



Brian Powers / Staff photographer

Dr. Ahmed Elborno treats a patient with lower back pain on an X-ray machine known as the "C-Arm." It allows Elborno to take real-time X-rays to better guide his hand in the minimally invasive, same-day procedure that would treat a pinched nerve condition that otherwise would require traditional surgery. The procedure is performed at the Adventist Hinsdale Hospital Pain Management Center of Excellence.

Bringing relief

Area doctor chooses specialty
to help rid patients of pain

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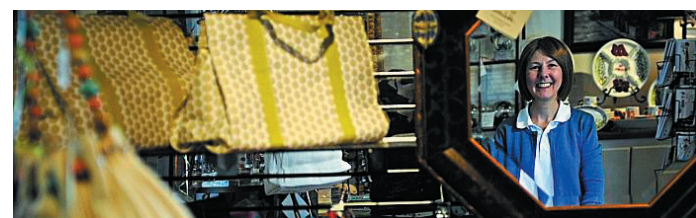
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Monday, April 14, 2008

Volume 1, Number 9

INSIDE

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COVER STORY

'I was dead, and now I'm alive'

Area doctor specializes in treatment of pain

By Dave Sharos
Special to The Sun

We live in a world of increasing specialization, which is especially important when it comes to getting medical attention. And while some may argue there are doctors today for everything, the most common reason we seek them is to relieve ourselves from pain.

Dr. Ahmed Elborno is a specialist in pain management and his work at four area clinics is all geared toward bringing his patients relief.

"Pain is the body's way of waving a red flag and saying something is wrong, and it's the most common reason people go to see the doctor," Elborno said. "Helping people get rid of their pain is the reason I selected this specialty – to see the smiles on patients' faces and knowing that their lives are more enjoyable and they're happier is what I work for."

Experienced specialist

Elborno spent 10 years working in general surgery before specializing in anes-

thesia at the Chicago Loyola University Medical Center and later in pain management at Rush Presbyterian St. Luke's Medical Center. He went on to work for five years at Rush Oak Park Hospital as chairman of the department of anesthesia and pain management, and associate professor at Rush Presbyterian St. Luke's Medical Center.

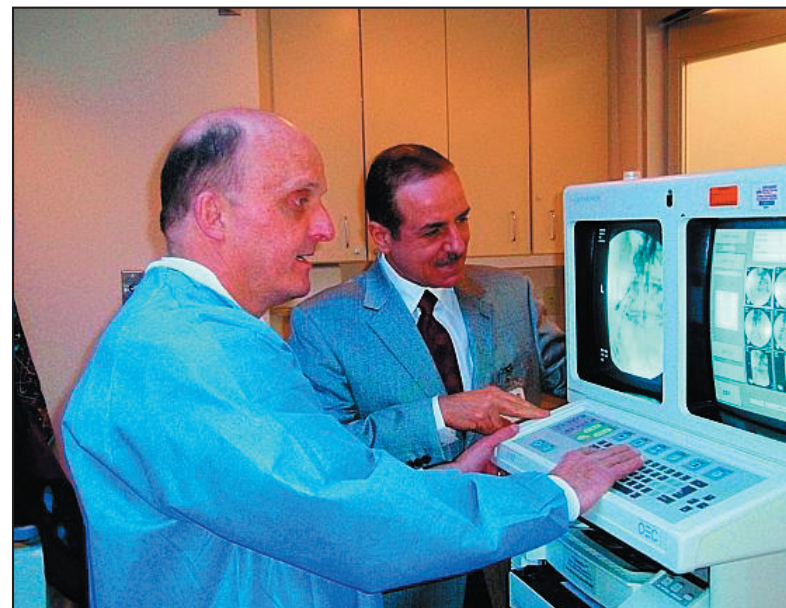
Today, he describes himself as an interventional pain management specialist who treats the source of pain – not the symptoms, with minimally invasive procedures or surgeries.

"We use injections and minimally invasive procedures to treat the source of back pain such as pinched nerves in order to avoid surgery," Elborno said. "Other patients are treated for disc decompression, or receive spinal cord stimulation."

