

# HealthNotes

A HEALTH AND WELLNESS PUBLICATION *from* OLMSTED MEDICAL CENTER | WINTER 2018

## Getting a Handle on Chronic Pain



**C**hronic pain hurts—not only physically, but also emotionally. It can make it difficult to function at home, work, and play. If you're living with pain, you may sometimes feel as if it has taken over your whole day. The Pain Management department at Olmsted Medical Center is dedicated to helping you reclaim a full, active life.



**Samer Abdel-Aziz, MD**

### Opioid-Free Pain Relief

The department is located at the Rochester Northwest Clinic, and its physician,

Samer Abdel-Aziz, MD, is board certified in pain medicine and anesthesiology. He is skilled at performing an array of minimally invasive procedures to help relieve even the most stubborn pain. The techniques are appealing alternatives to the use of opioid pain medicines, which can be addictive.

In addition to these minimally invasive pain treatment options, Dr. Abdel-Aziz prescribes non-opioid medicines, if needed. He may also refer patients for physical therapy or psychological services. "The most effective approach to managing pain is to use multiple treatment tools," says Dr. Abdel-Aziz. "Research shows that this approach offers patients the best relief."

### Comprehensive Treatment Options

Dr. Abdel-Aziz and his team use a variety of treatments and procedures to ease headaches as well as pain in the back, neck, arm, leg, hip, knee, shoulder, or face.

*(continued on next page)*



## Getting a Handle on Chronic Pain *(continued)*

Here are just a few of the treatment options provided:

- **Spinal cord stimulation** is “the most advanced technology in pain management today,” says Dr. Abdel-Aziz. In this approach, a small pacemaker-like device sends a mild electric current to the spinal cord to block feelings of pain. Patients first wear the device on a belt. An attached wire that has electrodes is inserted into the body with a needle and is positioned near key spinal nerves. If this trial treatment works well, the device can be permanently implanted under the skin.
- **Radiofrequency ablation** directs heat at certain nerves, which shuts down their ability to send pain messages to the brain.
- **Nerve blocks** are injections of numbing and anti-inflammatory

medicine given around a specific nerve to block pain signals.

“We are able to provide comprehensive care targeted to each patient’s needs,” says Dr. Abdel-Aziz.

Pain management procedures are covered by most insurance plans. If pain has hijacked your life, ask your primary care provider about a referral. The right treatment approach can help you get back to enjoying your life again.



Interested in learning more about pain management services at Olmsted Medical Center? Go to [www.olmmed.org/pain-management](http://www.olmmed.org/pain-management) or call 507.535.1976.

## Do You Have an Advance Healthcare Directive?

An advance healthcare directive, also referred to as a healthcare directive or an advance directive, is a written document that describes the kinds of healthcare you would or would not want if you become unable to communicate your wishes with your healthcare team. You should consider having one on file. A healthcare directive allows you to name a person (an “agent”) to help communicate medical decisions for you. This is for anyone older than age 18 and is available free of charge at any Olmsted Medical Center (OMC) location.

OMC has two different healthcare directives available for your use, one of which is an abbreviated healthcare directive. It will need to be notarized, which can be done for free at most OMC locations. Once the advance directive has been completed and notarized, you should give it to either your primary care provider or someone from OMC’s Social Services so it can be placed in your medical record.



To learn more about what an advance healthcare directive is or to have one placed on file in your medical record, call Olmsted Medical Center’s Social Services department at 507.529.6806.

# Blossom into Spring!

On Monday, April 30, the Plastic Surgery department will be having a spring event. This informational and fun-filled function will be held in the Founders Room of the Olmsted Medical Center from 5:30 to 6:30 PM.

There will be a "Secret Special" for those who attend! You—as well as someone who accompanies you—can receive \$100 off Botox treatments. Appetizers, door prizes, and more will be available.

## Register Today

Friends, spouses, coworkers, and neighbors are all welcome. This is a private event, so seating is limited.



For more information and to reserve your spot, please give us a call at **507.529.6740**. We look forward to seeing you!

## Play Croquet and Help a Worthy Cause

The 9th annual Croquet Field Day! will be held on Sunday, June 24, at Somerby Golf Club in Byron. The event is OMC Regional Foundation's annual amateur 9-wicket croquet tournament that consists of 2 rounds of 45-minute games and a third championship game.

### Help a Worthy Cause

Croquet Field Day! is held to raise awareness and funding for the future expansion of emergency medicine services at Olmsted Medical Center.

### Play, Sip, and Snack

All teams play for non-cash prizes awarded for top-performing tournament teams, best croquet-dressed individual (male and female), best hat individual (male and female), and best themed team.

The \$150 team entry fee admits two players to the pre-tournament brunch buffet and goes toward registration for the croquet tournament, a picnic-style lunch, and player gifts. We invite players of all ages and abilities to join us at this fun event!



To register for the 2018 Croquet Field Day!, please call the OMC Regional Foundation at **507.292.7208**.





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Lake City Family Physicians

OLMSTED MEDICAL CENTER

Joining together to serve Lake City and surrounding communities.

We are proud to announce Lake City Family Physicians has joined Olmsted Medical Center.

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**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **507.288.3443 (TTY: 507.287.2799)**.

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