

ACTIVE NEVADA

FALL 2014



**Patient Success Story:
Spinal Cord Stimulator**

**Dr. Ali Nairizi Publishes an Article on
Hospital Pain Management**

**Pain Specialists Help Patients With
Failed Back Surgery Syndrome**



nvadvancedpain.com

WELCOME

The leaves are changing color, the air is crisp, and days are shorter. It's that time of year when getting outdoors in the sunshine often means taking a long lunch-time walk or sneaking in an early morning run.

As we celebrate cooler weather, we also continue to celebrate Nevada Advanced Pain Specialists' 5-year anniversary and the addition of our new office in Sparks. In this issue, we reflect on the achievements our practice has made in chronic pain management over the years, as well as the advancements made within the industry. We'll introduce a patient experiencing the benefits of Spinal Cord Stimulator therapy to treat her chronic pain, provide information about Failed Back Surgery Syndrome, and share how Botox can help alleviate chronic migraines. We've also included some delicious fall recipes, sure to please every appetite.

As we look towards the holiday season and our next five years of leadership in pain management, we remain focused on our goals: to provide our patients with excellent



Dr. Ali Nairizi, MD and Dr. Denis G. Patterson, DO

service, helpful and compassionate care, and pain relief using the latest diagnostic tools, therapeutic treatments and interventional techniques.

DR. ALI NAIRIZI WELCOMES PATIENTS AT SPARKS OFFICE

Dr. Ali Nairizi is the newest member of our team of pain management specialists, and he is seeing patients at both of our convenient locations: South Reno and our new Sparks office.

He received his medical degree from the prestigious Shahid Beheshti University School of Medicine in Tehran and completed his post-doctoral residency stateside, at the Drexel University College of Medicine in Pennsylvania. Dr. Nairizi moved to Reno to join Nevada Advanced Pain Specialists soon after completing his fellowship training at the Pennsylvania State University, Hershey Medical Center.

"Dr. Nairizi is a dedicated professional who shares our team's goal of providing patients with the best care possible," said Dr. Denis Patterson.

Dr. Nairizi believes that a comprehensive and multidisciplinary approach tailored to the patient's needs provides the best results. "I'm dedicated to providing



Dr. Ali Nairizi, MD

pain relief and compassionate care to my patients, and I treat a wide array of chronic pain conditions, such as back, neck, shoulder, and hip and knee pain," he said.

To schedule an appointment with Dr. Ali Nairizi, please email admin@nvadvancedpain.com or call 775.284.8650.

NEVADA ADVANCED PAIN SPECIALISTS HELPS PATIENTS WITH FAILED BACK SURGERY SYNDROME

Failed Back Surgery Syndrome is a term that is often used to describe the condition of patients who have not had a successful result with back surgery or spine surgery. Unfortunately, back surgery or spine surgery cannot literally cut out a patient's pain. It is only able to change a patient's anatomy. The incidence of Failed Back Surgery Syndrome is significant, and only 30% of second spine surgeries, 15% of third surgeries, and 5% of fourth surgeries are successful.

(Ragab A. and Deshazo RD Management of back pain in patients with previous back surgery. Am J Med. 2008. 121(4): 272-278.)



“We have several treatment options available and we work with each individual patient to ensure the best results,” said Dr. Denis Patterson.

The professionals at Nevada Advanced Pain Specialists will evaluate your pain and make an accurate assessment using the latest diagnostic tools and technologies. Treatment options include:

- Physical therapy
- Caudal adhesiolysis (Saline injections)
- Spinal cord stimulator

“After an evaluation, we create a pain treatment plan,” said Dr. Patterson. “For many patients, we find that a combination of treatment options is most effective for pain relief.”

Caudal adhesiolysis is considered if post surgical scar tissue is the suspected source of pain after a spinal surgery. This procedure essentially uses saline injections to “break up” the scar tissue. Your doctor may inject other medications into the area in successive shots, or repeat the procedure again in a few months’ time for further treatment.

Spinal cord stimulation is a procedure where electrodes that transmit a signal to the spinal cord block pain and replace the pain with a more pleasant feeling. Typically, a trial stimulator is used first to give the treatment a trial run. If the trial is successful, a more permanent stimulator is used.

Nevada Advanced Pain Specialists is recognized as an industry leader in pain management for treatment of Failed Back Surgery Syndrome. We have state-of-the-art facilities in Reno and Sparks that allow for the highest possible level of quality care of our patients.

To learn more about Failed Back Surgery Syndrome, please email admin@nvadvancedpain.com or call 775.284.8650.



PATIENT SUCCESS STORY: SPINAL CORD STIMULATION

As a customer service manager for Intuit, a leading provider of business and financial management solutions, Emilie spends long hours sitting in front of her computer and interacting with clients. As a chronic back pain sufferer, she was finding that her constant pain interfered with the demands of her job.

