

HEALING SPINAL FRACTURES WITH KYPHOPLASTY | PAN-SEARED SALMON WITH KALE AND APPLE SALAD

PAINNEWS

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LUMBAR RADIOFREQUENCY

THE SOLUTION TO CHRONIC LOW-BACK PAIN?





BENEFITS OF LUMBAR RADIOFREQUENCY:

- Pain relief for up to 2 years
- Greater range of motion
- Short recovery time
- Low complication and morbidity rates
- Longer lasting pain relief compared to steroid injections

LUMBAR RADIOFREQUENCY

THE SOLUTION TO CHRONIC LOW-BACK PAIN?

Lumbar radiofrequency is an interventional pain management procedure that helps reduce pain symptoms associated with chronic low-back pain.

With the help of electrical currents and heat waves, this procedure can decrease pain signals from damaged nerve tissue and provide long-lasting relief. In some cases, lumbar radiofrequency can provide patients with several years of pain relief.

If you're interested in lumbar radiofrequency, consult your Southwest Spine and Pain Center physician. Most patients are candidates for this therapy, but if you have a history of ongoing infections or bleeding issues, there could be complications.

On the day of the procedure, a mild sedation is administered to relax the patient. The physician then applies a local anesthetic to numb the area of skin where the radiofrequency needle will be injected.

Using an x-ray fluoroscope to direct the needle, a small electrical current is passed through the needle to recreate the

patient's pain and generate a muscle twitch. These targeted nerves are then numbed and radiofrequency waves are introduced to heat the tip of the needle.

A heat lesion is created on the nerve to disrupt the nerve's ability to send pain signals. This process is repeated several times for other damaged nerves, and the entire procedure could last anywhere from 30 to 90 minutes. There is little-to-no down time with lumbar radiofrequency, so patients return home that same day.

A few days following the procedure, the area treated will probably be pretty sore. This soreness is usually a result of the targeted nerves dying from the heat lesion. You could feel soreness around the injection site for about 7 - 14 days post-procedure.

We understand you may have pretty high expectations following your lumbar radiofrequency session, but it's important to remember pain relief doesn't usually occur until two or three weeks after the procedure.

Regardless, if you're suffering from chronic low-back pain, you shouldn't wait any longer than necessary to schedule an appointment at one of our four convenient locations. The pain management specialists at Southwest Spine and Pain Center are dedicated to helping chronic pain patients get back to living the life they want, pain-free. Call us today!

HEALING SPINAL FRACTURES WITH KYPHOPLASTY

When it comes to treating spinal fractures caused by osteoporosis, there are a variety of non-operative and operative treatment options available. Depending on the severity level, progression and location of the spinal fracture, patients can choose to manage their pain with a physician-prescribed medication, or treat it with minimally invasive spine surgery.

According to the National Osteoporosis Foundation, individuals that have a compression spine fracture(s) are 3-5 times more likely to experience another fracture within the next twelve months.

Vertebral compression fractures sometimes do not heal on their own, and when left untreated the condition worsens causing serious health problems like: strenuous breathing, dependence on pain medication, depression and (on rare occasions) premature death.

Studies indicate those who underwent minimally invasive procedures to treat fractures were 18% more likely to survive after four years than patients who did not undergo the procedure.

Kyphoplasty, commonly referred to as “vertebral augmentation,” is ideal for individuals suffering from serious spinal fractures because it’s safe, quick and can provide immediate pain relief.

The procedure is performed while the patient is under conscious sedation and involves inserting and gently inflating a small balloon inside damaged vertebrae to deliver a cement-like substance. This substance is meant to “set” the fragile fracture, allowing the soft inner bone of the vertebral body to strengthen and heal.

Kyphoplasty restores bone height and reduces the risk of spinal deformity. The entire procedure could take less than an hour if only one vertebrae needs to be repaired. If there are more, the procedure could last a few hours. Nevertheless, you may have the ability to start walking an hour after the procedure.

Talk to your Southwest Spine and Pain Center physician about kyphoplasty if you’re suffering from moderate to severe back pain.

*Source: National Osteoporosis Foundation. 2012. National Osteoporosis Foundation. 12 Oct. 2012 <http://www.nof.org/articles/235>





PAN-SEARED SALMON WITH KALE AND APPLE SALAD

TOTAL TIME: 40 mins
SERVES: 4

FROM: <http://www.foodnetwork.com/recipes/food-network-kitchens/pan-seared-salmon-with-kale-and-apple-salad-recipe.html>

INGREDIENTS

Four 5-ounce center-cut salmon fillets (about 1-inch thick)
3 tablespoons fresh lemon juice
3 tablespoons olive oil
Kosher salt
1 bunch kale, ribs removed, leaves very thinly sliced (6 cups)
1/4 cup dates
1 Honeycrisp apple
1/4 cup finely grated pecorino
3 tablespoons toasted slivered almonds
Freshly ground black pepper
4 whole wheat dinner rolls

DIRECTIONS

1. Remove the salmon from your refrigerator about 10 minutes prior to cooking.
2. Whisk together lemon juice, 2 tablespoons of olive oil and 1/4-teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.
3. While the kale stands, cut the dates and the apple into thin strips. Add the dates, apples, cheese and almonds to the kale. Season with pepper, toss well and set aside.
4. Sprinkle 1/2-teaspoon salt and pepper all over the salmon. Heat the remaining 1-tablespoon olive oil in a large nonstick skillet over medium-low heat. Raise the heat to medium-high and place the salmon, skin-side up, in the pan. Cook until golden brown on one side, about 4 minutes. Turn the fish over and cook until it feels firm to the touch (this usually takes about 3 minutes).
5. Divide the salmon, salad and rolls evenly among four plates. Voila! You've got yourself a heart-healthy meal!

NUTRITION

Per serving (1 fish fillet, about 2 cups of salad and 1 dinner roll): Calories 620; Fat 36 g (Saturated 8 g); Cholesterol 85 mg; Sodium 730 mg; Carbohydrate 40 g; Protein 39 g; Fiber 7 g; Sugars 14 g

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