

December 2023 News:

- *The paper from Mathieu's lab in [Frontiers in Pain Research](#) is getting more coverage*

[Linfo.RE](#), 09 Dec 2023, Écouter sa musique préférée est plus efficace que les médicaments anti-douleurs

[BNN Breaking](#), [Sakchi Khandelwal](#), 11 Dec 2023, The Healing Power of Favorite Music: A Study on Pain Relief

[SciTechDaily](#), 05 Dec 2023, Melodic Medicine: Scientists Discover Simple Way to Reduce Physical Pain Intensity.

[List23.com](#), [Aaron Rottenberg](#), 06 Dec 2023, Scientists have found a simple approach to reduce physical pain in patients through a new method inspired by melodic medicine.

[Awani Review](#), [Mandy Sims](#), 09 Dec 2023, listening to your favorite music is more effective than painkillers – LINFO.re

[Borneo Bulletin](#), [Kyle Melnick](#), 01 Dec 2023, Exploring power of music

November 2023 News:

- *The paper from Mathieu's lab in [Frontiers in Pain Research](#) is getting more coverage*

[Capital Current](#), [Nicky Shaw](#), 21 Nov 2023, Musical goosebumps: McGill study finds evidence chills produced by favorite songs may lessen pain — but it's complicated.

(the above article is highly recommended. It has additional comments/thoughts from Joel Katz and Michael Thaut about music and pain perception.)

[Daily Mail](#), [Michael Mosley](#), 24 Nov 2023, Why listening to your favorite tunes is as good as a painkiller, explains DR MICHAEL MOSLEY

[Cambridgeshire Live](#), [Neil Shaw](#), 25 Nov 2023, Michael Mosley says simple trick cuts pain as he tried it himself.

[WLS 940 AM Radio](#), [Chicago](#), Steve Cochran & Dr. Kevin Most, 14 Nov 2023, Rocking Away the Aches: How can music alleviate your pain?

[Ca m'Interesse](#), Aurelie Duhamel, 15 Nov 2023, La musique serait "aussi puissante" qu'un antidouleur, d'après cette étude !

[Yahoo! Actualities](#), Aurelie Duhamel, 15 Nov 2023, La musique serait "aussi puissante" qu'un antidouleur, d'après cette étude !

[The Ticker](#), Ali Hussain, 15 Nov 2023, Patient-preferred music provides as much relief as painkillers

- *The paper from Mathieu's lab in [Frontiers in Pain Research](#) is getting more coverage.*

[Forbes](#), Leslie Katz, 06 Nov 2023, Scientists' New Prescription For Pain: Your Favorite Music

[NewsDayFr.com](#), Felicia Latour, 10 Nov 2023, Écouter de la musique peut réduire la douleur (selon la science !)

[MAJ, Radio Canada](#), 08 Nov 2023, Écouter de la musique peut réduire la douleur (selon la science !)

[Stuff](#), Kyle Melnick, 12 Nov 2023, In pain? Listening to your favourite music can provide relief

[Atlanta Journal-Constitution](#), Ebony Williams, 10 Nov 2023, Study: Listening to your favorite song could help relieve pain

- *Yoram interviewed on gut microbiome and its possible role in fibromyalgia*

[New Scientist](#), Sara Novak, 10 Nov 2023, Painful fibromyalgia may be caused by the wrong kind of gut microbes

- *The paper from Mathieu's lab in [Frontiers in Pain Research](#) is getting more coverage*

[Free Malaysia Today](#), 31 Oct 2023, Could music be as effective as meds for pain?

[Fox 10 Phoenix](#), Daniel Miller, 30 Oct 2023, Certain kinds of music may help you feel less pain, study suggests

[Mix Mag](#), Tibor Heskett, 31 Oct 2023, Tracks that produce "chills" could act as a painkiller, new study reveals

[Atlantico](#), Christophe de Jaeger, 31 Oct 2023, Ecouter de la musique mélancolique pourrait réduire la douleur

[Science & Vie](#), Dorothee Zagarrio, 31 Oct 2023, Contre la douleur, écouter la musique que l'on aime serait aussi efficace que certains médicaments

[Washington Post](#), Kyle Melnick, 02 Nov 2023, In pain? Listening to your favorite music can provide relief, study says.