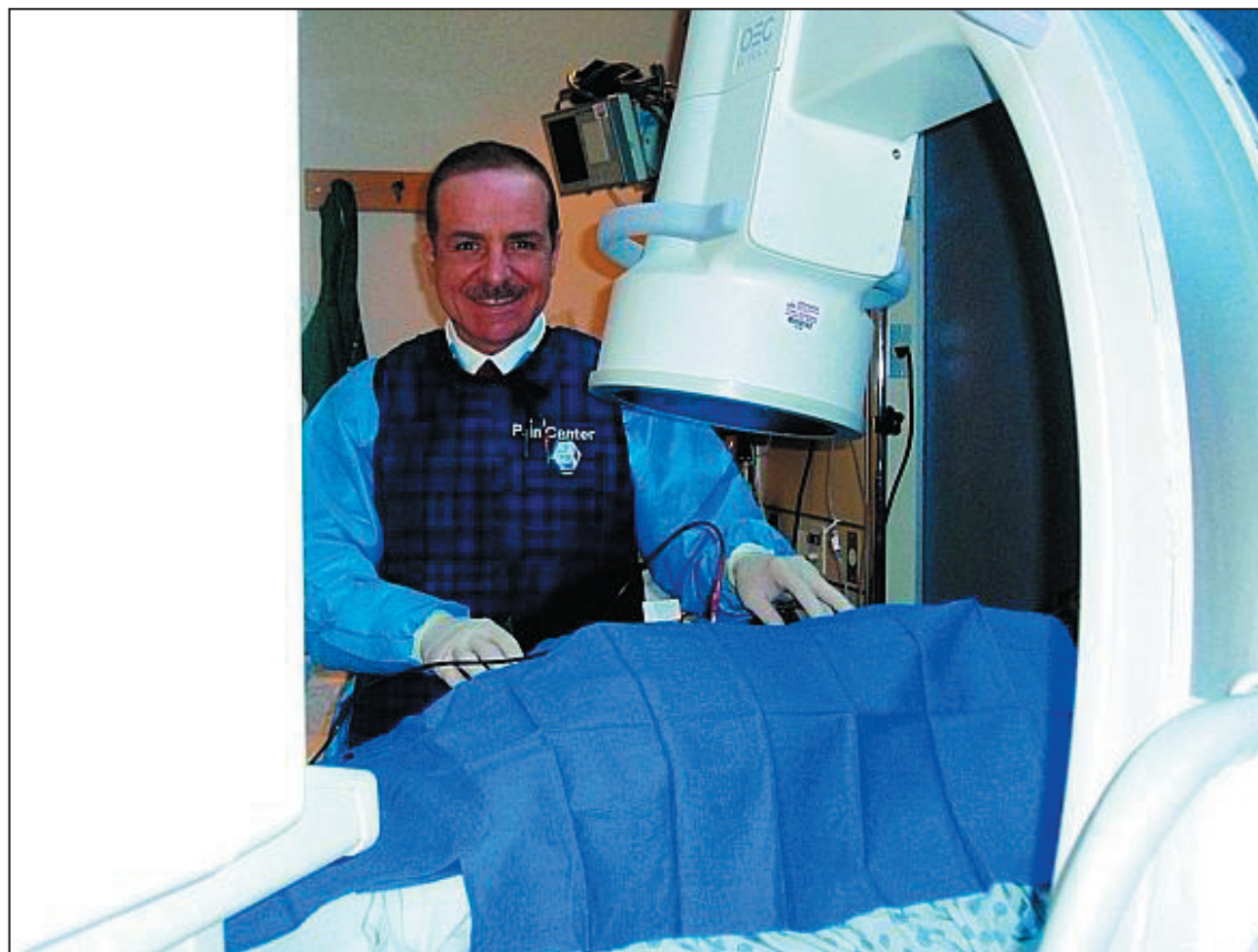
Innovative treatment

He has appeared on many international TV channels for his work on back pain and headaches and on Fox News for his work on a Naperville resident who was treated

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Dr. Ahmed Elborno, and Steve Shannon, an X-ray technician at the Adventist Hinsdale Hospital Pain Management Center of Excellence, discuss X-ray findings. "We perform our minimally invasive procedures under X-ray guidance to locate the accurate site of injection," Elborno said.



Elborno performs a procedure under X-ray guidance. "We use injections and minimally invasive procedures to treat the source of back pain, such as pinched nerves, in order to avoid surgery," Elborno said.

Photos courtesy Dr. Ahmed Elborno

“We use injections and minimally invasive procedures to treat the source of back pain such as pinched nerves, in order to avoid surgery.”

Dr. Ahmed Elborno ■ INTERVENTIONAL PAIN MANAGEMENT SPECIALIST

“We are living in an era where everyone is trying to lose weight and exercise, and it is exposing people to more ailments. People try to do too much, too soon. And our lifestyle now is filled with more tension.”

