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# REDUCE AND ERADICATE PAIN THROUGH INTERVENTIONAL TECHNIQUES

So many Americans suffer from pain that never seems to go away. Patients try everything to find relief – medication, surgery, holistic approaches. Among the more successful ways of combatting pain is by targeting the exact site of pain origination, and through interventional pain care and treatment, reducing and even eradicating pain.

There was a time when doctors relied on general anesthesia for almost everything. But that was many years ago, and the field of pain care has evolved tremendously. The concept of localized nerve blocks to diagnose and treat pain is a great addition to pain management, and physicians who are highly proficient in pinpointing location and perfecting technique have the most successful outcomes. It's important that patients know they can reduce their pain without dependence on surgery or medication.

Procedures must be performed under the guidance of Fluoroscopy – an x-ray procedure that makes it possible to see injection placement, using real-time video images. This assists the doctors in detecting the precise location of the pain site, and gives them the opportunity to administer medication, exactly where it is needed. Procedure by fluoroscopy is now the gold standard in interventional pain management.

There are a variety of procedures that have reduced patient suffering tremendously. Epidural steroid injections can be very helpful, particularly for low back and leg

pain. Botox injections are actually an effective source for pain relief for some patients. Minimally Invasive Lumbar Decompression (MILD) – where a specialized tool is inserted through a tiny incision in the back removing small pieces of bone and excess ligament – has yielded excellent results. Radiofrequency lesioning has achieved remarkable results when heat is applied to a nerve to stop it from carrying pain signals. Fortunately, there is a long list of options that can work for a variety of patients with differing diagnoses.

The World Institute of Pain is a global association of dedicated health professionals who are committed to alleviating pain for patients all over the world. As a group, WIP has made tremendous strides, and the collaborative efforts have reduced the suffering of millions of people. Yet, every day there are new challenges. Doctors are facing those challenges with their patients to find the best method of combatting the pain.

It's challenging – and extremely rewarding – to find ways to help people in pain. Today, we are blessed to have many new methods from which to choose, and some of the world's greatest minds focused on eradicating pain.

*Ira Fox, MD, DABPM, FIPP, ABIPP founded Anesthesia Pain Care Consultants in June 1996. He has spent 25 years treating patients with acute and chronic pain. He can be reached at (954) 720-3188, [info@apccfl.com](mailto:info@apccfl.com) or [AnesthesiaPainCare.com](http://AnesthesiaPainCare.com).*