

## MEDICAL NEWS

# Answers to Your Back Pain Problems



**W**here is your back pain coming from, Is it related to work related injury, a car accident or other underlying medical condition?

Back pain affects 80% of Americans at some time in their lives. It is the number one cause of disability related to work accidents; It comes in many forms, from lower or upper back pain to neck pain to sciatica. Back pain is not a diagnosis, it's a symptom. It may be caused by a variety of medical conditions. Common causes include nerve, disc, and muscular problems

that are commonly related to back injuries. Also, it could be an alerting symptom to other underlying medical conditions that may be serious. Additionally, back injuries are the most common cause of back pain. Injuries frequently occur when back is used in strenuous activities.

Detailed history and comprehensive neurological evaluation would always be the first step in the management of back pain. This may be combined with additional testing if needed. It is very important to address and rule out other underlying medical conditions that may contribute partially or totally to the back pain. Underlying medical conditions should be treated appropriately

After reaching the right diagnosis, there are many modalities of Pain management, which should always start with conservative management. Back surgery is warranted if there is persistent leg or arm weakness, numbness or disturbance of bowel or bladder control that is related to pinched nerves. Back surgery may not be indicated in most of cases of back pain. Sometimes, pain may improve and sometimes it may become worse after back surgery.

Every year, more than 15 million Americans go under the knife--and this may not always be necessary. As a matter of fact, it has been estimated that 2.4 million unnecessary surgeries are performed every year in the United States, with huge costs and subsequent morbidity and mortality (about 11,900 deaths).

So how do you know if you need or do not need surgery, and what can you do to prevent unnecessary surgeries? A reasonable step to start with is to communicate with your physician. Ask questions and discuss all treatment options and alternatives. You should do your own search in addition to seeking a second opinion from other specialists who specialize in Non surgical Pain Management. Ask questions and discuss all treatment options. One study showed that when patients and doctors share the decision making, rates of surgery drop by as much as 44%.

If you sustained back or neck injury, there is no reason to suffer of disabling pain that would compromise your quality of life. There are many FDA approved, non surgical, minimally invasive procedures that could manage your back pain, pinched nerve pain and sciatica. Patients would leave the hospital or surgical center in the same day, and can resume their activities in the next day.

*This article was contributed by Dr. Ahmed Elborno, MD, Director of Pain Management Center of Excellence at Hinsdale Hospital. He was formerly the Chairman of Rush Oak Park Anesthesia and Pain Management Department and Associate Professor at Rush Presbyterian St. Luke's and a Board Certified Anesthesiologist and Pain Management Specialist. With many offices located around Chicago land area, his practice treats back pain conditions without surgery, and without medications, accepting all insurances including worker's comp and car accident coverage. For more information, call central scheduling at (773) 836-7500 or call Dr. Elborno's nurse at (630)400-6109 . Locations in Chicago, Hinsdale and Naperville.*

## Attention **Back Pain** Sufferers

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### PATIENTS SHARE

-"The pain was gone. I wanted to get up and run 10 miles!" -Albert Trembley  
Construction Superintendent, Hudson, NH

-"DISC Nucleoplasty is simple and rewarding for my patients. They can go home 1-2 hours after the procedure and start enjoying life again."

-Yung Chen, MD Stanford University

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