



News that patients can use...courtesy of

❖ **The Comprehensive Centers for Pain Management, including Toledo Pain Services, West Central Surgical Center, and Bayside Center for Pain Management**



WELCOME to our practice!

Whether you are a new or continuing patient at one of our CCPM offices, we remain committed to serving your needs in as timely and convenient a manner as possible. While you are waiting to see one of our professionals, we present this informational and (hopefully) entertaining newsletter to keep you abreast of offerings and developments - please feel free to take this home with you to keep our numbers handy, or to share with others who may need our services. If there is a particular topic in this material you wish to discuss with our staff, please feel free to ask - we're here for you!

DID YOU KNOW THAT... WE PROVIDE LICENSED MASSAGE & PHYSICAL THERAPIES AT CCPM?



Massage Therapy has been clinically proven to be effective as a treatment for

certain types of painful conditions when applied by a licensed, skillful Therapist. This therapy may often be covered under a patient's insurance plan.

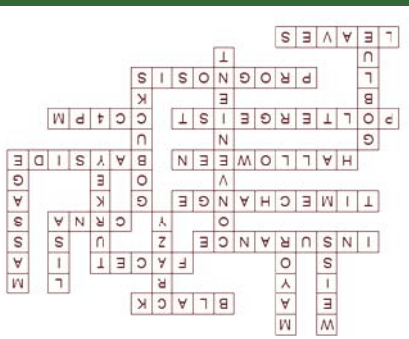


Physical Therapy (PT) is effective in treating, healing, and/or

preventing many conditions. Physical therapists are professionally trained and licensed in this rehabilitative skill. PT can involve either passive or active treatments, which are customized depending on your needs.

Ask our staff if these types of therapy could be helpful for you!

(Crossword puzzle solution)



NOTES FROM OUR MEDICAL DIRECTOR

Adapted from Mary Anne Dunkin by William James, Jr., M.D., CCPM Medical Director

Facet Joint Blocks for Treatment of Acute and Chronic Back Pain

There are many different treatments for back pain. Taking lots of drugs (which many people find unpleasant) or undergoing surgery are not your only options. Plenty of medical options that fall between medications and surgery may be very effective treatments for your back pain. Among those options are **Facet Joint Blocks**, which are described in this Issue of *CC4PM Waiting Times*. Physicians with special training and experience in interventional treatment of back pain should be your choice for this type of therapy.

If your doctor suspects the source of your pain is in the facet joints, where the vertebrae connect to one another, he may recommend a procedure called a facet joint block, in which a steroid and/or anesthetic medication is injected directly into the joint capsule or injected in such a manner to block the nerve(s) to the facet joint.

Why they're done:

Facet joint blocks are used in diagnosis. If an injection into a particular site relieves pain, it can help the doctor determine the source of the pain. Facet joint blocks are also used as therapy for the treatment of pain resulting from injuries or from osteoarthritis affecting the facet joints, but there is little evidence of their effectiveness over the long term.

How they're done:

Like other spinal injections, facet joint blocks are performed on an outpatient basis under fluoroscopy. To have the procedure, you'll need to lie flat on your stomach on an X-ray table while a specially trained doctor guides the needle into the facet joint suspected of causing your pain. Once the needle is in place, your doctor will inject the pain- and/or inflammation-easing medication into the facet joint capsule or to block the facet nerve. If the facet joint was indeed the source of your pain, the anesthetic should provide some relief almost immediately.

After the procedure, you will be monitored for a short while and then allowed to go home. Your doctor may recommend rest if steroid was used or may actually ask you to perform normal daily activities to "test" if the facet nerve was injected. In either case you should be able to resume light to normal activity the following day.

Prognosis:

The effectiveness of facet joint blocks depends largely on whether the target of the injection was the actual cause of your back pain. If the injections are effective, your doctor may recommend repeating the procedure or proceeding with Facet Neurotomy. We will provide information on Facet Neurotomy in our next issue.

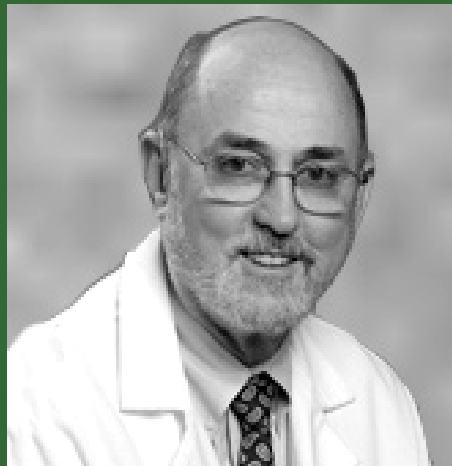
For more information on this and other procedures performed by CCPM, please check with your clinician, or you may access our web site at www.cc4pm.com. After turning on your computer's speaker, click on "Patient Education & Media Center," then on "Procedural Movies," and "Pain Management."



