

ACTIVE NEVADA

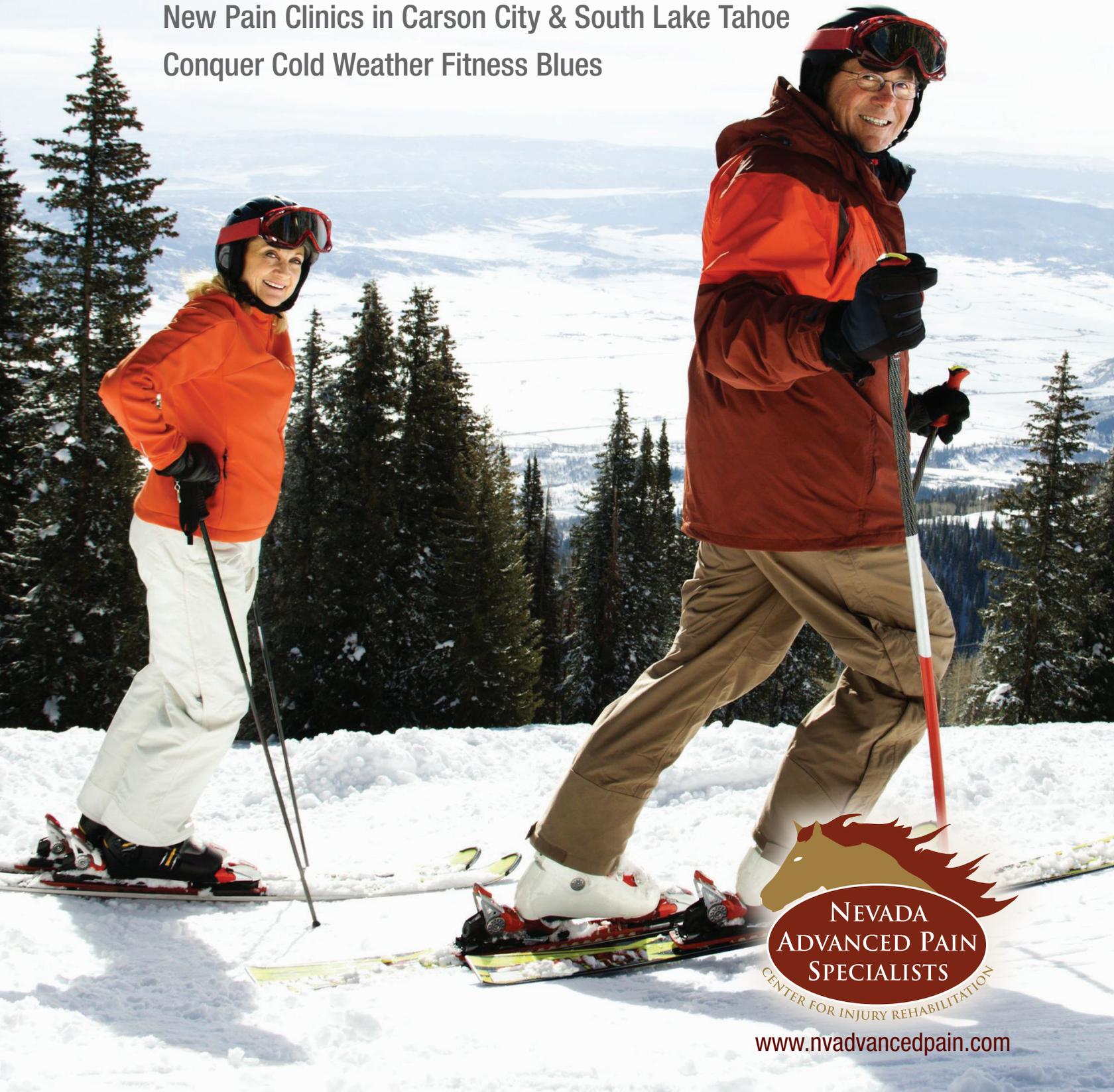
WINTER 2015

Osteoarthritis Treatments

A Patient's Journey to Pain Relief

New Pain Clinics in Carson City & South Lake Tahoe

Conquer Cold Weather Fitness Blues



www.nvadvancedpain.com

WELCOME

As we begin the new year, there is perhaps no better time to celebrate our health and well being. Snow on the ground, nights spent by the fire, and visits from loved ones make this time of year just a bit more special.

