



News that patients can use...courtesy of

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

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 PHYSICAL THERAPY AT CCPM?



Physical Therapy (PT) has been clinically proven to be effective in treating, healing, and/or preventing certain types of painful 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. To goal is to relieve pain by improving function, movement, and flexibility while relaxing your body.

TYPES OF PHYSICAL THERAPY:

- ❖ **Ultrasound**
- ❖ **Transcutaneous Electrical Nerve Stimulation (TENS)**
- ❖ **Heat/Cold Therapy**
- ❖ **Pain Relief Treatment**
- ❖ **Stretching**
- ❖ **Strengthening exercises**
- ❖ **Low-Impact Aerobic Conditioning**

PT is normally covered under insurance if prescribed by a physician. Our staff will assist you in determining your eligibility.

Ask our staff if this therapy could be helpful for you!



NOTES FROM OUR MEDICAL DIRECTOR

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

Selective Nerve Root 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 Selective Nerve Root 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.

Selective Nerve Root Block or Transforaminal Epidural Steroid Injection

When a nerve root is compressed or inflamed, it can cause pain in the back and leg. A selective nerve root block (SNRB) or Transforaminal Epidural Steroid injection (TF ESI) is an injection of a steroid and/or numbing agent into the area of the nerve where it exits the spinal column between the vertebrae.

Why they're done:

SNRBs can be used in diagnosis. If an injection into a particular site relieves pain, the doctor can determine the source of the pain. SNRBs and TF ESI are also used for the treatment of back and leg pain, particularly pain from a herniated disc or if a nerve is inflamed after back surgery. This technique may be more effective than epidural steroid injections in many situations.

How they're done:

Like epidural steroid injections, selective nerve root blocks are generally administered in outpatient facilities. The procedure is performed under fluoroscopy, which enables the doctor to locate the precise space to be injected. More than one injection may be given at the same time. To have the procedure, you'll need to lie still on your stomach on an X-ray table while the doctor administers the injection. Although the injection itself will be mildly uncomfortable, if the site of pain has been correctly identified for injection, your nerve pain should start to improve quickly. Your doctor will want to monitor you for a while before sending you home for a day's rest followed by normal, light activity.

Prognosis:

The success of the procedure lies largely on its ability to target the affected nerve root. If the nerve root injected is not the source of your pain, it will have no effect on your pain. If SNRB or TF ESI treatment is successful, your doctor may advise having this treatment repeat as needed but not to exceed 3-6 injections in a one year period of time.

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. For SNRB's, turn on your computer's speaker, and click on "Patient Education & Media Center," then on "Procedural Movies," "Pain Management," and "Cervical Selective Nerve Root Block."



ATTENTION OHIO & MICHIGAN WORKERS' COMPENSATION PATIENTS:

CCPM HAS STAFF DEDICATED TO WORKING WITH YOU AND HANDLING YOUR BWC PAPERWORK!

MEET OUR FEATURED STAFF MEMBER!



**TERRY ARNDT
FRONT DESK
PATIENT COORDINATOR**

Terry graduated with a M.A. Degree from Toledo Medical Education Center, and then served as an M.A. at Elmore Medical Family Practice for over 15 years. Afterwards she worked at St. Vincent Mercy Medical Center's E.R. Department in Registration for 11 years, and then came to CCPM three years ago.

Terry's dedication to our patients is always on display: "I love my patients... and always try to greet them with a smile!"

Watch for other team member profiles and upcoming announcements in our next issues!

**OUR PRACTITIONERS
and 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 Board of Pain Medicine, American Board of Anesthesiology with Qualifications in Pain Management (WELCOME BACK, DR. WEISS!)

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.

Beverly Wisdom, P.A.-C.

Christine Davis, R.N., CRNA

Linda Hohenberger, R.N., CRNA



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: 419-693-9429

1809 S. Main Street, Suite C, Findlay, OH 45840

Phone: 567-525-5716

Fax: 567-525-5718

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

Visit our website at www.cc4pm.com

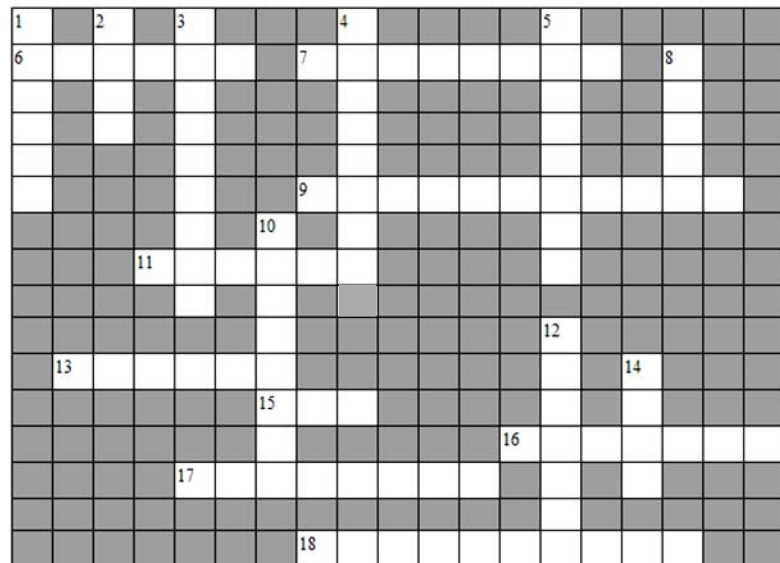
* Virtually all insurance coverage accepted *

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

- 6. CCPM's eastern location
- 7. A type of therapy CCPM offers
- 9. A "bend-a-fit" of PT
- 11. Surgical attire, or, what she does to pots & pans
- 13. What a child may call pain
- 15. Level of certification of some of our nurses (init.)
- 16. CCPM's statement of purpose
- 17. Upcoming sport season
- 18. A type of box in our lobby

DOWN

- 1. One of our Doctor's (last) names
- 2. "More or ____"
- 3. Selective nerve treatment (2 words)
- 4. A painful condition, or, what protects your roof
- 5. What many people hope to enjoy in the summer
- 8. A written record of your treatment
- 10. What you are sitting on, or, a vaccination site
- 12. What you are, and, what we hope you are on a busy clinic day
- 14. Our surgical center's name (init.)

(Check with our staff for the solution!)

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!