880.html</a>

Richard A. Lawhern, PhD, comment to "Prescribing Opioids: Balancing pain relief and addiction haunted my early days in medicine" By Jennifer Adaeze Okwerekwu, MD. STAT News, August 3, 2017 https://www.statnews.com/2017/08/03/opioids-pain-addiction-prescription/

Pat Anson, Editor, "Patient Advocates Call on Brandeis to Fire Kolodny, *Pain News Network* October 3, 2017, letter signed by Richard A. Lawhern, PhD, Andrew Tennant, MD, Aimee Chagnon, MD, Steven Henson, MD, 51 others <a href="https://www.painnewsnetwork.org/stories/2017/10/3/patient-advocates-call-on-brandeis-to-fire-kolodny">https://www.painnewsnetwork.org/stories/2017/10/3/patient-advocates-call-on-brandeis-to-fire-kolodny</a>

Richard A Lawhern, PhD, "Strong Patient Advocate – Richard Red Lawhern, PhD." The M.D./PhD is In, Margaret Aranda, MD, Editor, October 10, 2017, <a href="https://themdphdisin.wordpress.com/2017/10/29/strong-patient-advocate-richard-red-Lawhern-phd/">https://themdphdisin.wordpress.com/2017/10/29/strong-patient-advocate-richard-red-Lawhern-phd/</a>

Richard A. Lawhern, PhD "Catch 22 – Denied Pain Relief and No Way Out", *National Pain Report*, October 24, 2017,

http://nationalpainreport.com/catch-22-denied-pain-relief-and-no-way-out-8834665.html

Richard A. Lawhern, PhD, "National Policy on Drug Abuse is Fundamentally Misdirected" *Medium*, November 15, 2017,

https://medium.com/@redLawhern/national-policy-on-drug-abuse-is-fundamentally-misdirected-80f86d803010

Richard A. Lawhern, PhD "Figures Lie and Liars Figure – Why the Demographics of the So-Called Prescription Opioid Crisis Don't Work". *National Pain Report*, November 17, 2016.

http://nationalpainreport.com/figures-lie-and-liars-figure-why-the-demographics-of-the-so-called-prescription-opioid-crisis-dont-work-8834839.html

Richard A. Lawhern, Ph.D "An Open Letter to the Senate Judiciary Committee", *National Pain Report*, December 20, 2017.

http://nationalpainreport.com/an-open-letter-to-the-senate-judiciary-committee-8835089.html

Richard A Lawhern, PhD "Chasing the Wrong Epidemic", *The Crime Report*, January 2, 2018

https://thecrimereport.org/2018/01/02/chasing-the-wrong-epidemic/

Richard A. Lawhern, PhD "Criminalizing the Opioid Epidemic is No Way to Help Chronic Pain Sufferers, *The Crime Report,* January 9, 2018. <a href="https://thecrimereport.org/2018/01/09/criminalizing-the-opioid-epidemic-is-no-way-to-help-chronic-pain-sufferers/">https://thecrimereport.org/2018/01/09/criminalizing-the-opioid-epidemic-is-no-way-to-help-chronic-pain-sufferers/</a>

Richard A. Lawhern, PhD "A Message to Our Legislators: Stop Your Phony War Against Pain Patients!" *I-Pain Living Magazine*, pp 42-47, . International Pain Foundation, January 2018

https://s3.amazonaws.com/online.anyflip.com/mjqb/lwgn/mobile/index.html#p =42

Richard A. Lawhern, PhD, "People In Pain Petition the FDA – Cease, Halt, and RE-focus!" *National Pain Report*, January 29, 2018. <a href="http://nationalpainreport.com/people-in-pain-petition-the-fda-cease-halt-and-refocus-8835391.html">http://nationalpainreport.com/people-in-pain-petition-the-fda-cease-halt-and-refocus-8835391.html</a>

Richard A. Lawhern, PhD "What is the Sound of One Hand Clapping - What Was Said or Missed in the FDA Opioid Policy Steering Committee Hearings?" *National Pain Report*, January 6, 2018

http://nationalpainreport.com/what-is-the-sound-of-one-hand-clapping-8835436.html#comment-217104

Richard A. Lawhern, PhD "Cease, Halt, and Re-Focus", Presentation to the FDA Opioid Policy Steering Committee, January 31, 2018 Workshop on Prescribing Information – Exploring a Strategy for Implementation.

Richard A Lawhern and Michael E Schatman, "Do Alternatives to Opioids Really Exist?" *The Morning Consult*, February 16, 2018, <a href="https://morningconsult.com/opinions/do-alternatives-to-opioids-really-exist/">https://morningconsult.com/opinions/do-alternatives-to-opioids-really-exist/</a>

Richard A Lawhern, PhD "Tell Medicare to Stop Its War Against Pain Patients" *Pain News Network*, February 19, 2018,

https://www.painnewsnetwork.org/stories/2018/2/19/tell-medicare-to-stop-its-war-on-pain-patients

Richard A. Lawhern, PhD, "Sometimes the Journal of the AMA Gets It Wrong! (and so do careless journalists)", *American Council on Science and Health*, March 14, 2018.

