

# ACTIVE NEVADA

SUMMER 2014

Celebrating Our  
5th Anniversary!

Introducing Our New  
Physical Therapy  
Service

New Care Providers  
Join Our Team

New Office Now  
Open in Sparks



[nvadvancedpain.com](http://nvadvancedpain.com)

# WELCOME

Summer's in full swing! The longer days under cloudless skies beckon us outdoors to enjoy the vibrant energy all around us. From fun-filled vacations to picnics in the park, these are the days when memories are made.

In the spirit of this festive season, we're excited to be celebrating Nevada Advanced Pain Specialists' 5-year anniversary! 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 you to our newest staff members, additional office location, and an exciting therapy we've incorporated into our practice called Zero Balance Physical Therapy. This mind-body, therapeutic treatment offers to reduce not only the physical but also the emotional distress that so often accompanies chronic pain conditions.

As we look towards the next five years, we remain laser focused on our goals: to provide excellent service and

compassionate care to our patients with the latest diagnostic tools, therapeutic treatments and interventional techniques that help decrease pain levels and restore quality of life.



**Dr. Denis G. Patterson, DO, is Fellowship Trained and Board Certified in Pain Medicine.**

## CELEBRATING OUR 5-YEAR ANNIVERSARY!

2014 marks our fifth year of providing patients with compassionate and comprehensive pain management therapies, treatments and interventional techniques. As we reach this important milestone, we celebrate the extraordinary advances made in pain management, as well as the special relationships between our staff and their patients that have led to improvements in our practice.

Since 2009, we have continuously updated our services with the latest diagnostic tools, state-of-the art technologies and revolutionary new treatments that are designed to reduce and relieve chronic pain conditions. We've recently expanded our practice's talent, adding mid-level nurse practitioners and physician assistants, as well as a new physician, Dr. Ali Nairizi, M.D. We've also made our practice more convenient for our patients by opening an additional office in Sparks.

Our recognition as an industry leader in pain management reached new heights in 2013, when Northern Nevada Medical Center's Pain Management Program, co-managed by Nevada



Advanced Pain Specialists, earned The Joint Commission's Gold Seal of Approval™ in Low Back Pain. The program is the first in the nation to receive this certification.

"I'm so proud of our evolution and growth," said Dr. Denis Patterson. "We would not be celebrating our 5-year anniversary without the dedication and hard work of our extraordinary staff and our supportive patients who inspire us to find the best options for their chronic pain conditions."

# NEVADA ADVANCED PAIN SPECIALISTS BRINGS ZERO BALANCE PHYSICAL THERAPY TO RENO

Finding a balance between physical and emotional wellness can be a confounding struggle for someone with chronic pain. All too often, the body's discomfort trumps the mind's appeal for contentment. While medications, treatments and surgeries can provide some relief, the alternative healing technique, Zero Balancing, offers to ease both the physical and emotional distress associated with chronic pain conditions.

Developed in the early 1970s by osteopathic physician Dr. Fritz Smith, Zero Balancing is a powerful mind-body therapy that uses skilled touch to align the body's energy fields with the body's structure simultaneously – bringing them into balance.

Nevada Advanced Pain Specialists' Physical Therapist, Cathy Bodner, and Physical Therapy Assistant, Tom Eash, both utilize Zero Balancing techniques to help patients regain their maximum level of mobility and internal harmony.

The sessions typically begin with the practitioner asking the patient about their state of mind, how their body is feeling and what they'd like to get out of the session.



**Cathy Bodner, Physical Therapist**



**Tom Eash, Physical Therapy Assistant**



With the patient fully clothed and resting comfortably, the practitioner finds the points of tension where energy and bone intersect and then applies finger pressure and gentle traction creating fulcrums, or points of balance, around which the body can relax and reorganize. Each session typically lasts 30 to 45 minutes.

The goal of Zero Balancing is to release stubborn energy blocks within the body's joints, bones, and soft tissue. The results are amplified energy and a better postural alignment through which energy can once again flow.

## THE BENEFITS OF ZERO BALANCING INCLUDE:

- Reduced stress
- Relief of musculoskeletal tension
- Reduced physical and emotional pain
- Enhanced wellness and quality of life
- Increased feelings of well-being

Zero Balancing works in conjunction with medical therapy and can be helpful with specific goals such as relief from back and neck pain, improving concentration or sleep, and eliminating old behavior patterns.

