Meet the Experts

10 YEARS AHEAD FROM SIMPAR TO CIMPARC
An interactive think-tank looking into the future of pain research and management

March, 14 - 16 2019
Baveno (VB), Italy - Maggiore Lake

www.cimparc.com
#CIMPARC19
After the overwhelming success of the last nine International Meetings on Pain Research (SIMPAR) in Pavia, Rome and Firenze, we will close the SIMPAR experience and start with the 1st CIMPARC international meeting in Baveno, Italy. The first CIMPARC international meeting will be an extraordinary and exclusive education experience reserved for 200 attendees. The delegates will share two working days looking for new research questions and sharing the more advance knowledge in pain treatment with 25 outstanding speakers.

The First CIMPARC will have 14 sessions of three (20 minutes) or four (15 minutes) presentations in basic science, translational and clinical research on acute or chronic pain management. After every session there will be 30 minutes for discussion and open debate. We will include special sessions entitled “How I do it, how you do it” for small group discussions to share practical knowledge. This group discussion will allow a proactive networking providing the attendees a real one-on-one access to the faculty.

The abstract sessions will have an important role in the next meeting, and we will provide enough time for discussion. There will be an abstract competition within three categories: clinical, translational and basic knowledge/research. The winners will present their work in a special session. We will organize Workshops in ultrasound-guided techniques for acute and chronic pain management.
PRESIDENTS

Patricia Lavand’homme  
St Luc Hospital UCL Medical School, Brussels, Belgium

Edward Mariano  
Stanford University School of Medicine, California - USA

ITALIAN SCIENTIFIC COMMITTEE

Roberto Fumagalli  
Struttura Complessa di Anestesia e Rianimazione I e Neurorianimazione, ASST Grande Ospedale Metropolitano Niguarda, Università degli Studi di Milano Bicocca, Milano

SCIENTIFIC COMMITTEE MEMBERS

Inna Belfer  
Program Director. Basic and Mechanistic Research in Complementary and Integrative Health. Division of Extramural Research National Center for Complementary and Integrative Health (NCCIH) Bethesda – USA

Josè De Andrès  
Valencia School of Medicine-Valencia General University Hospital, Valencia, Spain

Christopher Gharibo  
NYU Medicine Langone Health New York- USA

Per-Arne Lönnqvist  
Karolinska Institutet, Stockholm, Sweden

Michael E. Schatman  
Boston Pain Care, Tufts University School of Medicine, Boston – USA
### Tentative Faculty

<table>
<thead>
<tr>
<th>Name</th>
<th>Country</th>
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<tr>
<td>Al-kaisi Adnan</td>
<td>UK</td>
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<tr>
<td>Allegri Massimo</td>
<td>ITALY</td>
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<tr>
<td>Aloisi Anna Maria</td>
<td>ITALY</td>
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<td>Belfer Inna</td>
<td>USA</td>
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<tr>
<td>Bugada Dario</td>
<td>ITALY</td>
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<tr>
<td>Cata Juan</td>
<td>USA</td>
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<tr>
<td>Curatolo Michele</td>
<td>USA</td>
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<td>D’Arpa Sergio</td>
<td>SWISS</td>
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<tr>
<td>De Andres Jose</td>
<td>SPAIN</td>
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<td>De Gregori Manuela</td>
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<td>Diatchenko Luda</td>
<td>CANADA</td>
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<td>Eisnach James C.</td>
<td>USA</td>
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<td>Fumagalli Roberto</td>
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<td>Gharibo Christopher</td>
<td>USA</td>
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<td>Gofeld Michael</td>
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<td>Iannotta Salvatore</td>
<td>ITALY</td>
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<td>Incerti Michele</td>
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<td>Ingelmo Pablo Mauricio</td>
<td>CANADA</td>
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<td>Joosten E.A.J.</td>
<td>THE NETHERLANDS</td>
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<td>Kapural Leonardo</td>
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<td>Kehlet Henrik</td>
<td>DENMARK</td>
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<td>Lavand’homme Patricia</td>
<td>BELGIUM</td>
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<td>Linderoth Bengt</td>
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<td>Lonnqvist Per-Arne</td>
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<td>Maixner Bill</td>
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<td>Marchesini Maurizio</td>
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<td>Mariano Edward</td>
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<td>Palmisani Stefano</td>
<td>UK</td>
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<td>Pogatzki-Zahn Esther M.</td>
<td>GERMANY</td>
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<td>Primorac Dragan</td>
<td>USA</td>
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<td>Rauck Richard L.</td>
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<td>Sacchelli Massimiliano</td>
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<td>Schatman Michael</td>
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<td>Schumacher Mark</td>
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<td>Tremolada Carlo</td>
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<td>Van Buyten Jan Pierre</td>
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<td>Vissers Kris C.P.</td>
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<td>Walker Suellen</td>
<td>UK</td>
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<td>Wicksell Rikard K</td>
<td>SWEDEN</td>
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</table>
10.00   **Introduction**  
J. De Andres, C. Gharibo