At Nevada Advanced Pain Specialists, we celebrate the success of our practice and the advancements and pain relief that our patients have experienced during our five years of serving the greater Reno and Sparks area.

In this issue, we reflect on the achievements our clinics have made in chronic pain management over the years, as well as the advancements made within the industry. We share a patient's success story, discuss common knee conditions



and treatments, share information on Spinal Cord Stimulation, a few winter fitness tips and a nutritious recipe.

Throughout 2015 and beyond, we wish all of our patients a happy, pain-free and healthy new year.

GETTING TO KNOW MELISSA DELAMORA, OUR NURSE PRACTITIONER

Armed with her Registered Nursing degree, a Bachelor's of Science in Nursing, and a Master's of Science in Nursing, Melissa Delamora joined Nevada Advanced Pain Specialists in 2013 and has been working to help patients find relief from pain and live a happier, healthier life.

"Melissa has a wide range of experience and she is an important member of our team," said Dr. Denis Patterson. "Her knowledge gained working as a Certified Nursing Assistant, a Registered Nurse specializing in Emergency Room care, and an Advanced Practice Nurse for more than a decade has been invaluable to the care of our patients."

In addition to being named Nurse of the Year at Northern Nevada Medical Center in 2012, Melissa was instrumental in the certification process for the Joint Commission's Gold Seal of Approval granted to the Pain Management Center. A native of Wisconsin, she loves the Reno/Sparks area and is committed to the health care of the community and her patients.

When asked about caring for patients, Melissa said, "I am a nurse first and patient care is absolutely the number one priority to me. I am committed to not just covering or masking the pain, but instead finding the root of it."

Melissa has treated numerous patients with Botox, including her own sister, to help relieve their suffering from



Melissa Delamora, APN

chronic migraines. "I feel that we've just begun scratching the surface of patients for whom this treatment could be helpful." She also said it is especially fulfilling to address and be able to treat chronic pain in patients that have struggled with other treatment disappointments before coming to Nevada Advanced Pain Specialists.

To schedule an appointment with Melissa Delamora, APN, please email admin@nvadvancedpain.com or call 775.284.8650.

KNEE OSTEOARTHRITIS AND ITS TREATMENTS

At Nevada Advanced Pain Specialists, we utilize conservative care to treat our patients. When conservative care for knee osteoarthritis has failed, there is still hope.

Osteoarthritis, the most common form of arthritis, is the degeneration of joint cartilage and underlying bone. It presents as pain and stiffness, most commonly in the hips and knees. It usually begins after age 45 and is most common in people over age 65. Overuse of the knee joint, job or sports-related injuries, being overweight, and family history can all play a role in Osteoarthritis.

Three key treatments, when medication and physical therapy aren't enough, are: Corticosteroid Injections, Hyalgan® and Genicular Nerve Blocks and Ablations (Coolief®).

Corticosteroid Injections

Cortisone, consisting of corticosteroid medication and local anesthetic, is commonly administered into the joint space to relieve pain and inflammation. The injections are an effective partner in treatments that include physical therapy.

Hyalgan

Hyalgan® is an effective, safe treatment that is not a drug. Instead, Hyalgan® works by lubricating and cushioning your joint. The ingredient, Hyaluronan is a naturally occurring chemical in the human body that is found in particularly large amounts in joint tissues. It is administered by being directly injected into the joint and does not interfere with other medications.

Genicular Nerve Blocks and Ablations (Coolief®)

Genicular Nerve Blocks are most beneficial for patients who want to avoid surgery, and can even prevent knee replacements. For patients that have had a knee replacement, Nerve Blocks are helpful for those still experiencing chronic pain. It is an outpatient procedure that uses cooled radiofrequency energy to safely target the sensory nerves causing pain.

