

# FDA Approves New Non-Opioid Pain Treatment

Jan. 31, 2025 – The FDA has approved a new non-opioid oral drug for acute pain in adults. It is the first new class of non-opioid pain medicine approved in over 20 years, providing effective pain relief without the risk of addiction that can come with opioids.

Acute pain is short-term pain often caused by injuries, surgery, or trauma. Over 80 million Americans seek pain relief each year, with about 40 million receiving opioids. While opioids are effective, their long-term use can lead to addiction. If not managed properly, pain can disrupt daily life and even become chronic, highlighting the need for safer, effective alternatives.

## Surprising Reasons You're in Pain



### Pain Trigger: Flip-Flops

Often, the blame for our pain rests on the simple choices we make every day. The Cleveland Clinic Florida's David Westerdahl, MD, shares a few examples -- starting with flip-flops and foam-soled sandals. They provide poor arch support, leading to pain in the feet, ankles, and knees.

**Solution:** Wear shoes with arch support. When you know you'll be walking a lot, opt for sneakers.

Suzetrigine (Journavx) works by targeting specific sodium channels on pain-sensing nerve cells, blocking pain signals from reaching the brain. Unlike traditional painkillers, which affect a broad range of targets, Journavx provides focused pain relief without the risk of addiction or the harmful side effects that can come with opioids. The oral tablets are approved to be taken twice a day, according to Vertex Pharmaceuticals, the maker of Journavx.

The effectiveness of Journavx was tested in two clinical trials involving 874 people with acute surgical pain – one after tummy tuck surgery and the other after bunion surgery. In both trials, Journavx provided significantly better pain relief than the placebo. The safety of Journavx is supported by data from these trials plus safety information from a study of 256 people with moderate to severe acute pain from different conditions.

The most common side effects of Journavx are itching, rash, and muscle spasms. The FDA has advised avoiding grapefruit and grapefruit products while taking Journavx, as they may react with the medicine. The drug's maker said that patients must inform their doctors if they have liver problems and about all the medicines they are taking – including birth control, prescription and over-the-counter drugs, vitamins, and herbal supplements – before starting their treatment to avoid possible interactions.

**News Source:**

<https://www.webmd.com/pain-management/news/20250131/fda-approves-new-non-opioid-pain-treatment>