



# CC4PM Waiting Times

FREE! News that patients can use...courtesy of

Spring/Summer 2010

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

## WELCOME TO OUR PRACTICE!

The Comprehensive Centers for Pain Management (CC4PM) is N.W. Ohio's premier, nationally-accredited pain management medical practice. Our professional staff are dedicated to providing individualized care to improve function and improve your quality of life. 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. 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!

**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.

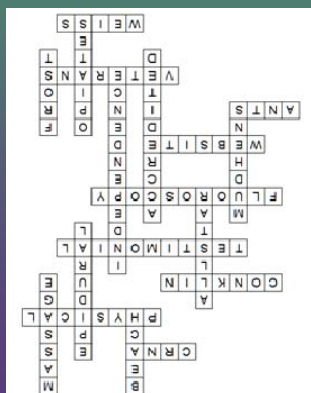


**PHYSICAL  
THERAPY  
(PT) is  
effective in  
treating,**

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 therapies could help you!

(Crossword puzzle solution)



## NOTES FROM OUR MEDICAL DIRECTOR

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

### A Common Injection Procedure 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 injections. There are numerous types of injections. The best one for you, should you need one, will depend on your particular problem.

Physicians with special training and experience in interventional (injection) treatment of back pain should be your choice for injection therapy. The amount of pain people feel with injections is highly variable. Some people report moderate pain with injections; others say they experience virtually no pain at all. Even if injections do cause some pain, most people would prefer them to invasive surgery. Usually an anesthetic (pain-killing medication) is administered with the injection, helping to ease any pain associated with the procedure and in certain circumstances, sedation can be administered.

The risks associated with injections are variable, too, and include infection, bleeding, nerve damage or a puncture of the dura mater (known as a "wet tap"), the outer membrane of the spinal cord, which can cause a headache for up to a few days afterwards. Fortunately, all of these risks are rare and when they do occur, they usually are not serious or long-lasting. Injections are safe for most people and are performed on an outpatient basis. If you have a procedure in the morning, in most cases, you'll be home that afternoon.

#### Epidural Steroid Injection

When inflammation within the spinal column causes nerve root irritation and swelling, doctors sometimes administer a potent anti-inflammatory medication to reduce inflammation and ease pain.

Steroids typically are injected directly into the epidural space – the area between the dura mater (the outer membrane of the spinal cord) and the vertebrae – to deliver medication directly to the site of inflammation.

#### Why they're used:

Epidural steroid injections have been used for almost half a century to treat sciatica (pain in the sciatic nerve, the major nerve of the leg, which runs from the lower end of the spine, behind the thigh and to the knee before dividing into smaller nerves). Your doctor may recommend an epidural steroid injection if you have acute sciatica or if ongoing pain makes it difficult to be active or do rehabilitation exercises.

#### How they're done:

Epidural steroids are generally administered in outpatient facilities. If you and your doctor decide that an epidural steroid injection is appropriate, you can expect the procedure to last between 5 and 15 minutes.

Your doctor will have you lie flat on your stomach on an X-ray table. Before the actual injection into the epidural space, your doctor will inject a local anesthetic (pain-killing medication, similar to one used to numb your mouth prior to having a filling) into the area. Then, typically using an X-ray procedure called fluoroscopy, he or she will guide the needle into the epidural space and inject the steroid solution. After the injection, your doctor will probably want to monitor you for 15 to 20 minutes before allowing you to go home. Once at home, you should take it easy for the rest of the day, but you may resume normal (that is, what's normal for you) activities the following day.

#### Prognosis:

By delivering medication directly to the site of inflammation, epidural steroid injections may ease pain in up to 70 percent of people who have the injections. Pain relief typically occurs in 7 to 10 days and may last from a week to a year. Doctors may administer as many as three injections in 6 months to a year's time.

**For more information on this and other procedures performed by CCPM, please check with our clinical staff, or you may access our website at [www.cc4pm.com](http://www.cc4pm.com).**

# CCPM Patient Testimonials provide inspiration for all

**Patricia's story** ~ As a Fulbright scholar and successful International Trade Specialist, Patricia was at the top of her game for many years. She eventually began experiencing chronic pain in her lower back, hips and legs for at least 10 years, and had several back surgeries, which unfortunately did not significantly alleviate her pain. She was subsequently diagnosed with 3 subdural Hematomas and was unable to return to work. After moving to Toledo in 2002 to be near relatives, she began the search for appropriate medical care and was diagnosed with Multiple Sclerosis, which after 10 years confined her to a wheelchair. Before coming to CCPM she had aggressively participated in numerous therapy programs, "but generally speaking I was significantly uncomfortable and had little enthusiasm for anything."



