

ACTIVE NEVADA

SPRING 2014

FDA Approves Botox for
Treating Migraines

Patient Success Story:
Trigger Point Injections

Fitness Tips for
Warming Weather

Healthy Recipes



nvadvancedpain.com

WELCOME

Spring is here at last! And we're celebrating this season of new beginnings with the inaugural issue of our quarterly newsletter. With each issue, our goal is to provide you with the most up-to-date information on chronic pain conditions and treatment options, as well as helpful tips to help manage and alleviate your pain.

In this issue, the focus is on transformations – from our spruced up website featuring a bright new design, improved navigation and a wealth of information, to an inspired, first-hand account of one patient's journey to effective pain management.

Along the way, you'll find targeted information on specific pain conditions and treatment options, encouraging exercise tips and delicious recipes that feature the natural anti-inflammatory ingredient, ginger.

As your chronic pain management support team, we strive



Dr. Jeffrey S. Zollinger, DO, left, and Dr. Denis G. Patterson, DO, are Fellowship Trained and Board Certified in Pain Medicine.

to constantly improve your patient experience. We hope you find this newsletter to be a valuable resource in chronic pain conditions, treatments and management. We'd love to hear from you as well. Do you have a success story you'd like to share with our community? Are there topics you'd like to see covered in future issues? We welcome your thoughts and suggestions. Thank you and enjoy!

EXPLORE OUR NEW WEBSITE

An improved user experience, fresh new look and easy access to a wealth of resources are waiting for you at the redesigned nadvancedpain.com!

We're thrilled to unveil our new, streamlined website that makes it even easier to schedule appointments, research conditions and treatments, learn about our doctors, and keep up with all the latest health news from Nevada Advanced Pain Specialists and beyond.

With our improved website you will be able to:

- Easily search and access information throughout the site.
- Check out pain management resources and links.
- Download our New Patient Packet.
- Review the conditions we specialize in treating.
- Learn more about our treatments and what to expect during therapy.
- Watch informative health videos.
- Access the latest health news and more!



"We're very proud of this new resource-rich website that helps our patients find the information they need faster and easier than ever before," said Jon Marshall, CFO at Nevada Advanced Pain Specialists. "Best of all, it helps our patients get to know us even better."

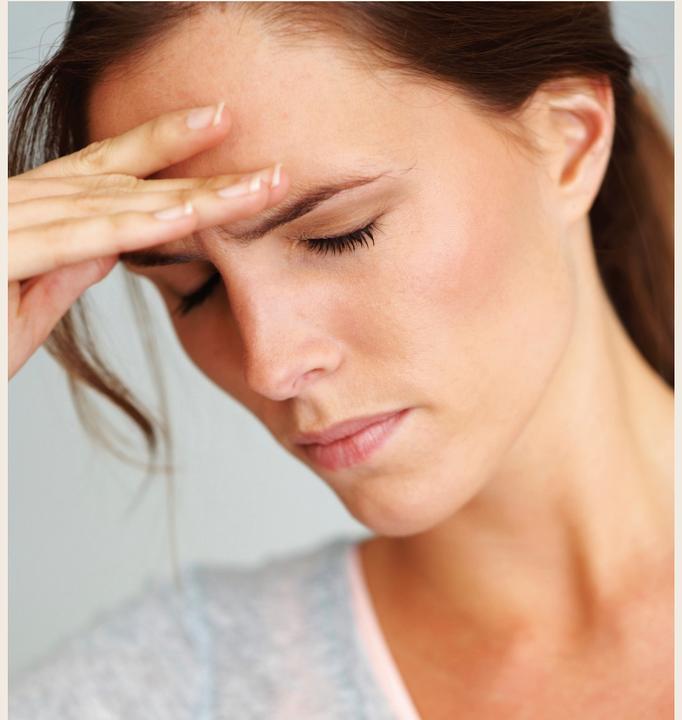
We encourage you to explore our new website and return often for updates on chronic pain conditions, treatments and management.

FDA APPROVES BOTOX FOR TREATING MIGRAINES

“The Botox injections I received here helped me get my life back, and I’m no longer dealing with the constant pain of migraines. Thank you!”
– April, real Botox patient

Botox therapy is the first and only preventative treatment approved by the FDA for adults with chronic migraine. It may reduce the number of headache days you endure each month. Botox injections are given right here in our office and take no longer than a regular doctor visit.

Our skilled providers at Nevada Advanced Pain Specialists are trained experts at accurately diagnosing specific types of migraines and using Botox to effectively treat chronic migraines. We prefer using a series of Botox injections, which helps prevent migraines, as opposed to using long-term daily medications, which only reduce the pain after the migraine starts.



Most insurances cover the cost of Botox treatments for migraine. Financial access programs are available in our office to help patients cover their out-of-pocket costs of Botox.

WHAT TO EXPECT DURING TREATMENT:

- Injections take place right here in our office
- Treatment sessions take no longer than a doctor visit
- The needles are small so the injection only feels like a tiny pinprick
- Botox is repeated only once every 12 weeks
- Reduction in use of drugs and other migraine treatments
- Fewer headache days each month

Many of our headache patients rave about the impact that Botox has had on their lives. If you suffer from chronic migraines and would like to know if Botox can work for you, please contact our office for an appointment.