To learn more about Osteoarthritis treatments, please email admin@nvadvancedpain.com or call 775.284.8650. For more information on these treatments:

- www.hyalgan.com
- www.mayoclinic.org/diseases-conditions/osteoarthritis/
- www.facebook.com/myCoolief



A PATIENT'S SUCCESSES WITH NERVE ABLATIONS

Vicki Killian, 63, was an amputee in chronic pain. By the time she arrived at the Nevada Advanced Pain Specialists, she had lost her left leg and suffered from a neuroma (nerve injury). Some time after that, she fell on concrete steps that resulted in more injury -- her right knee and both shoulders. She credits Dr. Denis Patterson at NAPS for bringing her relief.

"When I first met him, and he asked, 'How do you feel?' I thought, 'Thank God. Somebody hears me,'" Vicki said. "He is just so in tune to what the issues are, how the pain works, how the pain medication works on your body. I was going there for the leg pain, and he spent over 30 minutes with me and my husband. He sat down, put his leg up, talked to us like we were his best friends. He explained everything. I felt major relief that finally we found somebody who wasn't saying we had to cut it out. He was just kind of one of those one-in-a-million people. I feel really confident in him as my doctor."

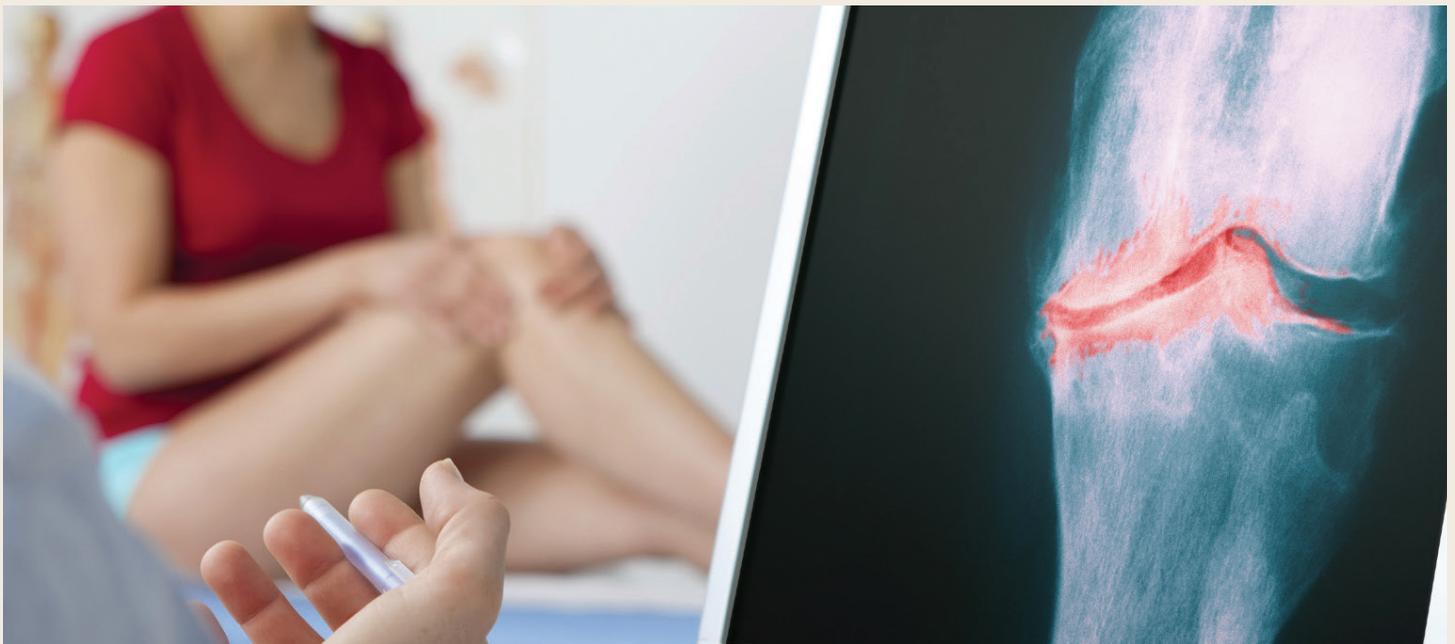
Dr. Patterson performed a nerve ablation on her knee that stopped the pain. Nerve ablations are a method to end nerve function to prevent pain signals from transmitting. It is an outpatient procedure that takes a total of about 30 minutes using local anesthesia. Patients can resume normal activity within 24 hours.