Richard A. Lawhern, PhD "White Paper on Prescription Opioids and Chronic Pain" *Alliance for the Treatment of Intractable Pain*, April 2, 2018, <a href="https://atipusa.org/2018/04/02/atip-white-paper-on-prescription-opioids-and-chronic-pain/">https://atipusa.org/2018/04/02/atip-white-paper-on-prescription-opioids-and-chronic-pain/</a>

Richard A Lawhern, PhD and Stephen E Nadeau, MD, "White Paper on Principles for a Revised Opioid Prescription Guideline", *Alliance for the Treatment of Intractable Pain*, April 17, 2017,

https://atipusa.org/2018/04/23/principles-for-a-revised-opioid-prescription-guideline/

Richard A. Lawhern, PhD "The DEA Draws a Firestorm of Criticism", *National Pain Report*, April 27, 2018. <a href="http://nationalpainreport.com/opinion-the-dea-draws-a-firestorm-of-criticism-8836146.html">http://nationalpainreport.com/opinion-the-dea-draws-a-firestorm-of-criticism-8836146.html</a>

Richard A Lawhern, Ph.D and John Alan Tucker, PhD "Analysis of US Opioid Mortality and ER Visit Data", Powerpoint Presentation, April 2018 <a href="http://face-facts.org/atip/">http://face-facts.org/atip/</a>

Richard A Lawhern, PhD "One Opioid Epidemic or Many?" *American Council on Science and Health,* May 14, 2018. <a href="https://www.acsh.org/news/2018/05/14/one-opioid-crisis-or-many-12956">https://www.acsh.org/news/2018/05/14/one-opioid-crisis-or-many-12956</a>

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Article cited by Jacob Sullum in "Opioid Death Rates are Not Correlated With Prescription Rates Across States", *Reason "Hit and Run"* Blog, <a href="http://reason.com/blog/2018/05/14/opioid-death-rates-are-not-correlated-wi">http://reason.com/blog/2018/05/14/opioid-death-rates-are-not-correlated-wi</a>

Richard A Lawhern, PhD "Once Again Congress Practices "Burn Before Reading", *National Pain Report*, June 9, 2018, <a href="http://nationalpainreport.com/opinion-once-again-congress-practices-burn-before-reading-8836470.html">http://nationalpainreport.com/opinion-once-again-congress-practices-burn-before-reading-8836470.html</a>

Richard A Lawhern, PhD and Stephen E Nadeau, MD, "Alliance Offers Patient-Centered Opioid Prescribing Recommendations", *Practical Pain Management*, June 13. 2018.

https://www.practicalpainmanagement.com/resources/news-and-research/alliance-offers-patient-centered-opioid-prescribing-recommendations

Richard A Lawhern, PhD, "The 'Phony War' Against Opioids: Some Inconvenient Truths", *The Crime Report*, June 21, 2018. <a href="https://thecrimereport.org/2018/06/21/the-phony-war-against-opioids-some-inconvenient-truths/">https://thecrimereport.org/2018/06/21/the-phony-war-against-opioids-some-inconvenient-truths/</a>

Richard A. Lawhern, Ph.D. "Message to the CDC: Tear Down Your Walls of Silence" *Pain News Network*, August 20, 2018. <a href="https://www.painnewsnetwork.org/stories/2018/8/19/message-to-cdc-tear-down-your-walls-of-silence">https://www.painnewsnetwork.org/stories/2018/8/19/message-to-cdc-tear-down-your-walls-of-silence</a>

Richard A Lawhern, Ph.D. "Speaking Truth to Power: The CDC Must Recall and Rewrite Their 2016 Opioid Guidelines", submission to *Pain Therapeutics, Opioid Risk Management, Pharmacogenics*. Dr. Jeffrey Fudin, Editor. September 2018. <a href="http://paindr.com/speaking-truth-to-power-cdc-must-recall-and-rewrite-their-2016-guideline-for-prescribing-opioids/">http://paindr.com/speaking-truth-to-power-cdc-must-recall-and-rewrite-their-2016-guideline-for-prescribing-opioids/</a>

Richard A Lawhern, PhD, and Stephen E Nadeau, MD, "Understanding the Limitations of Non-Opioid Therapies in Chronic Pain", invited editorial for the October 2017 print edition, in *Practical Pain Management*<a href="https://www.practicalpainmanagement.com/resources/practice-management/behind-ahrq-report">https://www.practicalpainmanagement.com/resources/practice-management/behind-ahrq-report</a>

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### **EDITORIAL AND ADVISORY BOARDS**

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