**LESSONS FROM THE BENCH**
10.10   **What we know from animal models**  
E.A.J. Joosten

10.30   **SCS: how does the different SCS really work?**  
B. Linderoth

**LESSONS FROM THE LAST 10 YEARS**
10.50   **Clinical evidence for SCS in FBSS**  
L. Kapural

11.05   **Subthreshold spinal cord stimulation at various kilohertz frequencies in subjects suffering**  
B. Linderoth

FROM FAILED BACK SURGERY SYNDROME
11.20   **New target to be stimulated for chronic low back pain: DRG stimulation and lumbar multifidus stimulation**  
J.P. Van Buyten

11.35   **BREAK**

**LOOKING FORWARD**
12.00   **We know SCS helps the back - How about the rest of my patients?**  
J. De Andres

12.15   **New way to stimulate the right place**  
S. Palmisani

12.30   **Emerging Technologies in neuromodulation What is next?**  
L. Kapural

12.45   **How to select a good candidate?**  
M. Schatman

13.00   **DISCUSSION ALL TOGETHER**
Feriolo Room

SESSION 1  Regional anesthesia
Chairpersons: P. Lavand’homme, E. P.A. Lonnqvist

14.00  Basic science: Time to define meaningful outcomes in regional analgesia
E. Mariano

14.20  Translational: Is this the beginning of the end for epidural analgesia?
P. Lavand’homme

14.40  Clinical scoliosis surgery: Intrathecal morphine, epidural or systemic analgesia for postoperative pain?
P.A. Lönnqvist

15.00  Future: patient control wound infusion analgesia
S. Iannotta

15.20  DISCUSSION

PRE-Congress
WORKSHOP B
10.00 - 13.30

HANDS ON US GUIDED WORKSHOP ON TRUNCAL SOMATIC BLOCKS
D. Bugada, M. Gofeld, P.A. Ingelmo, P.A. Lönqvist, E. Mariano, M. Marchesini
(6 stations: 30 minutes per station, five minutes per participant at each station)

MEET THE EXPERT 1
14.00 - 15.30

HOW TO RUN A CHRONIC PAIN SERVICE IN THE “POST-OPIOID ERA”
P.M. Ingelmo, M. Marchesini, M. Schumacher
Plenary Room (Fedora)

16.00 – 17.30
OPENING CEREMONY
Chairpersons: I. Belfer, P. Lavand’homme, E. Mariano

Keynote lecture
Pain after surgery: where we will be in ten years?
J. C. Eisenach

BEST ABSTRACT AWARDS SESSION

Best Basic Science abstract
Presenter: L. Diatchenko

Best Translational abstract
Presenter: M. Shumacher

Best clinical abstract
Presenter: P. Lavand’homme
SESSION 2  From acute to chronic pain: state of knowledge and future directions
Chairpersons: M. Allegri, L. Diatchenko

10.00  Basic science: New pathophysiological insights from transcriptomics
L. Diatchenko

10.30  Translational science: Central sensitization: what do we know?
M. Curatolo

11.00  Clinical: New ways to diagnose patients at risk for chronic pain in the perioperative setting
E. Pogatzki-Zahn

SESSION 3  I have them all: pathophysiology and treatment of overlapping pain conditions
Chairpersons: I. Belfer, L. Diatchenko

