

The Power of Pain Management

CHRONIC PAIN SUFFERERS ARE FORCED TO DEAL WITH UNBEARABLE ACHES AND PAINS ON A DAILY BASIS. ALTHOUGH MEDICATIONS CAN PROVIDE RELIEF FROM THESE SYMPTOMS, ADDICTION CAN BE A SERIOUS CONCERN. AT THE TWIN CITIES PAIN CLINIC, PAIN MEDICATION IS EMPLOYED RESPONSIBLY AND IN CONJUNCTION WITH OTHER THERAPIES TO PROVIDE PATIENTS WITH MAXIMUM RELIEF.

PAIN MANAGEMENT REQUIRES a focused and varied approach for each patient. Given the patient's individual symptoms and condition, a specifically tailored treatment program is necessary to achieve the best possible outcomes. Typically, pain management regimens begin with physical therapy programs and advance to more invasive or powerful methods if pain is not adequately addressed.

Many patients who do not respond well to physical therapy often become candidates for medication therapy, which has been a controversial topic among physicians. Although many medications for pain management, including anti-inflammatories, pose virtually no risk of addiction, stronger medications, such as opioids, have a high potential for abuse.

"Much of the discussion surrounding the use of pain medication deals with the potential for addiction," explains Andrew Will, M.D., Diplomate of the American Board of Physical Medicine and Rehabilitation, board certified in physical medicine and rehab, and Medical Director of the Twin Cities Pain Clinic. "Pain medication addiction affects a small percentage of patients, but it represents a very serious problem at each occurrence. The benefits of using pain medications are evident, but in order to maximize pain relief and minimize risk for addiction, physicians must monitor progress responsibly."

Patients undergoing medication therapy for chronic pain often develop a tolerance to medication, eventually requiring a larger dose of the substance

to achieve desired results. Given this aspect of medication use, it is vital for pain management specialists to specifically monitor a patient's progress and medication consumption.

"When medication becomes a viable option for a chronic pain sufferer, physicians must commit to the responsibilities that come with administering these medications," says Dr. Will. "Specifically, physicians must closely follow a patient's progress and keep detailed accounts of medication usage. Medications may eventually become less effective for a patient, potentially leading to over consumption and self-medication — the first step toward addiction. Once this line is reached, new means of treatment must be pursued. For patients who have grown tolerant of their oral pain medications, they might consider an intrathecal pain pump that delivers medications directly into the spinal fluid and typically gives a stronger effect."

The Comprehensive Approach

At the Twin Cities Pain Clinic, Dr. Will and his staff provide comprehensive care for patients and their families. Addressing all necessary aspects of pain management, from physical therapy to injections and medication administration, the Twin Cities Pain Clinic serves as a vital resource for pain sufferers across the region.

"The Twin Cities Pain Clinic maintains a strict dedication to the well-being of each patient who visits the facility," adds Dr. Will. "Our care team is well trained and experienced in providing a vast range of treatment options for chronic pain. We focus on providing patients with the means necessary to manage pain and return to the activities they enjoy."

To learn more about treatment options for chronic pain at the Twin Cities Pain Clinic, visit www.twincitiespainclinic.com. ■