[Dentistry.co.uk](#), 02 Nov 2023, Emotional music can reduce pain, study shows

[Magic 95.9 FM](#), Chris Davis, 03 Nov 2023, Listening To Your Favorite Music Can Provide Pain Relief

[Trstdley](#), Danny Marhendri Yuniarta, 03 Nov 2023, Research reveals listening to favorite music can relieve pain.

[Futur en Seine](#), Delphine Perrault, 03 Nov 2023, GISMETEO : Des scientifiques ont identifié expérimentalement une musique qui réduit la douleur – Science & Espace

[Arab Times](#), 04 Nov 2023, listening to your favorite music can help alleviate pain

[Grazia](#), Elodie Charriere, 04 Nov 2023, Écouter sa musique préférée peut soulager vos douleurs physiques (et c'est la science qui le dit)

[Soir](#), Audrey Morard, 03 Nov 2023, Adopter cette habitude agirait comme un antidouleur naturel selon cette étude

[Taylor Daily Press](#), Braeden Haige, 04 Nov 2023, You should listen to this music to feel less pain

[Newser](#), Gina Carey, 05 Nov 2023, Certain Music Really Is a Form of Medicine

October 2023 News:

- *The paper from Mathieu's lab in [Frontiers in Pain Research](#) is getting some coverage.*

[Frontiers in Science News](#), [Deborah Pirchner](#), 25 Oct 2023, Our favorite bittersweet symphonies may help us deal better with physical pain

[The Guardian](#), [Nicola Davis](#), 25 Oct 2023, Listening to moving music may reduce pain, study says

[NME.com](#), [Libery Dunworth](#), 25 Oct 2023, Listening to moving music that produces “chills” may reduce pain, study finds

[Mirage](#), 25 Oct 2023, Bittersweet Symphonies May Alleviate Physical Pain

[Technology Networks](#), [Ruairi J Mackenzie](#), 25 Oct 2023, Pain-Busting Ballads: Researchers Identify Music That Best Soothes Pain

[La Presse](#), [Jean-Benoit Legault](#), 25 Oct 2023, La musique réduirait l’intensité de la douleur

[HuffPost](#), 25 Oct 2023, Contre la douleur, écouter sa chanson préférée est « aussi efficace qu’un Advil », selon cette étude

[Nouvelle du monde](#), 25 Oct 2023, Écouter de la musique en mouvement pourrait réduire la douleur, selon une étude

[Yahoo! Actualites](#), 25 Oct 2023, La musique émouvante combat aussi bien la douleur que certains analgésiques

[Earth.com](#) [Chrissy Sexton](#), 26 Oct 2023, Music as a pain reliever: The power of your playlist

[CBS News Boston](#), [Mallika Marshall, MD](#), 25 Oct 2023, Listening to your favorite music could help reduce pain (Audio broadcast).

[Newswise.com](#), 25 Oct 2023, Our favorite bittersweet symphonies may help us deal better with physical pain

[Neuroscience News.com](#), [Deborah Pirchner](#), 26 Oct 2023, Your Favorite Song Might Just Be Your Pain’s Worst Enemy

[Radio 96.3, KKLZ](#), [Mike O’Brian](#), 26 Oct 2023, Your Favorite Songs Might Reduce Pain

[Positive News](#), [Robin Eveleigh](#), 27 Oct 2023, The drugs don’t work? Try a bittersweet symphony instead, research suggested (*you have to scroll down the page to find this one; it is on a Weekly Wrap-up style page*).

[iHeart Radio](#), [Esteban Vargas](#), 25 Oct 2023, New study suggests music could help alleviate pain (*10 min voice interview*)

[Actual News Magazine](#), Jean-Benoit Legault, 25 Oct 2023, New study | Music would reduce the intensity of pain

[CTV News Montreal](#), 25 Oct 2023, Music reduces pain intensity, says new study

- *A [study](#) involving Magali, Laura Stone and Moshe Szyf in [Scientific Reports](#) is getting some new traction. The study was published in 2016.*

[Madison Area Lyme Support Group](#), James Lyons-Weiler, 13 Oct 2023, “Chronic Pain reprograms our immune systems and our brains.”

- *Interesting piece from [Quebec Science](#) on pain, with interviews including Jeff and Richard. En francais, bien sûr*

[Quebec Science](#), Raphaelle Derome, 03 Oct 2023, Douleur chronique: mieux comprise, mieux soignée.