11.30  Basic science: Phenotyping of patients with multiple pain conditions
B. Maixner

12.00  Translational: Molecular pathophysiology of overlapping pain conditions: the lesson from UK Biobank
L. Diatchenko

12.30  Clinical: The art and the science of an integrative health approach to management of comorbid pain conditions
I. Belfer

SESSION 4  Sex & gender influences on pain
Chairpersons: I. Belfer, L. Diatchenko

14.00  Basic science: Pain in women
I. Belfer

14.20  Translational: Gender aspects in postoperative pain.
E. Pogatzki-Zahn

14.40  Clinical how hormones modulate pain
A.M Aloisi

15.00  Clinical: Psychological roles in sex and gender influences
M. Schatman

15.20  DISCUSSION

SESSION 5  Low back pain: a new comprehensive approach
Chairpersons: J. De Andres, C. Gharibo

16.00  Basic science: understanding the anatomy of the epidural space
J. De Andres

16.20  Translational: basic science of regenerative medicine in low back pain
C. Tremolada

16.40  Clinical safe use of epidural steroids
K. Vissers

17.00  Future: low back pain 2.0
S. D’Arpa

17.20  DISCUSSION
### SESSION 6  Complementary and integrative health approaches for pain relief in the era of the opioid crisis
Chairpersons: I. Belfer, R.K. Wicksell

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<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>09.00</td>
<td>Basic: Why I should first accept my pain to start to feeling better?</td>
<td>R.K. Wicksell</td>
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<tr>
<td>09.20</td>
<td>Translational: mechanisms of complementary approaches for pain medicine</td>
<td>I. Belfer</td>
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<tr>
<td>09.40</td>
<td>Clinical: Natural products for analgesia: diets and microbiome</td>
<td>M. De Gregori</td>
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<td>10.00</td>
<td>DISCUSSION</td>
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### SESSION 7  Pain in the joints: where we going with the knee?
Chairpersons: M. Allegri, S. Palmisani

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<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>11.00</td>
<td>Basic: Knee innervation: how much do we really know?</td>
<td>M. Gofeld</td>
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<tr>
<td>11.20</td>
<td>Translational: Regenerative medicine to prevent surgery</td>
<td>D. Primorac</td>
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<tr>
<td>11.40</td>
<td>Clinical: Radiofrequency of the genicular nerve. When and how?</td>
<td>S. Palmisani</td>
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<td>12.00</td>
<td>Clinical: Nerve stimulation and chronic postoperative knee pain</td>
<td>A. AlKhaisy</td>
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<td>12.20</td>
<td>DISCUSSION</td>
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### SESSION 8  Chronic postsurgical pain
Chairpersons: P. Lavand’homme, E. Mariano,

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<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
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</thead>
<tbody>
<tr>
<td>14.00</td>
<td>Basic science: Individual differences in acute pain-induced endogenous analgesia predict time to resolution of postoperative pain in the rat.</td>
<td>J.C. Eisenach</td>
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<td>14.20</td>
<td>Translational: Can we prevent chronic postsurgical pain?</td>
<td>P. Lavand’homme</td>
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<td>14.40</td>
<td>Clinical: Is surgery the key cause for chronic postsurgical pain?</td>
<td>H. Kehlet</td>
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<td>15.00</td>
<td>Clinical: Modeling of enhanced recovery after surgery</td>
<td>J. Cata</td>
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<td>15.20</td>
<td>DISCUSSION</td>
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### SESSION 9  Functional pain syndromes: are they all the same?
Chairpersons: I. Belfer, P.M. Ingelmo

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<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>16.00</td>
<td>Basic science: Is the problem in the immune system?</td>
<td>B. Maixner</td>
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<tr>
<td>16.20</td>
<td>Translational: Does inflammation can impair the effect of behavioral treatment in adults with chronic pain?</td>
<td>R. Wicksell</td>
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<tr>
<td>16.40</td>
<td>Clinical: What happens if we inhibit the mast cell?</td>
<td>P.M. Ingelmo</td>
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<tr>
<td>17.00</td>
<td>DISCUSSION</td>
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Feriolo Room