Dr. Denis G. Patterson, Board Certified in Pain Medicine

Because Vicki has a number of medical needs, her treatment varies, including the ablation and also joint injections. "I have lots of issues, and he's not backing away from any of them -- he faces them head on," Vicki said. "You go to Dr. Patterson and it's like a whole different world. You walk into the office and start to meet people, and they're all very nice and compassionate. They joke around and have a laid back atmosphere. It's very professional but very homey too."

In Vicki's career, she herself was a nurse, so she's met many doctors and counts Dr. Patterson as the cream of the crop. "I'm a nurse, and he's the best doctor I've ever gone to for anything," she said. "He's very much a natural at what he does."



IN THE NEWS

NEW CLINICS IN CARSON CITY AND SOUTH LAKE TAHOE

We are excited to announce that Dr. Patterson will now be seeing patients in the Carson City and South Lake Tahoe areas at the Barton Health clinics. This expansion will give patients in these communities very convenient access to the compassionate and helpful Pain Management services that we provide here at Nevada Advanced Pain Specialists. Our highly-trained physicians and state-of-the-art technology represent some of the most cutting-edge medicine, and we're thrilled to help patients in these communities get closer to finding pain relief.

For more information and exciting updates on these locations, visit our website at www.nvadvancedpain.com.



These clinics are located at:

Carson City Clinic
935 Mica Drive
Suites 13-15
Carson City, NV 89705

South Lake Tahoe Clinic
212 Elks Point Road
Suite 200
Zephyr Cove, NV 89448

SOLVING FAILED BACK SURGERY SYNDROME

Sometimes, even after surgery, back pain can persist. It's a condition called Failed Back Surgery Syndrome. Spinal Cord Stimulation (SCS) is a very effective treatment for many of these patients. SCS treatment involves using an electrical current that disrupts nerve impulses that signal pain. The good news is, it is nearly always successful.



In a trial conducted to measure efficacy of the SCS, 95% of all patients who presented with Failed Back Surgery Syndrome experienced a 73% reduction in pain symptoms after treatment.

“For many patients, a surgical option sometimes isn’t the solution to their pain problems; that’s where we come in with the SCS,” said Dr. Denis Patterson. “Effective pain management comes from a combination of important factors -- the best technology available and a trusting relationship between physician and patient.”

The first step is a trial, usually lasting about seven days, to make sure the treatment is successful for the patient before making it permanent. The procedure involves implanting the stimulator using a local anesthetic and sedative in the comfort of our state-of-the-art facility. As the physician and patient test the stimulator together, a decision is made about proceeding with permanent implantation.

For more information on the trial, go to www.poweroveryourpain.com or www.nvadvancedpain.com.

OUR FAVORITE WINTER RECIPES

ROASTED PUMPKIN-APPLE SOUP



Apples add just a hint of sweetness to this velvety pumpkin soup. Try it as a delightful first course for a special meal.

Ingredients

- 4 pounds pumpkin pie or butternut squash, peeled, seeded and cut into 2-inch chunks
- 4 large sweet-tart apples, such as Empire, Cameo or Braeburn, unpeeled, cored and cut into eighths
- 1/4 cup extra-virgin olive oil
- 1 1/4 teaspoons salt, divided
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon chopped fresh sage
- 6 cups reduced-sodium chicken broth or vegetable broth
- 1/3 cup chopped hazelnuts, toasted
- 2 tablespoons hazelnut oil

Preparation

1. Preheat oven to 450°F.
2. Toss pumpkin (or squash), apples, olive oil,

1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more.

3. Transfer about one-third of the pumpkin (or squash) and apples to a blender along with 2 cups broth. Puree until smooth. Transfer to a Dutch oven and repeat for two more batches. Season with the remaining 1/4 teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.

Makes: 12 servings, about 1 cup each

Nutrition: 180 calories; 9 g fat (1 g sat, 7 g mono); 0 mg cholesterol; 25 g carbohydrates; 3 g protein; 6 g fiber; 525 mg sodium; 569 mg potassium.

Carbohydrate Servings: 1; **Exchanges:** 1 starch, 1/2 fruit, 2 fat

Nutrition Note: Vitamin A (290% daily value), Vitamin C (40% dv), Potassium (16% dv).