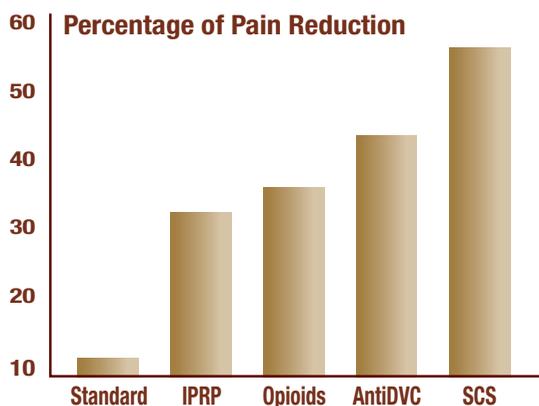
“When I first met Emilie, she had been experiencing chronic back pain for several years,” explained Dr. Denis G. Patterson, DO at Nevada Advanced Pain Specialists.

Emilie’s history of back pain first started when she was a teen and continued into her late 20s. Up until that point, though, she had been able to rebound fairly quickly. When

WHAT IS A SPINAL CORD STIMULATOR DEVICE (SCS)?

A Spinal Cord Stimulator is a small implantable device that relieves chronic back, neck, leg, and arm pain by sending electrical impulses to electrodes located in the spine. These electrical impulses produce a gentle massaging or soothing sensation.

Patients suffering from chronic pain have found the SCS to be very effective at providing relief. Our expert physician skillfully places the electrodes to help the device best block the pain. The device’s electrical impulses are programmed with an external control unit that the patient can use to control the device, turn it on or off, and adjust the power level.



SCS relieves more pain overall compared to other treatment modalities.

In the figure above:
IPRP= Interdisciplinary Pain Rehabilitation Program
Anti-DVC = Antidepressants/Anticonvulsants
SCS = Spinal Cord Stimulator

Source: St. Jude Medical

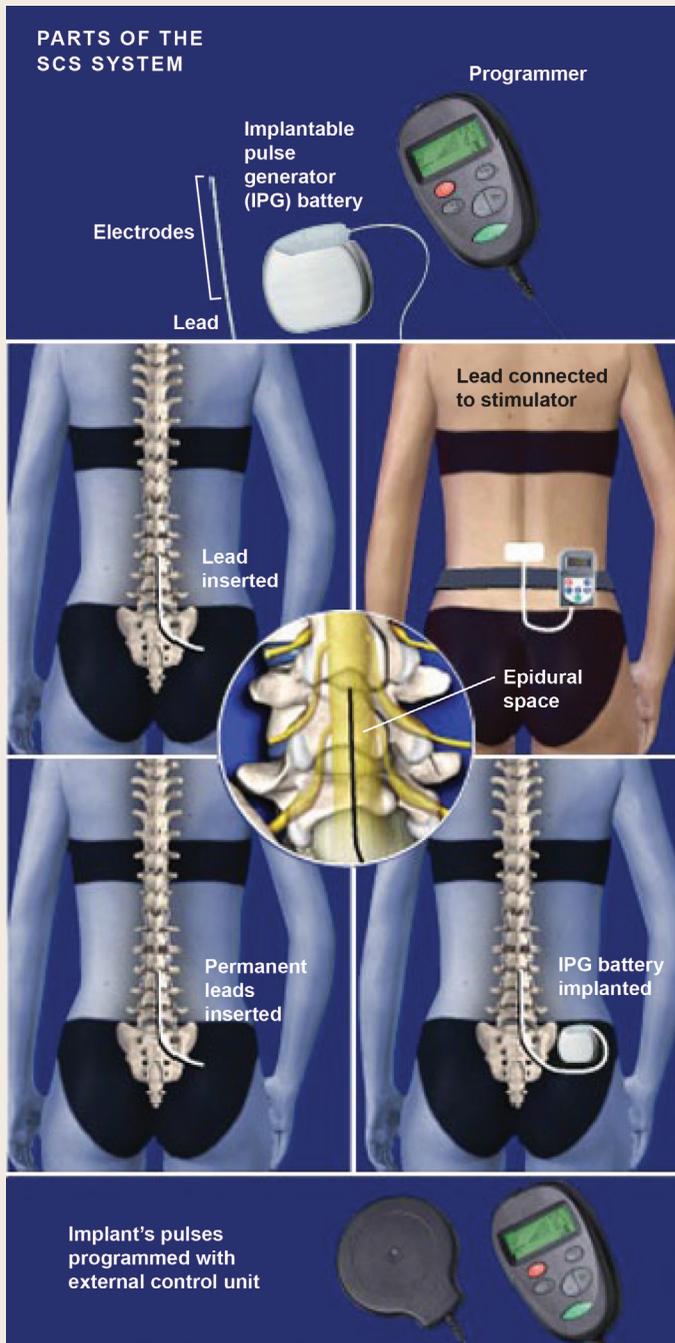


Emilie tackles a zipline ropes course just weeks after having her SCS installed.

she bent down to retrieve an item from the floor in August 2009, things changed. “I felt something slip in my back and after not healing to a manageable point in six months, I knew I was in trouble.” Emilie said.

