

LOUISIANA PAIN

QUARTERLY | Vol. 28

FIGHTING EPIDEMICS

Combating the
Opioid Epidemic

CREATING HAPPY HOLIDAYS

Stress, Chronic Pain
& the Holiday Season

GREAT RECIPE

Pork Chops with
Pear & Ginger Sauce

BIG EASY EVENTS

Music, Art, Food &
Fun in New Orleans

HEALING IN THE HOMETOWN

An Interview with Dr. Satvik Munshi of Louisiana Pain Specialists





8



2



12

Editors: Eirik Johnson, Benjamin Morris

Design: Eirik Johnson

Published by: Vektor Media

If you are interested in a magazine for your practice contact Eirik Johnson at EJohnson@VekMedia.com

CONTENTS

VOL. 28

01 WELCOME

A note from our practitioners

02 RECIPE

Pork chops with pear and ginger sauce

04 HAPPENINGS THIS QUARTER

What's happening in the New Orleans area October through December

06 FIGHTING EPIDEMICS

Louisiana Pain Specialists announces an exciting new partnership

08 HEALING IN THE HOMETOWN

We talk with Dr. Satvik Munshi of Louisiana Pain Specialists

12 CREATING HAPPY HOLIDAYS

Coping with stress and chronic pain during the holiday season

20 SUDOKU

Try our Sudoku puzzles!



6



4



Dr. Tarun Jolly



Dr. Satvik Munshi



Dr. Neil Jolly

WELCOME

The holiday season will soon be upon us!! We hope it will be full of joy and fun with your family and friends. While there are many reasons to love the holidays, it can also be a difficult time for those managing chronic pain. Remember to take some time for yourself during the hustle and bustle of the season. Whenever possible, schedule in some relaxation.

In this issue of Louisiana Pain Quarterly, you can read about why stress can be more of an issue for some people during the holiday season and what you can do about it. Be sure to check out Dr. Satvik Munshi's talk with Louisiana Pain Quarterly, our delicious Pork Chop With Pears recipe, and 'Happenings This Quarter' for some Halloween and Holiday citywide events. We also announce our new partnership with Dependency Pain Treatment Centers to help battle the opioid epidemic.

At Louisiana Pain Specialists, we support those who suffer from chronic pain on their unique journeys to pain relief. Through a team-based and integrated approach to pain management and strong long term partnerships with local healthcare providers, we aim to have a positive impact in the lives of those who suffer from chronic pain.

We wish you and your family happy holidays and we hope you enjoy this issue! Have a happy and safe holiday season!

From our families to yours

Dr Tarun Jolly

Dr Satvik Munshi

Dr Neil Jolly

LOUISIANA PAIN SPECIALISTS LOCATIONS:

KENNER

231 West Esplanade Avenue, Suite B
Kenner, LA 70065

NEW ORLEANS EAST

5621 Read Boulevard
New Orleans, LA 70127

NEW ORLEANS

3439 Prytania Street, Suite 501
New Orleans, LA 70115

MARRERO

4520 Wichers Drive, Suite 205
Marrero, LA 70072

METAIRIE

3434 Houma Blvd, Suite 301
Metairie, LA 70006

CONTACT US: 504-434-7750 or LouisianaPain.com



PORK CHOPS WITH PEAR & GINGER SAUCE

Who knew pain relief could be so delicious?

Cook Time: 35 mins; 4 servings

Nutrition: 274 calories; 8g fat

In this recipe, pork chops are combined with a healthy pear and ginger sauce. During the saute process, vinegar and sugar are caramelized in the skillet, forming a deep, richly flavored base for the sauce.

The ginger serves two roles: first, it adds a spicy note that plays against the mild pork and pear. Second, ginger has compounds that help your body fight inflammation, including pains from arthritis and other joint conditions.

INGREDIENTS:

- 4 4-ounce boneless pork chops
- 2 teaspoons of canola oil
- 2/3 cup of dry white wine
- 3 tablespoons of cider vinegar
- 2 tablespoons of sugar salt and pepper as desired
- 1 ripe, peeled and cored pear cut into eighths
- 1/4 cup of ginger cut into thin strips
- 2 teaspoons of cornstarch mixed with water
- 6 scallions sliced into 1/2 inch lengths
- 1 cup of reduced-sodium chicken broth

DIRECTIONS:

- 1 Season the pork chops with your desired amount of salt and pepper.
- 2 Heat the oil over medium to high heat in a non-stick skillet. Add the pork chops and cook until they are browned and cooked through. Set them aside and pour the fat out of the skillet.
- 3 Add your vinegar and sugar to the skillet and stir so that the sugar dissolves. Cook this over mid-high heat until it browns. Pour in your wine and bring it to a simmer.
- 4 Add the pears, broth and ginger and bring it again to a simmer. Cook this mixture uncovered and make sure to turn the pears. This should take about five minutes.
- 5 Add the scallions and cook until your pears are tender.
- 6 Add the cornstarch and water mixture and stir until the sauce thickens.
- 7 Drop the heat to low and add your pork chops, making sure to flip them to flavor both sides.
- 8 Plate and serve.



||| Ginger has compounds that help your body fight inflammation, including pains from arthritis and other joint conditions.