For more clinical information about Botox, please see www.botoxchronicmigraine.com



PATIENT SUCCESS STORY: TRIGGER POINT INJECTIONS

As an account manager for a large independent insurance agency, Carolyn Hazuka spends the bulk of her day in front of a computer screen, poised over the keyboard with a phone cradled in her neck. The demands of her fast-paced, high stress job leave little time for relaxing her tense, aching muscles. Over the years, the pain from sitting behind her desk would eventually take a devastating toll on her health.

“I started having severe mid-to-upper back pain in 2009,” said Carolyn. Initially, she attributed the pain to a pulled muscle and believed it would get better on its own. Instead, the pain worsened and became so excruciating that it would send Carolyn to the emergency room.

For the desk-bound office worker, prolonged sitting can be an occupational hazard. “Muscle pain, herniated discs, nerve problems and painful joints are the direct results of sitting behind a desk,” explained Dr. Denis G. Patterson, DO at Nevada Advanced Pain Specialists.

Hunching over an improper ergonomic setup or slumping into a chair puts undue strain on the spinal column and the muscles that support it. This painful posture breakdown can force the development of trigger points.

What are Trigger Points?

Trigger points are small knots of tight muscle fiber that are tender to the touch. These points not only trigger local pain but can also cause referred, radiating pain in other parts of the body.

The pain associated with trigger points has been described as sharp, deep, throbbing and debilitating. Patients may also experience numbness, tingling, stiffness or restricted movement in the affected muscle group.

What causes Trigger Points?

Situations that cause trigger points range from poor posture to sports injuries. Simple movements like lifting objects,

“I recommend Dr. Patterson and his staff to everyone that has chronic pain problems. He is confident, caring and does a wonderful job. I feel very at ease when he is performing these procedures. Dr. Patterson knows what he is doing and is very successful at helping people resume a better life. He and his staff are very dedicated to their patients and their futures and make sure that you feel welcome and that your needs are important to them.” — Carolyn Hazuka

twisting and flexing the back, and stooping can force the muscle to go into a tight, spastic knot.

Muscles around the knee, shoulder blade, or other bones are prone to trigger points. This is because these muscles are more likely to be injured or strained. Emotional stress can also activate and contribute to the condition.

How are Trigger Points Treated?

Non-invasive techniques for easing trigger point pain include massage, heat, electrical stimulation, ultrasound and deep-tissue massage. However, if these approaches don't provide relief, trigger point injections may be the patient's next best option.

“Once a trigger point is found, it is injected to help relax the muscle and relieve the pain,” said Dr. Patterson.

This low-cost procedure, performed in-office, is very effective for many patients. It consists of simply inserting a tiny needle into the trigger point. The injection contains a local anesthetic to numb the area and sometimes includes a corticosteroid.

Once the area is numb, the needle is moved gently in and out, changing directions until the entire trigger point area has been treated. If a patient is allergic to the medications used, a dry-needle technique is employed.

The entire procedure takes just a few minutes and will typically result in sustained relief.

“The treatment was a little uncomfortable but not painful, and it did alleviate my pain for about a month,” said Carolyn, who underwent trigger point injections as an adjunct therapy to nerve ablation.



“The relief is amazing!” she exclaimed. “Dr. Patterson and his staff at Nevada Advanced Pain Specialists have changed my life for the better, and it is wonderful to be on the road to better living.”

TRIGGER POINT INJECTIONS CAN BE USED TO TREAT A NUMBER OF CONDITIONS INCLUDING:

- Fibromyalgia
- Tinnitus
- Tension headache
- Myofascial Pain Syndrome
- Temporomandibular joint pain
- Decreased range of motion in the arms, legs, lower back, and neck

FITNESS TIPS FOR ALLEVIATING PAIN



When your body aches from a chronic pain condition, there's a temptation to skip exercise. But without it, you may lose vital muscle tone and overall strength – making the pain worse. While medications and treatments can offer relief, incorporating physical activity into your daily routine is often the very best way to help relieve the pain and improve the quality of your life.

Natural Pain Relief

Regular exercise increases tone and flexibility and allows your body to release its own painkillers - endorphins. This naturally occurring chemical acts as an analgesic by diminishing the perception of pain and triggers a positive feeling that can energize your outlook on life.

Let's Get Moving!

Build stamina, muscle tone and flexibility while reducing chronic pain with these exercises:

Swimming: Studies confirm that aquatic exercises offer moderate benefits for various forms of pain including low back, fibromyalgia, osteoarthritis and rheumatoid arthritis. Aching joints benefit most from a dip in the pool as the buoyancy takes the weight off of them. Tip: Check with your local health club or YMCA to see if they offer a water aerobics class. It's a fun, low-impact way to condition your body.