*To learn more about Zero Balancing, its founder and its principles, visit [www.zerobalancing.com](http://www.zerobalancing.com). To schedule a Zero Balancing appointment, please contact our office by email [admin@nvadvancedpain.com](mailto:admin@nvadvancedpain.com) or phone 775.284.8650.*

# INTRODUCING RENO'S NEWEST PAIN MANAGEMENT PHYSICIAN - DR. ALI NAIRIZI, M.D.



**Dr. Ali Nairizi, M.D.**

We are pleased to announce the addition of Dr. Ali Nairizi to our team of pain management specialists. Dr. Nairizi is a Fellowship Trained Interventional Pain Specialist who holds a Master of Science Degree in Cellular Molecular Physiology from Pennsylvania State University College of Medicine.

Originally from Iran, Dr. Nairizi 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, Hersey Medical Center.

“We’re thrilled that Dr. Nairizi has joined our team of dedicated professionals,” said Dr. Denis Patterson. “He shares our passion for providing patients with the best care possible.”

Dr. Nairizi believes that a comprehensive and multidisciplinary approach tailored to the patient’s needs provides the best results. “I’m dedicated to treating patients with a wide array of chronic pain conditions, such as back, neck, shoulder, and hip and knee pain,” he said.

When he’s not treating patients, Dr. Nairizi enjoys swimming, skiing, computer programming, and reading. He has an international lifeguard certificate and speaks both English and Farsi.

*To schedule an appointment with Dr. Ali Nairizi, please contact our office by email [admin@nvadvancedpain.com](mailto:admin@nvadvancedpain.com) or phone 775.284.8650.*

## INTRODUCING DR. NAIRIZI'S PRACTITIONER



**Arlo Schenk, APN**

Arlo graduated from the University of Nevada, Reno, in 2008 with a Bachelor of Science Degree in Nursing and again in 2014 with a Master of Nursing Degree, as a Nurse Practitioner. He worked in the Reno community as a nurse for five years before joining Nevada Advanced Pain Specialists in 2014.

*“I work closely with Dr. Nairizi to identify the source of our patients’ pain and design treatment plans that help decrease their pain and regain their optimum mobility.”*

# INTRODUCING DR. PATTERSON'S TEAM OF PRACTITIONERS

Nevada Advanced Pain Specialists is pleased to announce the addition of these highly qualified, mid-level professionals to our practice:



**Melissa Delamora, APN**

Melissa joined Nevada Advanced Pain Specialists in 2013 after 11 years in the nursing field. She has a Master of Science Degree in Nursing from the University of Nevada and a Bachelor of Science Degree in Nursing from Great Basin College. In 2012, Melissa was awarded “Nurse of the Year” from Northern Nevada Medical Center.

*“I’m excited to be working with Dr. Patterson to help relieve patients’ pain and find a happier, healthier them!”*



**Anna Liza Ona, MSN, APRN, NP-C**

After working as a Nurse Practitioner in the Reno community for three years and also as a Registered Nurse for eight years, Liza joined Nevada Advanced Pain Specialists in 2014. She received her Bachelor of Science in Pre-Medicine Degree in 1998 and her Nursing Degree in 2004 from the University of Nevada, Reno. In 2011, Liza completed the Master of Nursing Degree program at the University of Nevada, Las Vegas School of Nursing.

*“I look forward to working with Dr. Patterson to help reduce our patients’ pain and regain their quality of life.”*



**Stefanie Mohrbach, PA-C**

Stefanie earned her Bachelor of Arts Degree in Liberal Studies from the University of Missouri, St. Louis, and her Master in Physician Assistant Studies Degree and Master of Medical Sciences Degree from Midwestern University in Glendale, Arizona. After completing her education, she returned to her hometown of Reno and joined Nevada Advanced Pain Specialists in 2014.