HAPPENINGS THIS QUARTER

OCTOBER



1 Art For Art's Sake

cacno.org/afas

1-2 Treme Fall Festival

The Tremé Fall Festival is produced by the Historic Faubourg Tremé Association to support the architecture, culture, and history of Tremé as well as fight blight, crime and grime. Art, food, music, & more!

tremefest.com

8 Beignet Festival

beignetfest.com

7-22 Oktoberfest

oktoberfestnola.com

12-20 New Orleans Film Festival

neworleansfilmfestival.org

14-16 Crescent City Blues & BBQ Festival

The 11th annual Crescent City Blues & BBQ Festival brings the best of Southern soul to downtown New Orleans. Free Admission!

jazzandheritage.org/blues-fest

15 Carnaval Latino

carnavalatinola.com

16 Saints vs Panthers

12:00 PM FOX

22 Krewe of Boo Halloween Parade

www.kreweofboo.com

23 Oak Street Po-Boy Festival

The 10th Annual Oak Street Po-Boy Festival on the 23rd is open to the public and free to enter. Enjoy traditional po-boys such as fried shrimp, catfish and oyster, and roast



beef. Try some of the other creative and unique choices from the over 50 vendors. The one day festival is from 10 a.m. to 6 p.m.

poboyfest.com

27-30 LGBT Halloween New Orleans

halloweenneworleans.com

28-30 Voodoo Music + Arts Experience

voodoofestival.com

30 Saints vs Seahawks

12:00 PM FOX

31 Halloween

No other city in the world does Halloween better than us.

bit.ly/1p6AbeN

NOVEMBER

3-13 Faux/Real Festival*fauxrealnola.com***4 Boudin, Bourbon & Beer***boudinbourbonandbeer.com***5 Mirliton Festival***bywatermirlitonfestival.com***9-13 Words & Music Festival***wordsandmusic.org***12-13 Treme Creole Gumbo Festival***jazzandheritage.org/treme-gumbo***13 Saints vs Broncos***12:00 PM CBS***24 Thanksgiving Day****25-JAN 31 Celebration in the Oaks**

A must-see for the holiday season! It seems that all of City Park is aglow with light displays scattered throughout it's 13 beautiful acres. This annual celebration has become an enduring holiday tradition for families.

*neworleanscitypark.com***26 Bayou Classic***mybayouclassic.com***27 Saints vs Rams***12:00 PM FOX*

DECEMBER

1-31 Christmas New Orleans Style*holiday.neworleansonline.com***1-31 Merriment on Magazine***magazinestreet.com/events/merriment***4 Saints vs Lions***12:00 PM FOX***5 Algiers Bonfires on the Levee***holiday.neworleansonline.com***16-30 NOLA Christmas Fest***nolachristmasfest.com***24-JAN 1 Chanukah****5 New Orleans Bowl***neworleansbowl.org***18 Caroling in Jackson Square***holiday.neworleansonline.com/traditions/caroling-in-jackson-square***24 Christmas Eve Bonfires***holiday.neworleansonline.com/traditions/christmas-eve-bonfires-on-the-levee***24 Saints vs Buccaneers***12:00 PM FOX***25 Christmas Day****26-JAN 1 Kwanzaa****31 New Years Eve**

You'll want to be in Jackson Square on New Year's Eve for the biggest party in the city. Partygoers will be packed into The Quarter counting down the giant fleur de lis drop and the enjoying the fireworks over the Mississippi River. If you've got the energy, head to Bourbon Street to ring in the new year after the show *crescentcitycountdown.com*

FIGHTING EPIDEMICS

Louisiana Pain Specialists Partners With Dependency Pain Treatment Centers



||| Approximately two million people in America abuse prescription opioids.

In an exciting new partnership now underway, Louisiana Pain Specialists is now working with Dependency Pain Treatment Centers in New Orleans to combat the opioid epidemic currently facing the United States.