Dr. Ahmed Elborno ■ INTERVENTIONAL PAIN MANAGEMENT SPECIALIST

PAIN

From Page 3

successfully with a spinal cord stimulator. “I was dead, and now I am alive,” the Naperville resident said on Fox News, describing her condition before and after the treatment with the spinal cord stimulation for her intractable back pain.

Elborno also offers IDET, or Intradiscal Electrothermal Therapy – a procedure that’s designed to relieve back pain resulting from damage to the discs between the spine bones.

Services are provided at many area clinics, including the Pain Management Center of Excellence of Adventist Hinsdale Hospital and the Midwest Academy of Pain and Spine/Advanced Chicago Pain and Spine Physician Center. Elborno has worked at both locations for four years.

Men vs. women

Patients he has treated range in age from 10 to 90, he says, with the majority being folks in their 30s through their 60s. Men and women are equally split, he adds, although their complaints vary.

“Most of the men are dealing with back pain, from their neck, middle and lower back,” Elborno said. “Other issues include what’s called ‘complex regional pain syndrome’ and also cases involving peripheral neuropathy.”

The complex regional syndrome involves a chronic pain condition that occurs after injury or prolonged immobilization and can include intense pain, swelling or burning. The Mayo Clinic Web site defines peripheral neuropathy as a condition that “causes pain and numbness in hands and feet.

“The pain typically is described as tingling or burning, while the loss of sensation often is compared to the feeling of wearing a thin stocking or glove,” the Web



Photos courtesy Dr. Ahmed Elborno

“We are dedicated to the highest standard of medical care and to the latest techniques in medical science,” Dr. Ahmed Elborno says of his medical associates. Pictured, from left, are Linda Kehoe, registered nurse; Dr. Ahmed Elborno, medical director of Adventist Hinsdale Hospital Pain Management Center of Excellence; Julie Willis, representative for Plasma Disc Decompression Device from ArthroCare spine division; and Myra Ortiz, medical assistant in the Advanced Chicago Pain and Spine Physician Center/Midwest Academy of Pain and Spine.



Despite Dr. Ahmed Elborno’s successes, he continues to look ahead to the future, including his goals to continue working on his own research and finding new ways of treating a variety of pain conditions.

site states.

Women patients, Elborno said, are more likely to voice complaints about headaches, fibromyalgia and back pain – problems that, in some way, may reflect our lifestyles today.

“We are living in an era where everyone is trying to lose weight and exercise, and it is exposing people to more ailments,” he said. “People try to do too much, too soon. And our lifestyle now is filled with more tension.”

Integrated approach

Running, Elborno said, has caused problems for some in their joints, knees and back. Swimming and water aerobics are better alternatives

for some, as well as walking.

Patients visiting one of Elborno’s clinics are evaluated during their initial visit and a treatment plan is drawn up afterwards. Relief is nearly a given, it seems, since Elborno reports that only about 1 percent of his patients ever return for treatment once their case has been resolved.

“Our mission is to find the origin of the pain, and not to mask it, and to enhance our patients’ quality of life, ability to enjoy daily activities and functionality,” Elborno said,

“We accomplish this by taking an integrated approach to pain management. Each patient’s treatment is

AT A GLANCE

- Adventist Hinsdale Hospital Pain Management Center of Excellence
120 Oak St., Hinsdale
- Midwest Academy of Pain and Spine
Advanced Chicago Pain and Spine Physician Center
3030 Warrenville Road, in the Wyndham Hotel, Lisle
20 East Ogden Ave., Hinsdale
2333 N. Harlem Ave., Chicago
- Central scheduling 773-836-7500 and 630-245-1010
Hours: 9 a.m. to 5 p.m., Monday through Friday
- For more information about pain conditions, treatments and resources on the Web visit:
www.spineuniverse.com
www.controlyourpain.com
www.arthrocarespine.com

individually tailored based on a comprehensive patient evaluation.”

“I have a high rate of success, which is very gratifying,” he said. “Some of the patients I get come to me first, while others are referred. Those who have experienced failed treatment of drug therapy usually wind up coming to see us, but sometimes, it’s too late. They’ve passed the period where their problems are more than chronic.”

Advanced techniques

Despite Elborno’s successes, he continues to look ahead to the future, including his goals to continue working on his own research and find even newer ways of treating a variety of pain conditions.

“We are looking into other methods to treat spine conditions, and by continuing to treat patients, we continue to develop more advanced techniques and learn more about the ‘tools’ we could modify or invent that will be more helpful to our patients,” he said.

“We are dedicated to the highest standard of medical care and to the latest techniques in medical science.”