Now 33, Emilie was diagnosed with a pars defect causing the lower part of her spine to slowly chip away. Athletic and outdoorsy her entire life – gymnastics, softball, snowboarding, riding dirt bikes – Emilie admits that the number of falls she has taken over time is probably more than the average person.

“I was used to being active and I really had to reinvent my life,” she said. “I was unable to do a lot of the things that I love. I am incredibly motivated and focused, but my expectations had to be reassessed. After being on various medications and undergoing two spinal fusions, I was in a very bad place pain-wise when I first came to Dr. Patterson.



I was only sleeping about three hours each night, and my mood and outlook on life in general were not great.”

After evaluating her overall health and several unsuccessful injections, Dr. Patterson suggested Emilie might be an ideal candidate for a Spinal Cord Stimulator. After a trial period produced great results, the system was implanted permanently in July 2014.

“I went from ‘nothing is going to help me’ to ‘wow, maybe this can help.’ It’s a pretty simple, same-day outpatient procedure. By day three I was doing pretty well – that’s when I knew it would work for me.”

More about Spinal Cord Stimulation

Spinal Cord Stimulation (SCS) is a procedure that uses an electrical current to treat chronic pain. A small pulse generator, implanted in the back, sends electrical pulses to the spinal cord. These pulses interfere with the nerve impulses that cause a person to feel pain by preventing those pain signals from being received by the brain.

How do I know if a Spinal Cord Stimulator is right for me?

“One of the advantages of the Spinal Cord Stimulator is that patients are given a one-week trial period prior to permanent implantation,” said Dr. Patterson. “This will give you the opportunity to use the device and gauge its effectiveness towards your own personal needs – this trial period is, in effect, a chance to ‘try it before you buy it.’ ”

Emilie’s life now

“I told Dr. Patterson that my goal was to remain an active and contributing member of society,” Emilie said. “Now, I am back at work, I am feeling better and I have a handle on my pain. People tell me all of the time ‘Hey, that’s the real Emilie smile.’ Having the Spinal Cord Stimulator has made a noticeable difference in my life.”

Sharing in her happiness is Emilie’s husband, Ed. Since she has started living life again with less pain, the couple purchased a new home and the possibility of having children one day is a real one. “My husband is very pleased. He tells me ‘just to hear that smile in your voice every day is all that I need.’

After work, I still have the energy to do fun things at home, go out to dinner, or sit through a movie. The Spinal Cord Stimulator is the tool that is allowing me to do all of this – it has really changed my life. I have a better outlook, my life is back on track, and I have every intention to get back up on a snowboard this winter – it might be the blue runs and not the double black, but I think that I can do it!”

“I would encourage anyone with chronic back pain to undergo a trial procedure of the Spinal Cord Stimulator. Dr. Patterson and his staff at Nevada Advanced Pain Specialists are fantastic. I have had great results and I have returned to working full-time.” –Emilie

IN THE NEWS

TREATING CHRONIC MIGRAINES WITH BOTOX

Patients suffering from the debilitating effects of chronic migraines are finding that Botox injections can help reduce the number of episodes and their severity.

Chronic migraine sufferers are defined as those having 15 or more headache days each month.

A recent article in Health Magazine explains that Botox, the same toxin that relaxes facial muscles to smooth wrinkles, can also dull the transmission of pain messages to the brain. Botox injections – generally applied to seven key areas on the head and neck – cut migraine headache days in half for about 50 percent of those treated.

The FDA approved treatment consists of a series of 32 injections, given every 12 weeks during a ten-minute office visit to Nevada Advanced Pain Specialists. In most cases, the costs are covered by insurance.

“Our patients rave about the effectiveness of Botox for



treating their migraines,” said Dr. Patterson. “Many have had tremendous results.”

DR. NAIRIZI PUBLISHES ARTICLE ON HOSPITAL-BASED PAIN MANAGEMENT IN THE “PAIN PHYSICIAN JOURNAL”

In recent years, several national healthcare organizations such as the Centers for Medicare Services and the Joint Commission on Accreditation of Healthcare Organizations have expanded requirements and accountabilities for hospitals to better manage patient’s pain.

