

# PAINNEWS

SOUTHWEST SPINE & PAIN CENTER NEWS

IS IT A  
DEHYDRATION  
HEADACHE OR MY  
CHRONIC MIGRAINE?

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**GOT KNEE PAIN?**

CONSIDER STEM CELL THERAPY

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**DON'T LET  
SPINAL STENOSIS**

**BE A PAIN IN THE BACK!**

# IS IT A DEHYDRATION HEADACHE OR MY CHRONIC MIGRAINE?



**Now that summer is officially upon us, it's imperative patients at Southwest Spine and Pain Center prepare themselves for this season's high temperatures.**

Why? Simple. People exposed to extreme heat are increasingly susceptible to heat-related health problems such as sunburn, dehydration, muscle cramps, heat rash, and heat stroke. These ailments can exacerbate your pain or cause new pain symptoms to arise. If you plan to be outside for long periods of time, consider the following:

- *Drink plenty of water. We're talkin' a gallon each day!*
- *Apply and then re-apply SPF 30 or higher every 2 hours*
- *Wear light-colored, moisture-wicking, breathable clothes*
- *Take frequent breaks where you find shade or go inside*
- *Watch for signs of heat exhaustion (dizziness, nausea, etc.)*

Even if you stay inside most of the summer, avoiding heat-related health problems can be a challenge. That's when it becomes even more important to stay hydrated and in-tune with your pain symptoms. If you already suffer from chronic migraines, chronic dehydration from the summer heat could contribute to the frequency and severity of your pre-existing condition.



**So, is it a chronic migraine or a dehydration headache causing your pain?**

Well, it could be both. Nevertheless, there are ways you can identify a dehydration headache over your typical migraine. Dehydration is defined as the loss of water and essential electrolytes, such as sodium, chloride, and potassium. These chemical elements are necessary to help your body function properly and efficiently.

If you develop a headache that differs from your chronic migraine, it is possible you are dehydrated. Some of the symptoms of a dehydration headache include:

- **Fatigue**
- **Weakness**
- **Constipation**
- **Dry mouth**
- **Parched lips**
- **Dizziness**
- **Dry or flushed skin**
- **Rapid heartbeat**
- **Muscle cramps**

In addition to these symptoms, you may also notice a decrease in urine output. Or, your urine will be darker in color, taking on an amber hue. If your dehydration has become even more severe, you may suffer from low blood pressure, swelling of the tongue, and unconsciousness. It's important you start drinking water immediately if these symptoms arise, because water-deprivation can have life-threatening consequences. Try not to drink too much too quickly – start with three to four cups, wait a few minutes, then start drinking water again. Avoid exercise and extreme heat for a few days after your dehydration headache.

If you have additional questions or concerns regarding your headaches, talk to your Southwest Spine and Pain Center physician today!

# DON'T LET SPINAL STENOSIS

## BE A PAIN IN THE BACK!

If you suffer from lower back pain, you're not alone. In fact, the National Institute of Health reports approximately 80% of people in the U.S. will experience back pain at some point in their lives. If your back pain has progressed and is causing pain in your legs, you may have a serious condition on your hands.

While lower back and leg pain can indicate a number of health problems, one particular condition that seems to stand out more than others is lumbar spinal stenosis. This chronic ailment is caused by a narrowing of the spinal canal in the lower back. Over time, this condition can put excess pressure on the spinal cord and nerves in the spine. Symptoms of lumbar spinal stenosis often include the following:

- Dull, aching pain that travels to the groin, buttocks, or legs
- Pain that can worsen when standing or exercising
- Numbness in the legs, calves, or buttocks
- Muscle stiffness and weakness
- Loss of balance

## A Treatment Unlike Any Other... The Superior Implant

More often than not, conservative therapies and interventional treatments are recommended as a first line of treatment for patients suffering from mild to moderate lumbar spinal stenosis. If these non-surgical treatment options fail to provide adequate pain relief, patients would then have to consider a more aggressive treatment, such as surgery.



Fortunately, that's no longer the case. The FDA has recently approved a new treatment option for patients suffering from moderate lumbar spinal stenosis, and it's called **The Superior® Indirect Decompression System (IDS)**. The Superior IDS is a safe and effective treatment for back and leg pain caused by moderate lumbar stenosis.

The Superior implant is a small titanium device available in different sizes to best match a patient's spinal anatomy, and it acts like an extension blocker to relieve pressure on compressed spinal nerves.

## What to Expect During the Procedure

The Superior implant is inserted through a small incision in the lower back. This simple procedure can be completed in under one hour and can be done in either the operating room at the hospital or at an out-patient surgical center.

The Superior implant is designed to keep your spine positioned so that when you stand upright the nerves in your back will not be pinched.

**To learn more about this revolutionary treatment option, please speak to a physician at Southwest Spine and Pain Center.**

**DID YOU KNOW?**

**WE ARE UTAH'S FIRST  
AND ONLY PROVIDER OF  
THIS PROCEDURE!**

# GOT KNEE PAIN?

## CONSIDER STEM CELL THERAPY



**Stem cell therapy is a regenerative medical technique that uses the body's own healing properties to mitigate musculoskeletal conditions that have either stopped responding to traditional therapies or that may benefit from an alternative to invasive procedures, such as surgery. Stem cell therapy may also be recommended to patients as a supplement to an existing treatment plan.**

No matter the reason, it's safe to say stem cell therapy has become one of the most studied and talked about treatment options in the medical industry today. Fortunately, many research studies have found that stem cells can provide numerous health benefits to patients suffering from chronic pain conditions, diseases, and injuries.

Dr. Philippe Hernigou, a renowned stem cell researcher and orthopaedic surgeon, has conducted many studies on the safety and efficacy of stem cell therapy and other regenerative medicine techniques for various orthopedic ailments. His studies continue to shed light on how stem cell therapy, including autologous bone marrow concentrate (BMC) treatments, are safe for orthopedic pathologies, including osteoarthritis and ligaments injuries of the knees, hips, and shoulders.

### HOW CAN STEM CELL THERAPY/BMC BENEFIT KNEE PAIN?

Citing one of Dr. Hernigou's many studies on the topic, "there is growing evidence that the combination of bone marrow stem cells with PRP is equivalent to autologous bone grafting," which is an advanced procedure that replaces missing bone and promotes new bone growth in that location. This tells us that stem cell therapy has the potential to regenerate new tissue and bone in places that it has been lost.

In fact, the "potential" has already become a reality in many clinical settings. The physicians at Southwest Spine and Pain Center have witnessed similar phenomena in patients who've been treated with bone marrow stem cells for common spinal and musculoskeletal conditions. Other studies have found that bone marrow stem cells also have the ability to enhance orthopedic surgical outcomes – resulting in a quicker recovery, less pain, and better healing, overall.

Both of these studies have led to this: stem cell therapy carries many benefits in various medical applications, and the team at SWSP has observed many of these benefits for patients suffering from osteoarthritis, ligament injuries, and other conditions of the knee. When injected into the knee, stem cells travel to the damaged site and begin to regenerate into the specialized cells that are needed to heal the injury or condition. Over time, and after a series of injections, the injury eventually heals itself.

**IF YOU'RE SUFFERING FROM CHRONIC KNEE PAIN DUE TO DEGENERATION OR A PRE-EXISTING CONDITION OR INJURY, TALK TO A PAIN AND SPINE CARE SPECIALIST AT SOUTHWEST SPINE AND PAIN CENTER TODAY!**

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