"Fortuitously, my referral to CCPM has proved to be very effective for me. I have been thoroughly interviewed by (their) physicians and nurse practitioners as to my exact condition and then carefully prescribed appropriate pain medication. In the past 3 years I have been treated with spinal injections... in my opinion, both of these have been moderately successful in decreasing the intensity of pain in my shoulders, neck and upper arms. I'm convinced through the treatments I have received at CCPM I have been able to maintain a much more satisfactory life style and have no significant increase in progression of the M.S. ... The care that I have received at CCPM has also, I believe, helped me to maintain a reasonably strong emotional stability."

*We are grateful for our patients' willingness to share their experiences so they may help others find their way to a better quality of life!*

## 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.**

**Lisa Wonnell-Chizmar, R.N., B.S.N., M.S.N., C.N.P.**

**Heidi Conklin, R.N., B.S.N., M.S.N., C.N.P.**

**Christine Davis, R.N., C.R.N.A.**

**Linda Hohenberger, R.N., C.R.N.A.**

*\* We also offer Physical & Massage Therapy on site \**

7053 W. Central Ave., Toledo, OH 43617

Phone: 419-843-1370

Fax: 419-843-1362

2751 Baypark Drive, Suite 209, Oregon, OH 43616

Phone: 419-693-9459

Fax: 419-843-1362

Toll-Free: 1-877-44-NO-PAI(N)

*\* Virtually all insurance coverage accepted \**

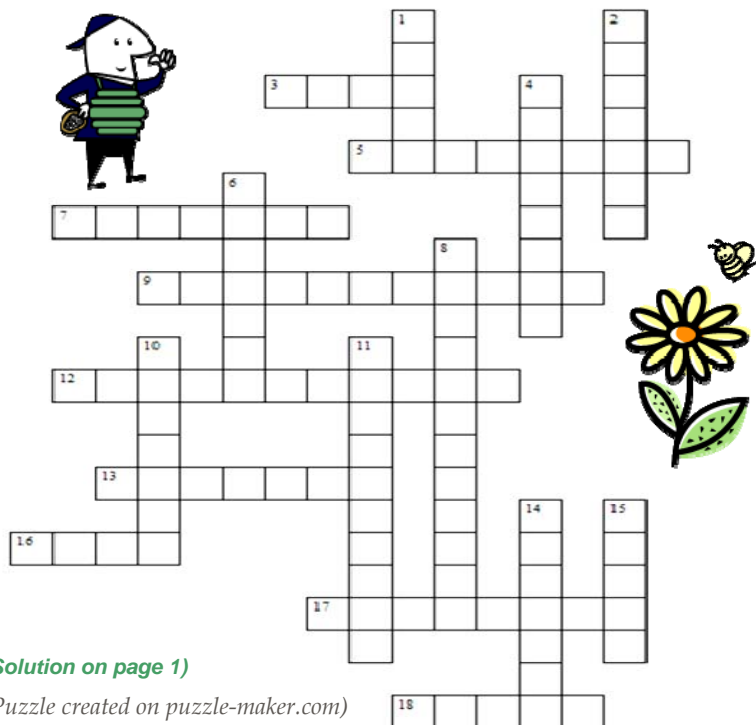
Visit our website at [www.cc4pm.com](http://www.cc4pm.com)

## 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!)



(Solution on page 1)

(Puzzle created on [puzzle-maker.com](http://puzzle-maker.com))

### ACROSS

- 3 Certified Registered Nurse Anesthetist (init.)
- 5 A type of therapy we offer
- 7 CCPM CNP Heidi \_\_\_\_\_
- 9 A patient's personal story
- 12 A type of x-ray we use
- 13 [www.cc4pm.com](http://www.cc4pm.com)
- 16 They are NOT welcome at a picnic
- 17 Those we honor on Memorial Day
- 18 CCPM's Dr. James \_\_\_\_\_

### DOWN

- 1 A popular summer destination
- 2 Another type of therapy we offer
- 4 A common injection procedure
- 6 Big MLB game of the year (2 words)
- 8 What we celebrate on July 4
- 10 Toledo's local BB team
- 11 National status of CCPM
- 14 Regulated pain medications
- 15 What our flowers DON'T need now

## ***A notice for patients new to CCPM who have been previously prescribed opiates for pain...***

If you are arriving at our practice for the first time and are currently taking opiates for pain, please note that there will be an evaluation process that takes place prior to our assuming responsibility for prescribing any pain medication. It may take up to 6 weeks from the date of your first appointment to complete this evaluation, which may include pain psychology consultation, urine drug analysis, therapy evaluations and discussion at our multidisciplinary conference. It is only after this evaluation that we normally determine if continuing controlled substances is in your best interest. *Therefore, we suggest that you continue your present medical regimen with your current or referring physician during this initial evaluation period.*