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No pain no gain

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STELLINGEN

BEHORENDE BIJ HET PROEFSCHRIFT

NO PAIN NO GAIN

MARTEN HARBERS

- 1 Remember that all models are wrong; the question is how correct do they need to be to be useful. (Adapted from G.E.P Box [e.g. Box & Draper, 1987])
- 2 The heat pain threshold, the pressure pain threshold and the cold pressor test are the most reliable and robust measures for acute nociceptive pain to test analgesic efficacy, whereas the cold pain threshold is less applicable due to high variability and a large placebo effect. (Chapter 2)
- 3 To improve the assay-sensitivity and applicability of nociceptive pain tests, bodily regions that are frequently exposed to painful and somatosensory stimuli should be avoided. (Chapter 2)
- 4 For well-known drug classes we should define one or two well validated pain tests to measure analgesic efficacy, but for novel targets with a new mechanism of action it is always worthwhile to use a broad multimodal test battery. (Chapter 3)
- 5 Desensitization caused by pain stimuli inducing nociceptor damage could be one of the underlying mechanisms that cause carry-over effects in cross-over designs. (Chapter 3)
- 6 In many patients with chronic pain not only the painful pathological body side has an abnormal somatosensory function but also the contralateral (non-painful) body side shows this somatosensory dysfunction. (Chapter 4)
- 7 The sensory abnormalities on the contralateral side of patients with chronic (neuropathic) pain support the idea that chronic pain can lead to a dysfunction of the nervous system which then becomes the disease itself. (Chapter 4)
- 8 Both patients and clinical practitioners would benefit from the development of a simplified quantitative sensory testing (QST) battery that is easy to integrate in the clinical routine. (Chapter 4)
- 9 To model chronic neuropathic pain we will need to find clever ways to model short lasting and reversible mechanisms in healthy volunteers that play a crucial role in the development of chronic pain, like sensory sensitization in the HCW model. (Chapter 5)
- 10 Applying continuous pain through capsaicin combined with continuous warmth stimulation is a reliable method to induce allodynia, a key symptom of neuropathic pain. (Chapter 5)
- 11 The heat capsaicin warmth model for neuropathic pain has a good sensitivity and reliability in our pharmacological validation study and can be a useful tool to show efficacy for novel analgesic targets. (Chapter 6)
- 12 By replacing a 'dysfunction' with a 'disease' of the nervous system, the new IASP definition of neuropathic pain has left out a large group of patients presenting the same symptoms of neuropathic pain who do not have a well understood aetiology like fibromyalgia or complex regional pain syndrome.
- 13 Those who state that pain is a mental issue ("it's between the ears") reveal the dualist within themselves.
- 14 Met mijn gedachten ergens anders, ben ik altijd overal. (Loesje)