

PAINnews

Fall 2013

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Pain
Awareness Month
page 2

Plus

- » Herniated Disc Treatments, pg. 3
- » Meet Dr. Hilgenhurst, pg. 4



Pain Awareness Month

September marks the beginning of Pain Awareness Month. Nearly 100 million Americans are affected by some variation of chronic pain and fortunately have several options for treatment.

Pain strikes in various ways, which makes it difficult to directly treat patients. What works for one person will not necessarily have the same effect on the next. Precision Pain Care recognizes every patient's condition and treats him or her appropriately with the best and most effective options.

During the month of September, physicians, medical clinics, organizations, local businesses, patients, and families come together to raise public awareness of matters concerning pain and pain management. Even a small conversation with your friends and family gets the word out. Chronic pain is sometimes associated with negative thoughts and beliefs. Talk with your healthcare provider and follow these steps to make your journey easier.

MAKE YOUR JOURNEY EASIER

1

Take control: The course of pain is unpredictable. Patients may often feel discouraged after months or even years of failed treatments. Keep your head high and your feelings even higher. A good attitude makes a difference with pain levels.

2

Have a good relationship with your doctor: Make sure you trust your doctor and that you feel comfortable talking with him/her about everything.

3

Never ignore pain: People will continue to preach the belief that it is only pain and there is nothing physically wrong. Don't let those people affect the way you treat your condition. Report every symptom or change to your doctor immediately.

4

Sleep: Inadequate sleep can lead to fatigue, depression, and irritability. A restful, routine sleep pattern is essential to coping with chronic pain.

5

Have a support team: Chronic pain can make you feel lonely and isolated. Surround yourself with friends and family who make you feel good and support your decisions.

Precision Pain Care believes in raising awareness about pain and pain management. The entire medical staff is committed to making the road to recovery a smooth one for all our patients.



Herniated Disc Treatments

A herniated disc is one of the most common spine complaints in the United States today.

Approximately 5.1% of men and 3.7% of women will have a herniated disc during their lifetime. A disc is a component of the spine that cushions the space between the bones. When there is a tear in the outer ring of the disc, a jelly-like material seeps out and a herniation occurs. As a result of this, intense pressure is pushed against nerves or the spinal cord. Pain is almost guaranteed at this point, while some patients endure neurological problems as well.

At Precision Pain Care, we're dedicated to offering the most effective treatment plans to all of our patients. A herniated disc does not automatically mean surgery, but rather, more conservative pain management techniques are considered and applied first. Based on the physician's recommendation and the patient's concerns, a plan is created.

After taking a history and getting a good physical exam, the next step is an accurate diagnosis. In most cases, a diagnosis is obtained by a physical exam followed by an MRI. Most people will get better with time, modification of activities, and over-the-counter anti-inflammatory pain medication. The pain from a herniated disc flare up may resolve without intervention.

When pain is severe, an epidural steroid injection (ESI) can work wonders at relieving pain from an inflamed nerve root. These procedures are performed at Precision Pain Care using state-of-the-art equipment, and are always done under X-ray guidance for optimal accuracy. By injecting only the inflamed nerve, patients have the best chance of getting their pain under control so that they can give their bodies time to heal. The majority of patients will not need surgery, if they can get their pain under control well enough and get back to their daily lives.

When conservative care is not providing results, however, surgery can remove the herniation. A micro-discectomy, or minimally invasive discectomy, is a common surgery that removes the herniated disc from the spine. The surgery is performed through a small incision. After the discectomy, the physician will recommend the patient take it easy for a couple of days and then at approximately six weeks, begin a physical therapy program. We work closely with several highly qualified Orthopedic Spine Surgeons and Neurosurgeons in Nashville, Smyrna, and Murfreesboro.

The treatment process for a herniated disc is really a quality of life decision. Precision Pain Care is a pain treatment center that caters to a range of patients' needs. From conservative to surgical, these treatment options continue to serve every patient.

Meet Dr. Hilgenhurst



Graf Hilgenhurst, M.D.

Chief Physician and Founder of Precision Pain Care

At Precision Pain Care, patients are guaranteed the highest level of care and comfort. Specializing in advanced non-operative spinal procedures, and state of the art medical treatments, Precision Pain Care is staffed with the most qualified and skilled team members.

Located at 1177 Rock Springs Road in Smyrna, Tennessee, the medical practice is conveniently open Monday through Friday from 8 a.m. until 5 p.m.

Graf Hilgenhurst, M.D. is board certified in Anesthesiology and Pain Management and is the chief physician and founder of Precision Pain Care. Dr. Hilgenhurst attended Rush Medical College in Chicago for his Doctor of Medicine degree and completed his internship at Rush-Presbyterian St. Luke's. Later, he completed his residency in Anesthesiology at Beth Israel Medical Center in New York, New York, and a Fellowship in Pain Management at the University of Cincinnati.

With his enthusiasm in patient care and dedication to the practice, Dr. Hilgenhurst has created a team that continues to increase the quality of life for all patients.



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Precision Pain Care is open
Monday – Friday: 8am – 5pm

precisionpaincare.com

