



Health & Wellness

Attention Chronic Pain Sufferers!

Do Not Let Your Chronic Pain Control Your Romantic Life

By Dr. Ahmed Elborno



People suffering from chronic pain find their normal daily activities become impaired, and among the activities affected are the desire or ability to become passionate with your partner. Ongoing pain can gradually erode interest in romantic encounters, and physical movements during intimacy may serve as pain triggers and cause acute pain exacerbations. This, in turn, may disrupt normal functioning or diminish arousal and could lead to additional psychological distress including depression, anxiety and low self-esteem

Depression, anxiety and prolonged physical inactivity go hand in hand with chronic pain conditions, and are often associated with decreased sexual interest.

The relation between pain, depression, anxiety, prolonged physical inactivity and decline of sexual function is complex and multifaceted.

Chronic neck and back pain are common sources of intense pain that may interfere with healthy life. The neck and back pain may be caused by many factors, such as herniated disc, pinched nerves, diseases of the spinal cord, or failed back surgery.

Fortunately, if pain and subsequent depression and physical inactivity have contributed to your sexual problems, it is possible to do something about it by managing your pain appropriately.

What are the general rules for pain management?

Like any other medical condition, correct and accurate diagnosis is the key for effective treatment. The most important goal is to identify the source of pain so that the most appropriate treatment plan is used. Proper diagnosis is achieved by obtaining detailed history, and performing comprehensive general and neurological evaluation, and additional testing if indicated.

What modalities are available for interventional pain management for the treatment of neck and back pain with pinched nerves?

Single treatments usually do not relieve chronic pain. We always start with conservative modalities, and we may combine this with interventional pain management techniques if needed. Interventional, non-surgical pain management procedures for treatment of back and neck pain may include, but are not limited to:

- epidural injections,
- nerve blocks,
- radiofrequency ablation,
- non-surgical disc decompression (nucleoplasty),
- facet blocks,
- Sacroiliac joint injection,
- neurostimulation, etc.

Treatment of co-morbid medical conditions should always be considered as well.

What is the clinical role of neurostimulation therapies in the management of pinched nerve pain, chronic sciatica, back pain with leg or arm pain?

Neurostimulation therapies can be effective for managing pain in patients with intractable pain resulting from pinched nerves. Most commonly, these patients have chronic back or leg pain associated with failed back surgery syndrome. Neurostimulation therapy may be appropriate for people where more conservative therapies have failed and who are not surgical candidates. **Those patients should meet established selection criteria.**

Benefits of Neurostimulation

Neurostimulation and other interventional modalities have caused a revolution in the field of chronic pain management. The cutting-edge technology is offering now solution for chronic pain without drugs or surgery.

When first line treatments are not successful in managing the pain and if the back problem cannot be surgically corrected, patients may seek the expertise of a pain management physician where more advanced treatments such as spinal cord stimulation may be recommended depending on their diagnoses, medical history, type and severity of pain.

Neurostimulators are designed to treat a variety of chronic pain conditions including and not limited to pinched nerve pain, failed back surgery syndrome, and chronic intractable headaches.

The goal of Neurostimulation is to help patients return to a more normal lifestyle by significantly reducing chronic pain to a more manageable level with no or less medications.

The neurostimulation system is typically implanted in a two-stage procedure, separated by a trial screening period lasting approximately 1 to 10 days. The procedure is minimally invasive and is performed as same day surgery, with no down time.

With all of the advancements in the field of pain management there is no reason for you to be a prisoner in your painful body. You deserve a better quality of life. Enjoy love and health with your loved ones. Conquer your pain and recapture your life.

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