- *Summary of the [paper](#) from Luda and Philippe’s lab in [Physician’s Weekly](#)*

[Physician’s Weekly](#), 23 Sept 2023, Characterisation of common genetic variants in P2RX7 and their contribution to chronic pain conditions.

- *Mark Ware on the problems older people are encountering with cannabis use*

[Cannabiz](#), Martin Lane, 29 Sept 2023, Unfamiliar delivery formats mean cannabis is not always okay for boomers

September 2023 News:

- *An interesting report/discussion of the [paper](#) from Lisbet’s lab on senolytic combination treatment.*

[Lifespan.io](#), Anna Drangowska-Way, 20 Sept 2023, Senolytics as a Potential Back Pain Treatment

- *A report/opinion piece on the [Nature Med](#) study from Etienne’s lab.*

[Migraine Collaborative](#), Neil Andrews, 14 Sept 2023, “Shared Biopsychosocial Factors Underlie Many Different Types of Chronic Pain, Including Headache.”

- *Not about us, but it is a fun little piece by Joe Schwarcz, PhD, (“Dr. Joe”) a long-time media commentator in Montreal. He is involved with the [Office for Science and Society](#) here at McGill.*

[OSS Website](#), Joe Schwarcz, 13 Sept 2023, “The One “Chip Challenge” Deserves a Heated Discussion.”

- *An interesting interview (in French) with Etienne on the [Nature Medicine](#) paper from his lab*

Radio Canada, Les Annees Lumiere, 06 Aug 2023, “Un outil pour détecter les risques de développer des douleurs chroniques

August 2023 News:

- *Another piece on the [banana](#) story from Jeff’s lab*

[PopSci.com](#), Rachel Feltman, 30 Aug 2023, Fact: Male mice are terrified of bananas.

- *McGill [press release](#) on the [Nature Medicine](#) piece from Etienne’s lab (in collaboration with Jordi, Marc O, Mathieu, and Luda’s) picked up by other outlets.*

[News.DayFR.com](#), 06 August 2023, Prédire le développement de la douleur chronique à l’aide d’un modèle développé à McGill

- *McGill [press release](#) on the [Nature Medicine](#) piece from Etienne’s lab (in collaboration with Jordi, Marc O, Mathieu, and Luda’s) picked up by other outlets.*

[News.cn](#), 02 August 2023, Researchers reveal 6 key risk factors for chronic pain

[Montreal Gazette](#), 05 August 2023, McGill researchers develop model to predict chronic pain

[CTV News Montreal](#), 05 August 2023, McGill researchers create model to predict chronic pain

[L’Actualite](#), Caralie Laplante, 05 August 2023, Un modèle conçu à McGill pour prédire le développement des douleurs chroniques

July 2023 News:

- *McGill [press release](#) on the [Nature Medicine](#) piece from Etienne’s lab (in collaboration with Jordi, Marc O, Mathieu, and Luda’s) picked up by other outlets.*

[India Education Diary](#), lednewsdesk, 24 July 2023, McGill University Develops New Model To Identify And Predict Chronic Pain

- *The [Fragile X](#) paper from Arkady's lab makes the news.*

[Spectrum News](#), Michael Fergenson, 23 July 2023, Stress response in neurons; quantitative bioimaging tutorial

[PlayCrazyGame](#), 23 July 2023, Stress response in neurons; quantitative bioimaging tutorial

- *McGill [press release](#) on the [Nature Medicine](#) piece from Etienne's lab (in collaboration with Jordi, Marc O, Mathieu, and Luda's) picked up by other outlets.*

[Medical X Press](#), 20 July 2023, A new model to identify and predict chronic pain

[Pain News Network](#), Pat Anson, 21 July 2023, Can Risk Scores Help Predict if Chronic Pain Will Spread?

[Mirage News](#), 21 July 2023, New model to identify and predict chronic pain

- *McGill [press release](#) on the [eLife](#) piece from Mathieu's lab picked up by other outlets*

[Futurity](#), 18 July 2023, Personalized placebos are extra effective

[National Post](#), Beatriz Silva, 19 July 2023, Sham medical treatments work better when people think they are tailor-made, study suggests

[Le Devoir](#), Jean-Benoit Legault, 18 July 2023, Un effet placebo «personnalisé» serait encore plus efficace, révèle une étude

[Radio-Canada](#), La Presse canadienne, 19 July 2023, Un effet placebo « personnalisé » serait encore plus efficace