Find more recipes at www.eatingwell.com

INDOOR EXERCISES BEAT WINTER CHILLS

Cold winter months tempt us to skip exercise and hibernate until spring, but there are very good reasons to fight that temptation. Managing chronic pain requires a multi-faceted approach, not the least of which is regular exercise. Muscle tone, flexibility and physical strength enable the body to care for itself, so though the outdoors may not be inviting, there is plenty of exercise that can happen in fitness classes or inside the home.

Aerobic activity

Mayo Clinic describes the benefits of aerobic exercise this way:

- Aerobic exercise strengthens the body by repeatedly moving large muscles in the arms and legs.
- The outward signs of a good physical workout include faster breathing, which increases oxygen in the blood; the heartbeat also increases, which brings more blood flow to muscles and lungs.
- Mentally, the body releases endorphins that decrease pain and improve the mental state.
- One good way to get the blood moving is through classes.

Classes range in difficulty level from very low to high impact, so there is something for every ability. For example, for those with arthritis, movement can sometimes be painful and stiff. The Centers for Disease Control recommends a variety of exercises specifically for arthritis designed to improve aerobic ability, muscle tone and balance.

Aerobic activities include brisk walking on treadmills, walking in place, mall-walking offered in many communities, and even from a seated position, depending on fitness level and ability.

Resistance exercise

Research has shown that strength training offers health benefits to both men and women of all ages. In fact, according to the Centers for Disease Control, weight training is more beneficial to men and women in less-than-perfect health.

A Tufts University study showed that those who included resistance training in their exercise programs reduced osteoarthritis pain by more than 40 percent.

Resistance training can be accomplished in a gym with weights, resistance bands or in the home.

Lifting weights, using resistance bands and even lifting cans of food in the home are all good ways to increase resistance.

Balance improvement

Each year, more than 2 million older Americans go to the emergency room because of fall-related injuries, according to the National Institute on Aging. Because a fall can result in a host of injuries, such as broken bones, balance exercises can make all the difference.

Exercises to improve balance include walking backwards and standing on one foot for increasingly longer periods of time. Arms out to the side help maintain balance. For those who need a hand, put one hand on the back of a kitchen chair while practicing to lift first one foot and then the other.

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

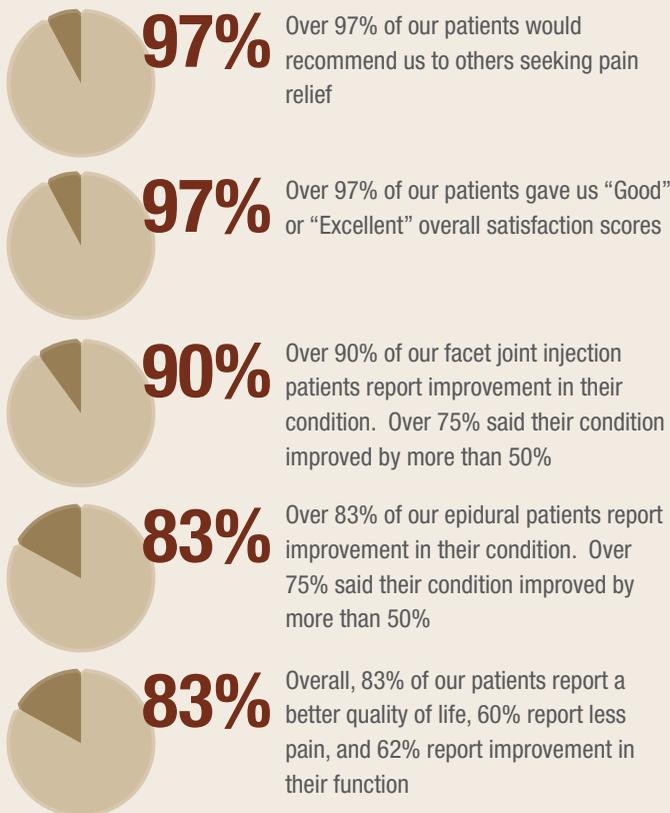


NEVADA ADVANCED PAIN SPECIALISTS

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 experiences 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, left, and Dr. Denis G. Patterson, 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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