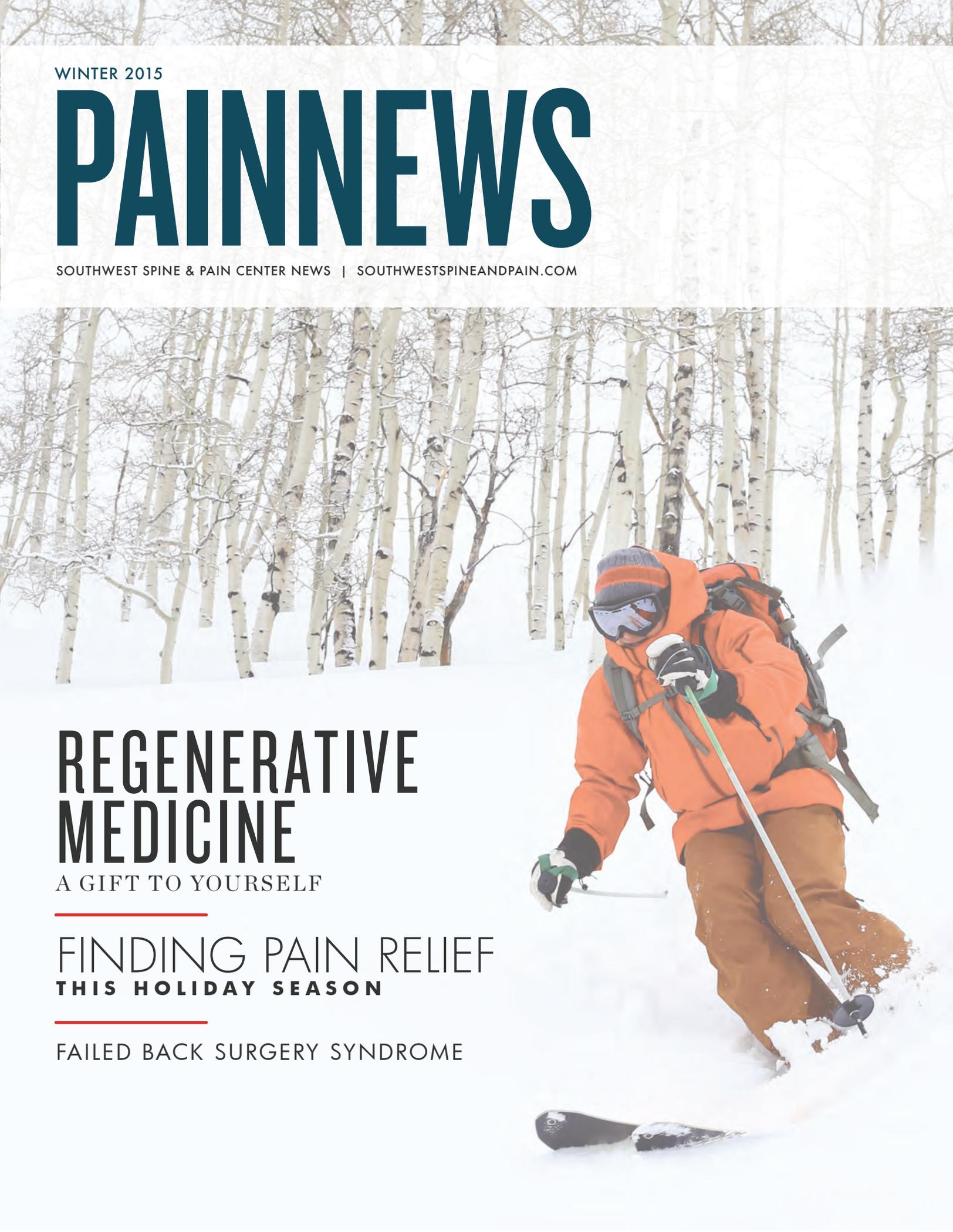


WINTER 2015

PAINNEWS

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REGENERATIVE MEDICINE

A GIFT TO YOURSELF

FINDING PAIN RELIEF THIS HOLIDAY SEASON

FAILED BACK SURGERY SYNDROME



REGENERATIVE MEDICINE

A GIFT TO YOURSELF

While there is nothing better than giving a gift to a loved one or to someone in need, giving yourself the gift of regenerative medicine may feel just as nice! That may sound selfish, but hear us out: living with chronic pain can put a lot of stress on your body. That stress can hinder your ability to participate in holiday festivities and impede quality time spent with family and friends!

It is incredibly important that you take this opportunity to think about your health and wellbeing, especially if you're going to be involved in the hustle and bustle of holiday shopping, traveling, and family get-togethers. Think of it this way: regenerative medicine isn't just a gift to yourself; it's a gift from yourself!

Regenerative medicine uses the body's own mechanics to reduce pain and promote healing. Currently, there are two techniques that fall under the realm of regenerative medicine: stem cell therapy and

platelet-rich plasma injections. Both are meant to heal the body without the need for surgery or anesthesia, which effectively reduces a patient's risk of infection, reduces recovery time, and decreases risk of developing a post-procedural complication. Below are details on these regenerative therapies:

STEM CELL THERAPY

Stem cell therapy is an outpatient procedure that collects and harvests stem cells from bone marrow and other tissues near or around the hip. It is typically recommended for patients with certain musculoskeletal injuries or conditions, or for those who suffer from degenerative diseases. As soon as the cells are harvested, a physician injects them into the injured or damaged site(s). Patients can expect to see results from stem cell therapy within 4 to 6 weeks. A patient's condition may continue to improve over 6 months.