Walking: This low-impact activity offers a variety of healing benefits: It provides your muscles with oxygen and nutrition, helps build stamina, boosts energy and mood, reduces stiffness and relieves chronic low back pain. A daily walk also strengthens the muscles around the knee, which in turn helps to protect the joint. Tip: Join or form a local walking group to help keep you motivated.

Yoga: Research shows that a gentle yoga workout offers relief from arthritis and chronic neck and low back pain. With regular practice, yoga tones muscles, decreases stiffness and recharges your overall energy level and mood. Tip: Work with a yoga instructor initially to insure that you don't overextend yourself.

For best results, consult with a physical therapist to learn the best exercise regimen for your specific chronic pain condition.

AMAZING HEALTH BENEFITS OF GINGER

Aromatic ginger has a long-rooted history in the culinary and medicinal traditions of cultures throughout the world. Since ancient times, ginger has been used as a digestive aid to soothe upset stomachs and diminish gastrointestinal upset. Today, researchers find that its antioxidant and anti-inflammatory properties are beneficial in reducing pain from colds, flu, sore throat, headache, menstrual cramps, and even osteoarthritis of the knee.

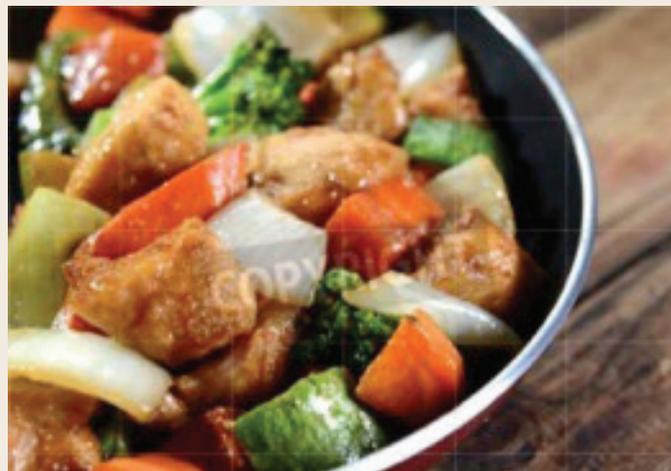
This powerful natural remedy lends a savory spice to a variety of healthy dishes, teas, sauces and dressings. Simply peel the skin off the root and grate some fresh ginger into these tasty recipes. Caution: Children under 2 should not ingest ginger.

GINGER CHICKEN STIR-FRY

- 1½ lbs. skinless, boneless chicken breasts cut into strips (or substitute 1 lb. of firm tofu, cut into small chunks)
- 6 cups broccoli flowerets
- 3 medium carrots, sliced
- 1 medium onion, chopped
- ¼ cup chopped fresh cilantro
- 1 tbsp. cornstarch
- 2 ¼ cups chicken broth
- 3 tbsp. low-sodium soy sauce
- 1 tbsp. lemon juice
- 1 tbsp. fresh grated ginger
- 3 tbsp. vegetable oil

In a medium-size bowl, mix the broth, soy sauce, lemon juice, ginger and cornstarch until smooth. Set aside.

Heat 1 tablespoon oil in a skillet or wok over medium-high heat. Add chicken and stir-fry until brown and cooked through. Remove chicken.



Heat the remaining oil over medium heat. Add broccoli, onion and carrots, and stir-fry until tender-crisp.

Stir broth mixture and add. Cook until mixture boils and thickens, stirring constantly. Return chicken to the skillet and heat through. Sprinkle with cilantro and serve over rice. Serves 6.

EASY LEMON GINGER TEA

- ¼ cup freshly grated ginger
- ¼ cup honey
- Juice of 1 lemon
- 1 quart water

Bring the water to a boil in a saucepan. Add the lemon juice, the remaining squeezed lemon, and ginger.

Let steep for 20 minutes and then stir in the honey.

Line a strainer with a thin wet cloth and strain the tea into a pitcher.

Enjoy warm or chill and serve on ice with lemon or lime slices.



NEVADA ADVANCED PAIN SPECIALISTS

We are committed to providing a comprehensive, multi-disciplinary approach to ensure you receive the most appropriate care for your pain. Because the most important information comes from you, the patient, our team of highly trained experts will spend time asking questions and listening to you. We understand that your personal experience with your pain represent some of the most important data available to us for accurate diagnosis and effective treatment.

When pain is treated properly, the net result is a more active lifestyle, which will lead to a healthier, happier you!



PATIENTS PRAISE NEVADA ADVANCED PAIN SPECIALISTS



Source: Nevada Advanced Pain Specialists
Internal Quality Survey data

"Dr. Patterson and his staff were very friendly and approachable, and they showed me that my pain problems were important to them. He helped me understand what was causing my pain and set me up on a treatment plan that has worked wonders!" — Beth, real patient

WE TREAT A BROAD RANGE OF PAIN ISSUES

- Back Pain
- Migraines
- Acute and Chronic Pain
- Cancer Pain
- Geriatric Pain
- Arthritis Pain
- Nerve Damage
- Joint and Extremity Pain
- Work Injuries
- Auto Injuries
- Sports Injuries
- Compression Fractures
- Failed Back Surgery Syndrome

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