

PAIN news

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FEATURED

WOMEN IN PAIN

PLUS

- New Surgery Center
- A Healthy Meal Recipe!


Precision Pain Care
Specializing in Advanced Spinal Techniques

WOMEN IN PAIN

Pain is often a regular, unwelcoming, reality for many women, let alone any human being. The most common causes of pain in women range from menstrual and childbirth pain, to headache and autoimmune pain. Wherever the pain stems from, there is always one commonality: it's painful.

At Precision Pain Care, we understand that men and women read and feel pain differently. Studies show that men are less likely to report pain to their doctors than women, however, that doesn't mean any pain is less real. The specialists at Precision Pain Care consider all options for treatment after ensuring a precise and real diagnosis is reached.

According to *The Clinical Journal of Pain*, about 40 percent of American women suffer with spinal issues. Muscle or ligament strain is one of the most common causes for back pain in women, triggered by strenuous lifting. Mothers often hold the task of constantly picking up and putting down their young children. Physical therapy, rest, and proper lifting techniques should be applied to avoid damaging the muscles or ligaments in the back. When lifting, be sure to use your leg

muscles, as to not put excessive strain on the spine.

Other common causes of back pain that many women face is arthritis and osteoporosis. Women over 50 are especially vulnerable to this injury, as the joints and bones in the spine weaken and lose density with age. Aqua therapy is one of the best ways to work out stiff joints and promote bone health. Talk to your doctor about lifestyle and diet changes that can be implemented into your treatment plan that can help support the health of your spine. Spinal injections may also be effective in reducing back pain.

Historically, women tend to be more sensitive to experimental pain stimuli than men. Having lower pain thresholds and lower pain tolerances, women are often inclined to get treatment sooner. The team at Precision Pain Care

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Chicken-Apple Sausage

It can sometimes be difficult to decline that juicy breakfast sausage that so greatly compliments your morning eggs. Now, you can enjoy this breakfast meat without compromising your diet! Check out this recipe for chicken-apple sausage:

Serving size: 8 patties

Ingredients:

2 tsps canola oil
1 small onion, diced
1 med sweet apple (Gala or Honeycrisp),
peeled and diced
1 lb ground chicken
1 tbs finely chopped sage
1 tbs light brown sugar
1/2 tsp fennel seed, chopped
3/4 tsp salt
1/4 tsp ground pepper

Preparation:

Heat oil in large non-stick skillet. Add onion and cook 2 minutes until softened. Add apples and cook for 2 more minutes. Transfer onion and apple to a large bowl and cool for 5 minutes.

Add chicken, sage, sugar, fennel, salt, and pepper to the bowl with the apple and onion; mix

Clean out the pan and coat with cooking spray. Over medium heat, scoop 4 portions (1/3 cup each) of the sausage mixture into the pan; flatten each into a 3-inch patty. Cook until browned (3 minutes each side).

Coat pan and repeat with remaining sausage mixture.

considers gender differences to ensure a unique, effective, and appropriate treatment strategy for each individual patient.

Research tells us that women are more likely to encounter pain conditions within their lifetime. Chronic migraines affect two percent of the population, most often affecting women. This debilitating problem, commonly referred to as a transformative migraine, can strike a person 15 or more times a day each month. Women are three times more likely to experience these aching migraine attacks.

Another infamous pain condition many women face is fibromyalgia. Fibromyalgia will likely affect various areas of your body and life. At Precision Pain Care, we take a “whole-patient” approach to treatment that encompasses body,

mind, and environmental considerations. We stress the importance of patient education, not only for fibromyalgia, but all pain conditions. Patients may benefit from medication therapy, visualization and relaxation techniques, maintaining a healthy diet, and therapies such as physical therapy and massage. A collaboration of treatments can reduce pain while simultaneously improve mobility.

At Precision Pain Care, we provide tools for patients to manage their pain without surgical intervention. According to the Institute of Medicine, there are 100 million Americans in pain, the majority of whom are women. If you are a part of the pain population, let Precision Pain Care help. Contact one of our specialists today to start your journey to a pain free life. ●

Spine & Pain Physicians Surgery Center:

PROVIDING THE TECHNIQUES NECESSARY FOR PAIN RELIEF



Confronting the pain epidemic head on to address increasing reports of Americans suffering with back pain, Dr. Graf Hilgenhurst is proud to announce the opening of Spine & Pain Physicians Surgery Center. Staffed with highly qualified spine and pain relief experts, Spine & Pain Physicians Surgery Center will offer therapeutic procedures that provide solutions with minimally invasive therapies.

Dr. Hilgenhurst continues to offer his expertise and quality care to patients at Precision Pain Care, and will now be expanding his services at the new surgery center. Patients will receive better access to improved care for acute and chronic pain conditions. The Spine & Pain Physicians Surgery Center was established in Smyrna, Tennessee and is Rutherford County's first surgery center solely dedicated to spine and pain treatment.

We offer a number of effective and reliable treatments, and hope Spine & Pain Physicians Surgery Center is right for you. Treatments are offered for conditions such as:

- Disc Herniations
- Spinal Stenosis
- Radiating extremity pain
- Tingling, numbness in the back, neck or limbs
- Neuropathy
- Complex Regional Pain Syndrome
- Neck and back pain
- Chronic and acute spine & pain conditions

Our team believes it is a patient's right to get treatment, and we respect these rights. Every patient has the right to courtesy, respect, dignity, privacy, responsiveness, and timely attention. The team at Spine & Pain Physicians Surgery Center holds high standards to the quality of care we give to each patient. Patients can expect integrity and endless commitment through every phase of treatment.

The goal of the surgical center is to provide patients access to minimally invasive spine and pain treatments. Our team understands the uniqueness of each patient and is able to accurately diagnose and design treatment plans that are specific to their pain. Dr. Hilgenhurst and the Spine & Pain Physicians Surgery Center team provides patients with a safe and highly regulated environment where patients feel confident and hopeful for quality results.

Don't let chronic pain take over your life. Early treatment is vital for spine pain management. If you or someone you love is living with debilitating pain, choose Spine & Pain Physicians Surgery Center for relief. Please call us at (615) 459-3881 for scheduling and directions.



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Visit us at www.PrecisionPainCare.com for educational videos and more information on the kinds of conditions we care for and the treatment options we offer.