14.00 – 15.30 MULTIDISCIPLINARY LOW BACK PAIN TREATMENT PROGRAM

MEET THE EXPERT 2
09.00 - 10.30
HOW TO RUN AN ACUTE PAIN SERVICE
M. Gofeld, P.A. Lonnqvist E. Mariano,

MEET THE EXPERT 3
14.00 - 15.30
HORMONES, NUTRITION AND MINDFULNESS
M. De Gregori, M. Schatman, R. Wicksell
SESSION 10  Pain and cannabinoids
Chairpersons: M. Schatman, M. Schumacher

09.00  Basic and translational science: Cannabinoids and endocannabinoids what we know from animals
       M. Schumacher

09.20  Clinical: Use of cannabinoids in North America
       M. Schatman

09.40  Clinical: Use of cannabinoids in Europe
       M. Marchesini

10.00  DISCUSSION

SESSION 11  Acute pain
Chairpersons: E. Mariano, S. Walker

11.00  Basic Science: Translational research to identify the long-term impact of prior neonatal pain experience.
       S. Walker

       I. Belfer

11.40  Future: What is the next step of enhanced recovery after surgery?
       H. Kehlet

12.00  DISCUSSION
Italia Room

SESSION 12  
Opioids in perioperative care
Chairpersons: R. Fumagalli, M. Schumacher

09.00  
Translational: Interventions to decrease perioperative opioid use in arthroplasty patients
E. Mariano

09.20  
Translational: The opioid epidemic in the US. What have we learned and where are we going?
M. Schumacher

09.40  
Clinical: Peri-operative opioids: Looks like the end or here to stay.
C. Gharibo

10.00  
Pediatrics: Short and long term risks of opioids in children
S. Walker

SESSION 13  
Cancer pain
Chairpersons: J. Cata, M. Marchesini

11.00  
Basic Science: How beneficial are opioids in treating cancer pain?
J. Cata

11.20  
Translational: New insights in chemotherapy induced peripheral neuropathy.
M. Schumacher

11.40  
Clinical: Interventional treatments in patients with cancer: just pain relief?
A. Alkaisi

12.00  
Clinical: Early or late palliative care
K. Vissers

12.20  
DISCUSSION
Feriolo Room

**WORKSHOP C**
09.00 – 10.30

**OPIOID FREE ANESTHESIA/ANALGESIA**
D. Bugada, R. Cata, H. Kehlet, P. Lavand’Homme, P.A. Lönnqvist, E. Mariano

**MEET THE EXPERT 4**
11.00 – 12.30

**ULTRASOUND AND CHRONIC PAIN**
M. Allegri, C. Gharibo, M. Gofeld, P.M. Ingelmo
**General Information**

**REGISTRATION FEES**

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<tr>
<th>CIMPARC MEETING</th>
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<tr>
<td>Early Registration (before December 14th)</td>
<td>€ 300.00*</td>
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<tr>
<td>Late Registration (after December 14th)</td>
<td>€ 350.00*</td>
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**WORKSHOPS & MEET THE EXPERT**

| Workshop                          | € 50.00* |
| Meet the Experts                  | € 40.00* |

*Legal VAT is included

Reserved to only 200 attendants.

Admission to Workshops and Meet the Experts is limited to max 10 participants

**Registration fee includes:** congress bag, badge, attendance certificate, coffee breaks, snack lunches.

**OFFICIAL LANGUAGE**

The official language of the Meeting is English. No translation provided.

**INSTRUCTIONS FOR PAYMENT**

Payment of the registration fees can be made as follows:

- **Bank transfer** (free of charge for the beneficiary)
  
  TO:    START PROMOTION EVENTI Srl
  
  BANK:  INTESA SANPAOLO Spa - Agenzia di Pavia
  
  IBAN CODE: IT87M030691131010000063431
  
  SWIFT/BIC CODE: BCITITMM

- **Credit Card** (Visa, Mastercard, Maestro, Moneta)

**INVOICING**

The invoice will be sent to the address entered during online registration at [www.startpromotioneventi.it](http://www.startpromotioneventi.it). Receipt of the invoice will confirm registration.