*“Working with Dr. Patterson is an amazing opportunity to reduce patients’ pain and help them achieve their maximum functionality.”*

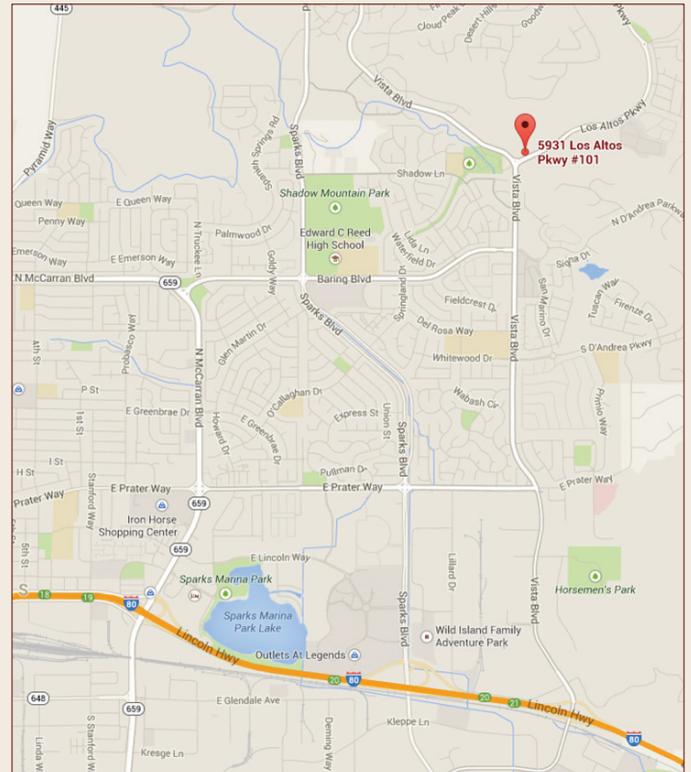
# ANNOUNCING OUR NEW OFFICE IN SPARKS

When it comes to your health, quality care, superior service and a convenient location matter. That's why we're excited to announce that Nevada Advanced Pain Specialists has expanded its services to the City of Sparks.

Beginning July 1st, you will be able to see our providers and receive compassionate care for your pain condition at our new location:

**5931 S. Los Altos Parkway #101**  
**Sparks, NV 89436**  
**775.284.8650**

**Directions from 80E:**  
**Turn left onto Vista Blvd.**  
**Turn right on S. Los Altos Blvd.**  
**Office is on the first left.**



## PAIN MANAGEMENT GOES HIGH-TECH

A growing number of patients are finding effective and long-lasting relief from chronic pain conditions through the use of high-tech devices instead of highly addictive narcotics.

Although delivery methods differ, these advanced technologies work on the same basic premise: block the sensation of pain via electrical signals to the brain.

The FDA-approved treatments, covered by most insurance plans, improve the patient's quality of life, cut down on medication usage and ultimately reduce health care costs.

To learn more about these treatments, visit: <http://nadvancedpain.com/pain-management-goes-high-tech-to-help-patients-avoid-pills/>



# 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.

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.

Patients report life-changing results, from near elimination to reduced intensity of migraine pain following treatment.

A recent KTVN, Channel 2 News report features Dr. Denis Patterson and his patients discussing their experiences with Botox treatment for migraines. To view the video and learn more about this treatment option, visit: <http://nadvancedpain.com/dr-patterson-featured-ktvn-tv-news/>



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## ARE FINANCIAL INCENTIVES DRIVING THE NATIONWIDE SURGE OF SPINAL FUSION SURGERIES?

Spinal fusion surgery, which involves the joining of two or more vertebrae, has become one of the fastest growing back pain surgeries in the United States, rising 70% from 2001 to 2011. In 2011 alone, there were more than 465,000 spinal fusions performed, making this expensive procedure even more common than a hip replacement.

This rapid rise in spinal fusion surgery has been attributed to improved technology and an aging population that demands increased mobility. But it has also raised questions from experts about whether the financial rewards are spurring the boom.

CBS News conducted a six-month investigation into the number of spinal fusion surgeries performed from 2011-2012, utilizing a government database that tracks

these surgeries and the doctors who perform them. Their controversial results, and the full database of spine surgeon statistics, can be viewed here: <http://www.cbsnews.com/news/tapping-into-controversial-back-surgeries/>



# 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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