

JUNE 2007

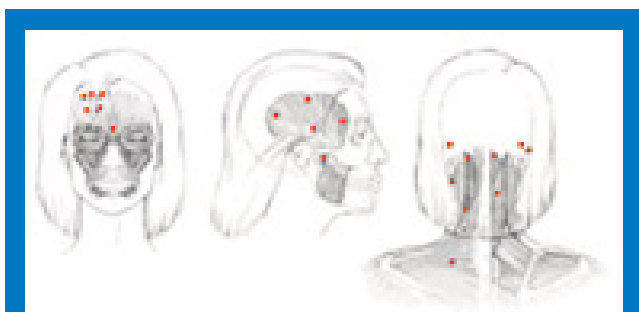
HEADACHE PAIN TREATED WITH BOTOX®

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.



To relieve headache pain, doctors inject Botox® into the muscles of the forehead, the brow, the sides of the head behind the temples, the back of the head, and the neck.

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.

"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.

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 occur. Nexus PAINCARE places food collection boxes in local doctors' offices. Staff members and patients are all encouraged to donate food items.

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.

Please bring us your food donations to our office throughout the month of June. Together, we can help feed our community.

STAFF CHANGES

After finishing the Nexus PAINCARE year-long fellowship program, Dr. Michael Behrend and Dr. William Scott have completed their time in our office. They will be missed by all.

Karee Yates, our nurse practitioner, is moving to the eastcoast for her husband's job.

There are many changes occurring in our medical staff. But our next fellowship program will bring several new doctors to our practice in July and August. We are excited to work with these new doctors! Look for the July 2007 issue to introduce the new fellowship doctors.

SIGN UP FOR OUR NEWSLETTER

To sign up to receive our monthly patient newsletter by e-mail, please send a blank e-mail message to rgriffiths@nexuspaincare.com with the word "NEWSLETTER" in the subject line. Nexus PAINCARE will not use your e-mail address for any other purpose except to e-mail you a newsletter once a month. Your information will not be shared or sold.

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