**CANCELLATION POLICY**

A 50% refund of the registration fee will be paid ONLY for cancellations notified in writing before **February 10, 2019**. No refund is due for later cancellations.
# MEET THE EXPERTS

## WORKSHOPS

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<thead>
<tr>
<th>MEET THE EXPERT 1</th>
<th>Max 20 participants</th>
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<tbody>
<tr>
<td>How to run a Chronic Pain Service in the “Post-Opioid Era”</td>
<td>Thursday March 14, 2019 (14.00 - 15.30)</td>
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<thead>
<tr>
<th>MEET THE EXPERT 2</th>
<th>Max 20 participants</th>
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<tbody>
<tr>
<td>How to Run an Acute Pain Service</td>
<td>Friday March 15, 2019 (09.00 – 10.30)</td>
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<tr>
<th>MEET THE EXPERT 3</th>
<th>Max 20 participants</th>
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<tbody>
<tr>
<td>Hormones, nutrition and mindfulness</td>
<td>Friday March 15, 2019 (11.00 – 12.30)</td>
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<tr>
<th>MEET THE EXPERT 4</th>
<th>Max 20 participants</th>
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<tbody>
<tr>
<td>Ultrasound and Chronic Pain</td>
<td>Sunday March 16, 2019 (11.00 – 12.30)</td>
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<tr>
<th>PRE-CONGRESS WORKSHOP A</th>
<th>Max 90 participants</th>
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<tr>
<td>Spinal Cord Stimulation and low back pain: 10 years ahead. From bench to a new clinical practice</td>
<td>Thursday March 14, 2019 (10.00/13.30)</td>
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<tr>
<th>PRE-CONGRESS WORKSHOP B</th>
<th>Max 42 participants</th>
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<tr>
<td>Hands on US guided workshop on truncal somatic blocks</td>
<td>Thursday March 14, 2019 (10.00/13.30)</td>
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<th>WORKSHOP C</th>
<th>Max 70 participants</th>
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<tr>
<td>Opioid free anesthesia/analgesia</td>
<td>Saturday March 16, 2019 (09.00/10.30)</td>
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ABSTRACT SUBMISSION

Participants are invited to submit scientific abstract on basic, translational or clinical research in acute or chronic pain.

Please read carefully the instructions below before submitting your abstract.

Authors are required to submit their abstracts to the Organizing Secretariat before February 8th, 2019 by completing the online procedure at www.cimparc.com and/or www.startpromotioneventi.it

After a correct submission, a confirmation message will be automatically sent to your email address.

The Authors is required to be a registered participant to the CIMPARC Meeting.

Please DON’T try to submit the same abstract more than once.
Should you find errors after submission, please refer to the Organizing Secretariat (info@startpromotioneventi.it).

Abstract submission is possible through the online procedure only (please fill in all required entry fields and upload your file). Abstracts sent by fax or mail will not be accepted.

All abstracts received will be evaluated by the Scientific Committee, which will decide whether to accept them for presentation as e-poster.

All accepted papers will be published at www.cimparc.com

Contacts with the Authors will be by email only.

Please verify that your email address has been correctly typewritten during the registration procedure and don’t forget to check your email account regularly.
ABSTRACT SUBMISSION GUIDELINES

Abstracts should be submitted by completing the online procedure available at www.cimparc.com and/or www.startpromotioneventi.it. Please follow the guidelines below.

Title: enter the abstract title.

Text: copy and paste the abstract text directly into the designated box (max 300 words – no images no tables).

PLEASE NOTE: it is possible to upload only one image or table in jpg format in the designated field just below the text box. The image/table will be positioned at the bottom of the page, after the abstract text.

Affiliations: fill in the requested fields.

E-POSTER SESSION

All posters presented at the CIMPARC Meeting are displayed as E-posters on touchscreen monitors located in the E-Poster Corners.

After confirmation of acceptance (within Feb. 20th), Authors are requested to email their posters in PDF format including all figures and charts to the Organizing Secretariat for digital publishing.

The best three abstracts presented at the open ceremony of the meeting and will be awarded.
MEETING VENUE

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28831 Baveno (VB)
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http://zaccherahotels.com

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Fax + 39 02 67072294
E-mail: info@startpromotioneventi.it
www.startpromotioneventi.it

Contact us for more info:
www.cimparc.com

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