Last month, The Obama Administration declared September 18-24 National Prescription Opioid and Heroin Epidemic Awareness Week. According to the Centers for Disease Control and Prevention (CDC), approximately two million people in America abuse prescription opioids. In response to the national

epidemic that has largely revealed itself in New Orleans, Dependency Pain Treatment Centers (DPTC) is opening three outpatient medical clinics locally in New Orleans to help those suffering from opioid use disorder, or what DPTC refers to as “Dependency Pain.” Louisiana Pain Specialists is proud to host one of those clinics.

“We have brought together leading minds in pain management and addiction medicine to create a quality solution to the opioid epidemic,” said Dan Forman, CEO of Dependency Pain Treatment Centers. “This team realized that New Orleans was missing an effective and

efficient option for patients seeking medical treatment for their dependency on pain medication and other substances.”

According to the U.S. Department of Health & Human Services (HHS), in 2014, more than 28,000 people died from opioid overdose, and at least half of those deaths were prescription opioids. DPTC was created to combat this with a proprietary program that combines medication-assisted treatment, behavioral therapy, and smartphone technology. All services are provided in outpatient medical offices and require a minimal time commitment from patients.

“New Orleans has seen in the first half of 2016, a historic rise in opiate overdoses, outpacing homicides.”

“Prescription medications help many patients manage their pain, but these medications come with risks. People can sometimes develop tolerance, withdrawal, chemical dependency, or even addiction.”

said Jeffrey Rouse, coroner of Orleans Parish. “I am pleased to see new treatment providers making an investment in our community by opening multiple locations in New Orleans. I look forward to their ability to treat the brain disease of addiction and to prevent unnecessary suffering and death.”

DPTC specializes in medically treating patients who have become dependent upon the following medications to relieve their Dependency Pain symptoms: opioids, alcohol, amphetamines, benzodiazepines, hypnotics, muscle relaxants, stimulants, synthetics and/or research chemicals. Other symptoms include: anxiety, depression, inability to concentrate, withdrawal from social activities, decrease in self-esteem, and negative attitudes.

If a patient is struggling with dependency on their medication, Louisiana Pain Specialists can refer them to DPTC for specialized medications such as buprenorphine

that can help break the cycle of dependency, as well as advanced counseling and other therapies. During treatment with DPTC, Louisiana Pain Specialists can continue procedures and interventions as-needed. In all patient encounters, a patient’s complete well-being is taken into account, including their physical, emotional, and spiritual needs.

“Prescription medications help many patients manage their pain, but these medications come with risks. People can sometimes develop tolerance, withdrawal, chemical dependency, or even addiction.” said Dr. Arwen Podesta, medical director of DPTC, and author of the book *Hooked*. “Often, for patients to have successful outcomes, we must re-examine the underlying

causes of pain - the psychological, emotional and spiritual suffering that is frequently expressed as physical pain. DPTC is doing just that with its all-star team of physicians, counselors, and specialists.”

Treatment with DPTC takes place in a highly-structured outpatient setting, with a commitment of just one hour per week. Patients are treated with the highest respect and confidentiality, and can expect the highest standards of care. Louisiana Pain Specialists is proud to partner with DPTC to fight the growing opioid epidemic in this country, and remains at the forefront of innovative new approaches to combating pain.

Currently, DPTC is accepting new patients at Louisiana Pain Specialists’ office at 4520 Wichers Drive, Suite 205, across from West Jefferson Medical Center in Marrero. Individuals can call or text DPTC at (504) 535-7212 to schedule an assessment.

For more information about DPTC, visit dependencypain.com or follow @dependencypain on Twitter. For more information about Louisiana Pain Specialists, visit louisianapain.com.



DR. SATVIK MUNSHI

Physician at Louisiana Pain Specialists' West Bank Clinic

Healing in the HOMETOWN

By Benjamin Morris

As many of its patients know, Louisiana Pain Specialists offers multiple locations in the greater New Orleans area for patients to come and seek treatment for their pain and pain-related issues. Among those locations is its clinic on the West Bank, at 4520 Wichers Drive across from West Jefferson Medical Center.

Louisiana Pain Specialists' West Bank clinic features state-of-the-art facilities, including comfortable waiting areas, private pre-op rooms, and comprehensive imaging and diagnostic screening facilities. With four patient rooms featuring a variety of medical educational materials, the staff at the West Bank clinic pride themselves on being able to treat patients in a safe, efficient manner. Not only are the vast majority of procedures performed in-house, but patient wait-times for appointments are usually very low, often only a matter of days—and in some cases, same-day appointments are available.

