

HEADACHE PAIN TREATED WITH BOTOX®

Most people will suffer from headache pain at some time in their lives. Headaches can vary in severity and consistency. Most commonly, people have random, occasional headaches that are helped by over-the-counter medications. Tension headaches and migraines involve more severe pain.

A tension headache is often brought on by stress-induced muscle tightness that can cause mild to moderate pain, most commonly in the forehead and back of the head.

Migraines often generate a pulsating or pounding pain on one side of the head. Migraine pain often results in nausea and sensitivity to light and sound.

If headaches occur 15 or more days a month, the patient is considered to have chronic daily headaches.

There are many treatments for chronic daily headaches, for example, Botox® injections. Botox® is typically used as a cosmetic agent to help reduce wrinkles. But recent studies indicate that Botox® is also helpful in alleviating headache pain.

A 2003 study presented at the American Headache Society 45th Annual Scientific Meeting produced results indicating that 80 percent of patients treated with Botox® for headache pain claimed their head pain was less frequent, less intense or both after the injections. Of the 271 patients who received Botox® injections for the study, 60 percent reported good to excellent pain relief, 20 percent reported some pain relief and 20 percent reported no relief.

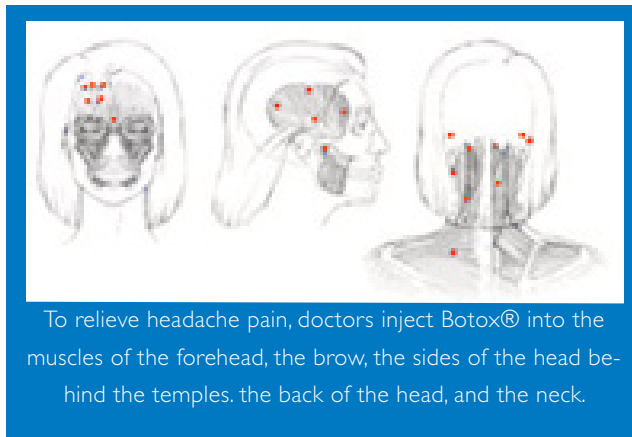
Three-quarters of the 271 patients had tried other therapies in seeking pain relief. Half of them had been over-using medication in an effort to find relief.

“Many of these patients otherwise would be left with narcotics as their best option,” said Andrew Bluemenfeld, M.D., the principal investigator of the San Diego-based study.

Specialists in Utah are also using Botox® injections to help patients find lasting relief from chronic daily headaches.

“We treated a series of 50 patients suffering from tension headaches with Botox® injections. There was only one patient who wasn’t completely satisfied,” said Richard Rosenthal, M.D., medical director of Nexus Paincare.

Many patients who receive relief from Botox® injections can reduce their medication dosages or stop taking pain medications all together.



PSYCHOLOGY AND CHRONIC PAIN

Chronic pain can affect all aspects of a person’s life— jobs, family relationships, behavior, social interactions, hobbies, etc.

Patients suffering from chronic should be treated with a multi-disciplinary approach to ensure that the whole person is treated, not just the painful area of the body.

In order to provide balanced and comprehensive treatments plans, the multi-disciplinary team at Nexus Paincare includes two pain psychologists. The psychologists are able to help patients cope with pain and lead more balanced lifestyles.

Through a combination of teaching stress management skills, relaxation methods and talking about the inhibiting effects of pain, James Cloyd, PhD and Eugene Buckner, PhD have helped many patients at Nexus Paincare. They ensure that patients receive proper care—teaching them to cope with their physical pain and helping them feel better emotionally and mentally as well.

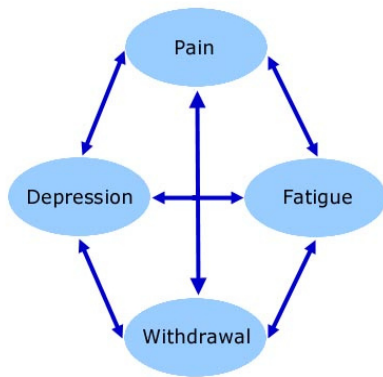
“Many patients experience an illness as either random or expected, but it is how they make sense of this life changing event that excites me. I am drawn to those patients who can see beyond the illness and continue to live their lives in a manner

that is congruent with their values," said Dr. Cloyd.

The inability to participate in hobbies and the loss of sleep associated with chronic pain often cause a cycle of depression, fatigue, and social withdrawal in patients.

Being able to talk through these problems is therapeutic and healing to patients who experience chronic pain.

Patients at Nexus Paincare are better able to cope with their pain after learning to find a balance between physical pain and emotions. The pain psychologists teach patients in chronic pain how to make the best of their situations and continue on with normal life. Many patients are then able to break the pain cycle and continue to live full lives.



FOOD FOR FRIENDS

Each year, Nexus Paincare organizes the Food for Friends program to collect canned goods for the Food and Care Coalition of Utah Valley.

In June, the Fifth Annual Food for Friends drive will begin. Nexus Paincare places food collection boxes in local doctors' offices. Staff members and patients are all encouraged to donate food items. The boxes are placed in offices for a month-long period.

The Food and Care Coalition of Utah Valley particularly needs donations of canned fruits and vegetables, canned chili and soup, canned spaghetti sauce, Italian and ranch salad dressing, canned

juice, gravy mix packets, bottled salsa, applesauce, cooking spray, garlic salt, pepper, corn starch, canned frosting, boxed cereals and vegetable oil.

Each year, the Food for Friends collection exceeds the previous year in pounds of food collected. This year should be the best year yet! Offices that are interested in participating in this year's Food for Friends collection can call 801-356-6100 ext. 42. This is a great way to involve staff members and patients in a project that will help bring food to those in need in our community.

NEXUS PAINCARE MEDICAL STAFF

Richard M. Rosenthal, M.D.



Robin R. Ockey, M.D.



Brian K. Olenlager, M.D.



Michael Behrend, M.D.

Jeff Pierson, PA-C

Karee Yates, APRN

James, Cloyd, Ph.D

Lincoln Clifford, D.C.

William Scott, D.O.

Megan Jensen, PA-C

Eugene Buckner, Ph.D

Kevin Rock, LMT

At Nexus Paincare, the goal of the staff and physicians is to provide people with a better quality of life.

To learn more about Nexus Paincare, please visit:

www.nexuspaincare.com