



# comprehensive pain management

Spring 2003

## Conditions Treated:

- Post surgical pain
- Degenerative disc disease
- Osteoporosis
- Arthritis
- Work related injuries
- Sacroiliac joint problems
- Herniated discs
- Sciatica
- Myofascial syndrome
- Migraine headaches
- RSD
- Cancer pain
- Shingles
- TMJ
- Carpal tunnel syndrome
- Diabetic neuropathy
- Vascular pain

## PAIN MANAGEMENT – Improving Your Quality of Life

**A**t Comprehensive Pain Management, our board certified physicians, Dr. Gary Thomas and Dr. Chaim Mandelbaum, and their staff understand the effect that pain and disability have on a person's physical and emotional state. Pain can destroy what was once a normal life. It can disrupt families and cause severe emotional and physical stress. The good news is that there can be relief from most forms of chronic pain.

By employing a multi-disciplinary approach, Dr. Thomas and Dr. Mandelbaum use the integration of medication management, minimally invasive procedures, massage therapy, rehabilitation therapy, surgery, alternative medicine, stress reduction, and counseling to achieve a rapid reduction in pain and prompt return to regular activities.

We offer all traditional pain management blocks and procedures which may be done under flourescopic and CT guidance,

improving the accuracy of the procedure. We specialize in epidural steroid injections, epidural lysis of adhesions, endoscopic spine procedures, nerve blocks, sympathetic blocks, radiofrequency treatments, headache injections, spinal cord



stimulators, implantable drug delivery pumps, trigger point injections, Botox injections, arthritis injections, discography, and cancer pain blocks. In order to assure one's comfort, we offer the option of no sedation, light sedation, or deep conscious sedation.

Comprehensive Pain Management offers all the resources and therapies of a major medical center with the care and compassion that comes with a private practice setting.



**Q: Do nutritional supplements help arthritis?**

A: Studies show Glucosamine, Chondroitin and essential fatty acids such as Omega-3, flax seed and primrose oil can reduce pain and improve function.

**Q: My knee is slowly getting worse, but it's not bad enough to consider surgery. Can you help?**

A: The new two minute Synvisc knee injection is quick and easy and can provide up to two years of benefit with one treatment series.

**Q: I have been diagnosed with arthritis in the spine. Are there any treatments besides medication?**

A: Radiofrequency treatment for arthritis in the spine is a twenty minute injection-like procedure, done under fluoroscopy, which can give pain relief for many years.

**Q: I need strong pain medications for my arthritis just to be able to do my daily activities. Will I become addicted?**

A: No. Medications, including opioids, when used as prescribed do not lead to addictive behavior.

**Q: Are injections for pain control painful?**

A: No. Most injections are done with local anesthetics and little discomfort. If necessary, we can provide oral sedation or deep conscious sedation with no awareness of pain.



Isn't Just For  
Wrinkles  
Anymore!

We have all heard that Botox is a popular method used to reduce the facial wrinkles associated with aging. What many people do not know is that Botox can be a very effective treatment for certain types of pain.

At Comprehensive Pain Management, we use Botox injections to treat neck and back spasms, cervical torticollis, fibromyalgia, spinal cord injury pain, and uncontrolled sweating.

Botox injections can also be very effective for the treatment of chronic headaches. Relief from most types of headaches can be achieved including migraine, tension, neuralgia, facial pain, TMJ and atypical headaches.

One advantage of Botox over oral medications and trigger point injections is that it is effective for an extended period of time. In addition, the side effects of Botox are minimal.

Most insurance companies will cover Botox therapy for treating medical conditions.

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