This clinic is staffed primarily by Dr. Satvik Munshi, a New Orleans native and a specialist in the treatment and management of acute and chronic pain. Dr. Munshi earned his undergraduate degree at Tulane University, where he graduated with Honors, and his medical degree at Tulane University School of Medicine, where

he was selected as a Jack Aron Leadership Scholar. He completed an internship in Internal Medicine at Tulane University Hospital and was selected by the faculty as Intern of the Year. He then trained at LSU Health Sciences Center to receive his residency in Physical Medicine & Rehabilitation, where he served as Chief Resident.

After finishing his residency, Dr. Munshi worked as a Clinical Instructor in that same department training both residents and medical students, and completed a fellowship in Pain Management there as well. After finishing his training, he moved to Houston, Texas, where he practiced with an orthopedic surgery group and later returned to New Orleans in June 2013 to join Louisiana Pain Specialists. Dr. Munshi was voted by his patients for 5 years in a row (2011-2015) on Vitals to receive both the Patients' Choice Award and Compassionate Doctor Award. In addition, he was voted by his patients as Louisiana's Top 10 Pain Medicine Specialist. He is double board-certified in Physical Medicine & Rehabilitation and Pain Medicine by the American Board of Medical Specialties.

Recently, Dr. Munshi took a minute out from seeing patients for Louisiana Pain Quarterly.



“Our goal is to help our patients to function even while they’re getting relief, and ultimately, to restore the function that they’ve lost.”

LPQ: Before specializing in pain management, you were first considering other medical fields. Why the switch, and how did you settle on pain?

SM: It’s true, during my training I did consider other specialties. I was fascinated by cardiology, and during my residency I did briefly study anesthesiology, but ultimately I became most interested in pain management. This was for several reasons: first, because pain is pervasive, affecting our society on many levels. It’s one of the most common reasons for a patient to visit a physician, and it’s a constant challenge for us, accurately diagnosing the causes of acute and chronic pain. We see a broad range of patients and perform a wide variety of procedures, and there are new techniques and treatments coming out all the time. But pain management offers a good balance of seeing patients in clinics, and direct interventions. Not only does it spark my interest in all related fields, but it also enables me to work with my

hands, which I enjoy. Overall, it’s a very challenging, but rewarding field, and what is most fulfilling is having the ability to make a difference in my patients’ lives every day.

LPQ: Let’s talk about those techniques, many of which are still very new. Can you describe what the field looks like now?

SM: Certainly. The field has changed so much, even since my own training, and we can do so much more than we used to. We are now able to study many more conditions than we once could, including phantom limb pain and complex regional pain syndrome, and we have several new procedures and medications as well. Neuromodulation and new extended-release medications that allow you to manage a dosage over time are great examples, better treating a patient’s daily pain.

That said, it’s important to remember that there is

still no one magic pill to treat pain, and we're very cautious about over-medicating to avoid long-term damage to the body. Here at Louisiana Pain Specialists we focus on a comprehensive multi-modal approach, employing a combination of treatments: medication and interventions, yes, but also physical therapy and even counseling. In our experience, patients improve the most when they take all these approaches on board. Our goal is to help our patients to function even while they're getting relief, and ultimately, to restore the function that they've lost.

LPQ: As a native, you're familiar with the challenges that Louisianans in particular face. Can you talk about how you treat patients who work in coastal communities?

SM: Of course. Many of our patients work in traditional industries such as fishing, maritime, or oil and gas, and we're proud of the work they do to support their families and their communities. We often see back issues, neck issues, and joint issues, with joint pain frequently arising from working with one's hands while handling equipment, nets, etc. I love working with patients to help them stay safe, active, and stay productive as they seek treatment.

Elsewhere, we've seen more complex injuries that require more advanced interventions, such as a patient of mine who unfortunately lost a limb on an oil rig, in an offshore accident. We've worked very closely with him on his phantom limb pain and are seeing great progress. We've also employed procedures for our patients suffering from acute knee pain, who are facing diminishing returns from localized injections. For them, we've developed a technique of burning the nerves around the knee, reducing local pain and helping them to avoid surgery. We see all types!

LPQ: What do you think the future of pain management holds?

SM: I honestly believe the future of our field lies in personalized medicine, where therapies will be guided from a genetic standpoint. Once we can better analyze individuals' DNA, we can tailor our medication to that patient. Pain is ultimately a subjective experience, yes, but we see different responses to medication because of different genetic makeups. If we can find out what opioid receptors (and there are multiple) are the most receptive in your body, then we can give you a dose based on your genetic profile. I expect to see improvements within our lifetime.