A note to our patients:

In an effort to provide the highest quality experience for you at CCPM, we invite you to take advantage of our suggestion box in the lobby. Also, please inform our staff if you have been waiting more than 20 minutes for your appointment or your phone call. We are a busy practice ~ but ALL of you are very important to us!

James A. Weiss, M.D., returns to CCPM - WELCOME BACK!



Many of you will remember Dr. Weiss! He worked with us for several years while commuting from the Cleveland area. He has now relocated to Toledo.

Dr. Weiss received his undergraduate training at the University of California, Berkeley, and his medical degrees and residencies in anesthesiology at UCLA, where he was also Chief Resident. He served as Chief of Anesthesia at the Maxwell USAF Base in Alabama, then subsequently as a professor and attending anesthesiologist at UCLA and Cedars-Sinai Medical Center.

Dr. Weiss is certified by the American Boards of Pain Medicine, Anesthesiology, and the American Academy of Pain Management.

OUR PRACTITIONERS & LOCATIONS

William G. James, Jr., M.D., Medical Director ~ American Boards of Anesthesiology and Pain Medicine

Howard Black, M.D. ~ American Board of Anesthesiology, Diplomate, American Academy of Pain Management

Nadeem Moghal, M.D. ~ American Board of Anesthesiology, Sub-Specialty Certification in Pain Management

James Weiss, M.D. ~ American Boards of Pain Medicine, and Anesthesiology (with Qualifications in Pain Management), American Academy of Pain Management

Debra K. Wenzke, R.N., B.S.N., M.S.N., C.N.P.

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Visit our website at www.cc4pm.com

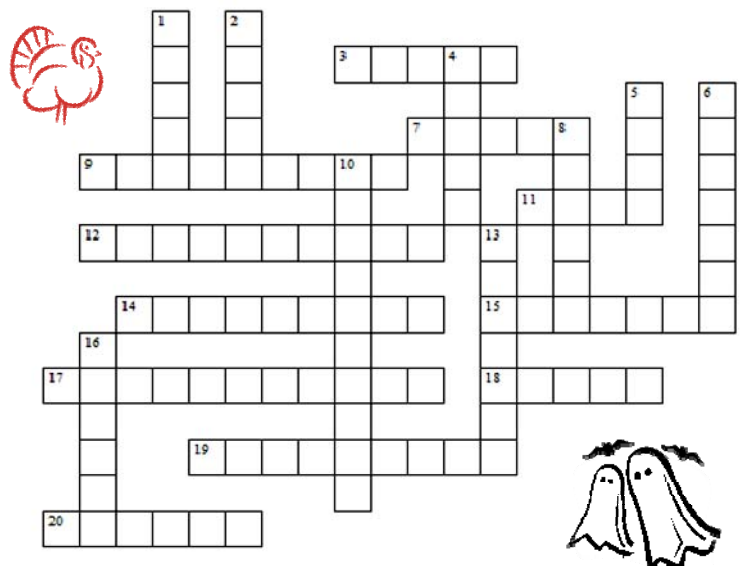
* Virtually all insurance coverage accepted *

OUR MISSION

At CCPM, our mission is to provide comprehensive, high-quality, cost-effective, convenient, and patient-friendly diagnosis & treatment of pain by certified professionals in order to improve quality of life.

CC4PM TIMES® CRAZY CROSSWORD

(NOTE: You can find some of the answers in this newsletter!)



ACROSS

- 3. One of CCPM's doctors (last name)
- 7. A location for a joint block
- 9. What usually covers your treatment
- 11. Certified Registered Nurse Anesthetist (init.)
- 12. What we will have to change our clocks for this fall (2 words)
- 14. Our next "scary" holiday
- 15. The name of our Oregon office
- 17. A fancy name for a ghost
- 18. A short version of our web site name
- 19. Expected outcome of a pain mgmt. procedure
- 20. What we have to clean up in the fall

DOWN

- 1. Our returning doctor (last name)
- 2. What Toledoans will be voting on this fall
- 4. Goofy, or, what we call our puzzle
- 5. One of our CNP's first names
- 6. Type of therapy we offer
- 8. A favorite food of a November holiday
- 10. One of our mission of service objectives
- 13. What an OSU fan hollers (2 words)
- 16. What a Univ. of Mich. fan yells back (2 words)

(Solution on page 1)

CCPM on the Forefront of Pain Management Education in our Community

The physicians & staff of CCPM are always pleased to participate in programs for professional organizations to provide education on pain management issues. We have provided speakers over the years for, among others, The Arthritis Association, Crohn's & Colitis Foundation, the NW Ohio Gerontological Association, ProMedica Health System CME programs, Case Manager/Social Work forums at UPMC, Flower Residency Programs, and Northwest Ohio Chiropractic Association. This fall, Dr. James will present programs for a Clinical Symposium for Mercy St. Anne's medical staff and the North West Ohio Self Insurers Association, which is a group dedicated to Worker's Compensation issues.