In this study, Dr. Nairizi and his colleagues reviewed pain survey scores from patients of 2,395 different hospitals across America. Patients were randomly surveyed 48 hours to 6 weeks after hospital discharge.



perception of how their pain was controlled, and there is still more opportunity for improvement.

The study concludes that continued analysis and accountability on hospitals will help us understand which pain control methods are most effective over time, and it may highlight the importance of using trained Pain Management physicians to perform interventional procedures to maximize the efficiency of treatments for pain relief and also to decrease side-effects and complications from overusing narcotic and other drug therapies.

From 2008 to 2012, there was a 4.5% improvement in patient’s

http://www.painphysicianjournal.com/crrent_issue_vw.php?journal=84&code=2154&issue=current_issue

OUR FAVORITE FALL RECIPES

BELGIAN WAFFLES

2 cups all-purpose flour

3/4 cup sugar

3-1/2 teaspoons baking powder

2 eggs, separated

1-1/2 cups milk

1 cup butter, melted

1 teaspoon vanilla extract

Sliced fresh strawberries or syrup

In a bowl, combine flour, sugar and baking powder. In another bowl, lightly beat egg yolks. Add milk, butter and vanilla; mix well. Stir into dry ingredients just until combined.

Beat egg whites until stiff peaks form; fold into batter.

Bake in a preheated waffle iron according to manufacturer's directions until golden brown. Serve with strawberries or syrup.

Yield: 10 waffles (about 4-1/2 inches).



Taste of Home 2014

SAN MARCOS RANCH PUMPKIN SOUP

1 large pumpkin, cut in large chunks, seeds/pulp removed.

To prepare pumpkin: place in a baking dish and place in oven covered with 1- inch water for 1 or 1 ½ hours at 400 degrees. Let cool and then scoop out pumpkin.

3 carrots, small diced

2 onions, small diced

8 ribs of celery, small diced

2 bay leaves

6-7 sage leaves

2 cardamom seeds

2 tablespoons olive oil

Heat an 8-quart pot, add olive oil, place in carrot/celery/onion, and allow the vegetables to turn golden brown. Add pumpkin, bay leaves and/or cardamom seeds. Cover with water or chicken stock (about 2 quarts). Bring to a boil, lower to a simmer and cook for 30 minutes. Puree with a blender



or hand blender. Whisk in heavy cream and butter to finish is preferred (3 tablespoons of each) or Greek yogurt and garnish with toasted pumpkin seeds.

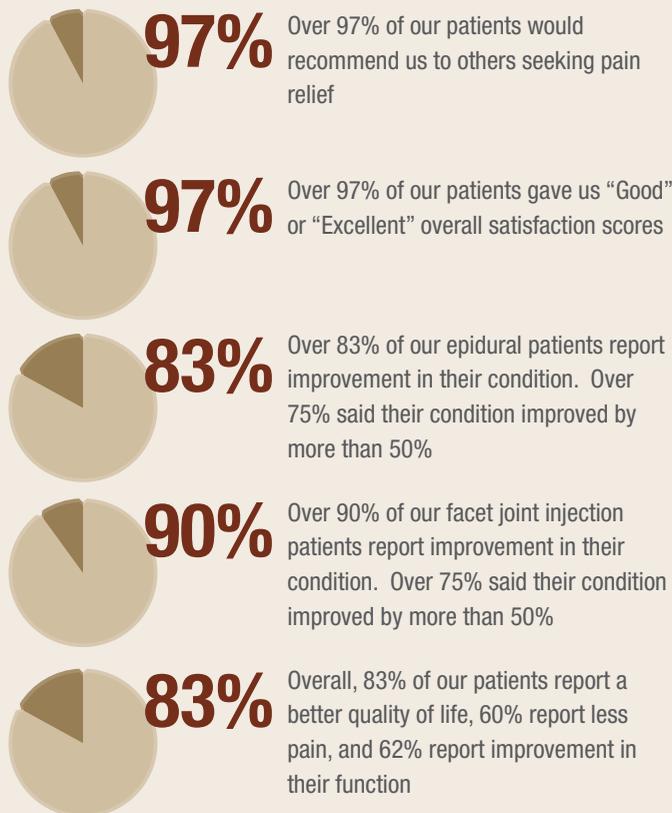
Recipe courtesy of SummerWood Winery & Inn/Executive Chef Kelly Wangard. Follow Chef Kelly on Facebook.

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. Ali Nairizi, MD, left and Dr. Denis G. Patterson, DO, are Fellowship Trained in Pain Management

"The pain relief I've received from my treatment has given me my old life back. I'm so happy I found a helpful and compassionate pain management team."

— Lisa, 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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