[News Dayfr.com](#), 18 July 2023, Un effet placebo « personnalisé » serait encore plus efficace

June 2023 news:

- *Gabriella mentioned in a discussion of psychedelics and therapeutic outcomes.*

[Spectrum](#), Holly Barker, 23 June 2023, "Psychedelics give mice second chance to learn social rewards"

- *Jeff (and others) cited in opinion piece by Walker, Texas Ranger.*

[Creators Syndicate](#), [Chuck Norris](#), 23 June 2023, “Pain Treatment Needs To Be a Greater Priority”

May 2023 News:

- **Mark Ware, newly appointed Director of the Alan Edwards Pain Management Unit and Tenured Associate Professor in Family Medicine**

[Read more](#)

- *Another piece on the [Sci Transl Med](#) report from the labs of Audrey, Carol, Luda and Jeff. This brings it to a total of 227 news stories in 179 different outlets, across numerous languages.*

Epoch Times, Health, [Vance Voetberg](#), 18 May 2023, “You Probably Use Ibuprofen for These 5 Causes of Pain; Here Are the Best Alternatives”

- *Pablo and Catherine interviewed on their study in the [J Pain Res](#) on nociplastic pain in children*

[MUHC Press Release](#), 18 May 2023, “Defining pain in children to improve and personalize treatment”

[CityNews](#), [Cole Fortner](#), 18 May 2023, Montreal Children's Hospital, McGill find how nervous system pain affects children”

- *The 2015 article from Jeff's lab ([Tuttle et al](#)) is mentioned in a report on placebos.*

[Psychology Today](#), [Temma Ehrenfeld](#), 19 May 2023, “Would a Placebo Help You?”

April 2023 News:

- *And the coverage keeps on coming. More coverage of the Odling-Smee book, this time in German*

[Spektrum.de](#), [Lucy Odling-Smee](#), 26 April, “Leben mit ständiger Qual”

- *Laila Chaudry (Mogil Lab) quoted in news report on her research being presented at the APS meeting*

[News-Medical.net](#), Emily Henderson, 21 April 2023, “Research opens up the possibility of using muscle sympathetic nerve activity to quantify pain”

March 2023 News:

- *Jeff interviewed in a feature article on pain in Nature. Some very good stuff from a patient’s view here.*

[Nature](#), Lucy Odling-Smee, 30 March 2023, “Chronic pain: the long road to discovery”

- *The above piece has been translated into Italian and picked up here:*

Le Scienze, Lucy Odling-Smee, 30 marzo 2023, “La lunga strada verso la scoperta e il trattamento del dolore cronico”

- *Jeff discussing pain on a podcast, talking about the science and how he wound up studying it.*

[Finding Genius Podcast](#), Richard Jacobs, March 2023, “What is pain? Dividing into the complex field of pain research”.

- *Jeff quoted in a rather large excerpt from a book by Tracey Lindeman, “Bleed: destroying myths and misogyny in endometriosis care.”*

[The Guardian](#), Tracey Lindeman, 15 Mar 2023, “What do you do when your doctor doesn’t believe in you’re in pain?”

[The Globe and Mail](#), Tracey Lindeman, 18 March 2023, “How medical gaslighting leaves endometriosis patients desperate for help”

February 2023 News:

- *The [Science](#) paper (Tansley et al, Microglia-mediated degradation of perineuronal nets promote pain) from Arkady’s Lab is featured in Pain Research Forum.*

[Pain Research Forum](#), Fred Schwailer, 02 Feb 2023, “Perineuronal Nets: An Overlooked Mechanism of Neuropathic Pain?”

- *Gabriella interviewed by the CBC as part of a story on CBD regulation.*

[CBC](#), Yvette Brend, 01 Feb 2023, “Canadian researchers cheer U.S. regulator’s push for tighter rules on CBD”

December 2022 News:

- *Jeff interviewed on the nature of pain and the problems we have in understanding it.*

[Triathlete](#), Elaine K Howley, 08 Dec 2022, “Pain is a message, and we’re horrible at listening to it.”

- *A rather long piece by USA Today that looks at pain. Jeff is one of a string of those interviewed for this story.*

[USA Today](#), Karen Weintraub, 11 Dec 2022, “America has a pain problem. How can we find relief?”

- *More on Terry Coderre, science fiction author:*

[The Suburban](#), Dan Laxer, 28 Dec 2022, “West Island couple became science fiction writers during quarantine.”