PLATELET-RICH PLASMA INJECTIONS

Platelet-rich plasma (PRP) injections treat a number of ailments affecting the muscles and ligaments including tendonitis, muscle tears, and tendon injuries. To administer this treatment, a physician takes a small sample of blood from the patient and places it into a centrifuge. This unique device separates the platelets and plasma from the blood. The platelets are then removed, mixed with a special medication formulation, and injected into areas of the body affected by pain. Similar to stem cell therapy, patients can expect full results after several weeks.

This holiday season, give yourself the gift of regenerative medicine! The team at Southwest Spine and Pain Center is expertly trained in this area of medicine and can walk you through the process if you have any questions.



FIND PAIN RELIEF THIS HOLIDAY SEASON AT SOUTHWEST SPINE AND PAIN CENTER

As the holiday season draws near, you may be buzzing with gift ideas to give loved ones. Because you spend so much time carefully choosing something they'll love, Southwest Spine and Pain Center wants to do the same for you! This holiday season, find relief from your chronic pain by scheduling an appointment with our pain management experts.

We want patients to take advantage of the wide variety of treatment options we have at SSPC, especially if their conventional treatments are not providing relief. Although many of the treatment options at Southwest Spine and Pain Center require follow-up visits, we encourage patients to learn more about what we offer and consider taking the next steps toward managing pain! Our team develops treatment regimens that are unique to each patient's pain care needs.

SPINAL CORD STIMULATION

Many patients with back pain, complex regional pain syndrome (CRPS), and inflammatory conditions have found relief through spinal cord stimulation. This treatment sends

electrical signals to nerves within the spinal cord to interrupt pain signals being sent to the brain. To determine whether or not this treatment will provide relief, patients must go through a trial run before the device is surgically implanted. For the trial, a temporary electrode is placed under the skin. If the patient and the physician determine the trial device helps relieve their pain, the device can be permanently implanted during an outpatient procedure.

EPIDURAL STEROID INJECTIONS

Epidural steroid injections treat back pain by administering inflammation-soothing steroids directly into the spine, and can help with back, leg, neck, and arm pain. These injections usually provide several months of pain relief as opposed to pain medication, which may only provide a few hours of relief. To reduce pain during the procedure, the area is numbed before the injection is administered. A physician may inject multiple areas causing pain if needed. Epidural steroid injections can be repeated several times per year.

BEHAVIORAL MEDICINE

Behavioral medicine is often overlooked as a form of treatment for chronic pain because the condition is primarily known for its physical, often debilitating symptoms. Contrary to popular belief, behavioral medicine is an integral part of chronic pain management because it can help patients overcome the mental and emotional struggles that can accompany the condition. At Southwest Spine & Pain Center, the purpose of behavioral medicine is to provide patients with the tools they need to improve their quality of life. Patients gain a better understanding of themselves and work at maintaining a healthier, more fulfilled life.

Patients should continue their treatment regimens if they are receiving adequate relief. However, if a patient wishes to tackle their pain more aggressively, we encourage them to talk to a physician at SSPC to discover more treatment options. If your New Year's Resolution is to kick your pain out for good, learn more about Southwest Spine and Pain Center's wide variety of treatment options.



FAILED BACK SURGERY SYNDROME

Patients with failed back surgery syndrome (FBSS) may have undergone a surgical procedure for their back, but continue to feel pain. Having FBSS does not actually mean the patient developed a condition; it just means they are in a group of people who had their pain begin or return after surgery.

CAUSES

Failed back surgery syndrome could develop for a number of reasons. Sometimes, the bone and tissue heals incorrectly, or scar tissue develops after the surgery and covers or irritates the nerve root. In other cases, the source of the pain is present in the back, but may have originated from somewhere else. Recurrent disc herniation is also a fairly common cause of FBSS.

TREATMENT

Southwest Spine and Pain Center believes a combination of therapies is more effective at treating pain than using one form of treatment. In order to control back and neck pain, our physicians may start patients on pain relieving medication. As the patient is undergoing treatment, they can use this time to attend physical therapy. Physical therapy may help reduce back pain with FBSS because it strengthens muscles around the spine and nerves to reduce pressure.

Southwest Spine and Pain Center also offers FBSS pain relief through injections and nerve blocks. These injections are designed to last

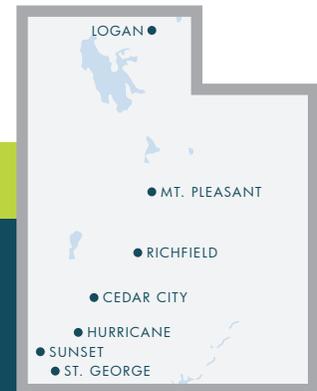
longer than pain medication. Nerve blocks can last up to 12 months, which is about the same as a steroid injection. They are also great tools for diagnosing pain. If surgery was performed and did not target the original source of pain, nerve blocks can be used to find the true source of a patient's back pain.

Our physicians understand it can be frustrating to have had surgery with no relief. We want you to know there are still options to treating your chronic pain, even after surgery fails. Talk to a physician about the best options for your back or neck pain and which procedures are right for you.

Providing Our Patients with the Tools to Live Life Again

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