We also need more advanced

research on why some people experience chronic pain and some don't: what changes in the brain and spinal cord, at differing points in life, take place to produce these effects and make these sensations happen? This needs to happen soon, just as we need to rethink the way we teach pain management to our medical students and to the doctors of tomorrow. Here in the United States, we have 5% of the world's population, yet we prescribe over 70% of the world's opiate supply. We need to be very careful about this, and look closely at why we have such a low threshold for prescriptions. Again, we here at Louisiana Pain Specialists believe in a comprehensive multi-modal approach, and that's where we tend to see the most success.

LPQ: Lastly, after practicing in Texas, how does it feel to have returned home?

SM: It feels great—as a local boy, so to speak, I love being able to serve the community where I grew up. I still have a great many family members and friends in town, and I love New Orleans—it's a great city, with a vibrant, rich culture. I'm able to pursue my hobbies such as golf, tennis, and travel, and still put on the black and gold every Sunday. It's great to be home!



CREATING HAPPY HOLIDAYS



Coping with Stress and Chronic Pain during the Holiday Season

By Dr. Mark Skellie, Psy. D.

Stress is a term that is frequently used and sometimes overused by people, because we tend to live highly stressed lives. As defined by engineers, stress is pressure or tension from force applied to a solid object. Similarly, emotional or psychological stress is a state of mental strain resulting from unpleasant or highly demanding life circumstances. With this definition of

stress, chronic pain fits the bill, as it is a very unpleasant problem that demands attention unlike many other things in a person's life. When trying to manage stress related to chronic pain, it is helpful to fully understand this complex psychological phenomenon. Stress can be separated into three categories: the stressor, the stress response, and coping. Stressors, which are the triggers or sources of stress, can come in many forms. There are internal stressors, which can be psychological or physical. Internal psychological stressors are feelings such as guilt or shame, while internal physical stressors could be that dull ache you've been living with or an unexpected sharp pain. External stressors can come in the form of threats, demands, or the ways your pain makes your life narrower.

Stressors, which are the triggers or sources of stress, can come in many forms. There are internal stressors, which can be psychological or physical. Internal psychological stressors are feelings such as guilt or shame, while internal physical stressors could be that dull ache you've been living with or an unexpected sharp pain.

The stress response is how the body and mind react to the stressor. Physically, the nervous system winds us up in a complex hormonal and neurochemical dance called the "fight or flight response". The stress response can cause a lot of symptoms, particularly when problems in life lead to a chronic stress response. Typical symptoms of the stress response are irritability, headaches, shaking or trembling, impatience, problems with appetite and/or digestion, chest pain, sweating, dizziness, emotional fatigue, concentration problems,

increased blood pressure, decreased productivity, mild memory problems, confusion, unexplained aches and pains, and higher sensitivity to pain in general. For individuals who live with chronic pain, a vicious cycle often occurs over time, in which pain becomes a major trigger for the stress response, and the way the body responds to stress can make the pain even more challenging to live with. This in turn makes the pain even more stressful. But the good news is, the way you cope or react to both the stressor and the stress response makes all the difference.

Stress, Interrupted

When under stress, everybody does something to cope, or reduce the stressor's impact on their life, by



trying to eliminate the stressor or reduce the stress response in the body. There are both healthy and unhealthy coping strategies. Both of these may reduce the unpleasant symptoms of the stress response. However, while unhealthy coping, such as using alcohol or tobacco products may have long term negative consequences, healthy coping strategies have no long term negative consequences. Using healthy coping strategies, such as talking to a close friend or family member, laughing, exercising, doing an activity that



||| The best advice for balancing positive feelings and stressors over the holidays is to simply take time to savor the extra moments with family.

you enjoy, playing with children, journaling about your thoughts and feelings, or carrying out relaxation techniques allow you to get through difficult situations without letting stress build up or result in stress overload. Obviously, none of these strategies eliminate the source of stress, but they all work to reduce the stress response in the body.

During the holiday season, most people report that their stress levels actually increase, despite the fact that many people look forward to the holidays all year. Interestingly, women typically find the holiday season to be more stressful than men, likely because women traditionally shoulder a greater portion of the responsibility of preparing for the holiday celebrations.

The stressors of contemporary life tend to be complex, like chronic pain or financial troubles. Therefore, a tool box approach to coping with stress must be developed, by learning a variety of different strategies that work. Learning healthy coping strategies can dramatically improve your quality of life, while engaging in unhealthy coping strategies tends to start a spiral of negative behaviors or health consequences that can themselves become new sources of stress later.

Holiday Stress

The holiday season is a busy time for people in the United States. Just when you think your life is stressful enough, managing everyday stressors such as working long hours or accepting the fact that pain makes you unable to work, caring for aging parents, and paying the bills, the holidays arrive, adding an additional layer of stressors. Depending on how well you cope with stress, the added responsibilities of the holidays can have a long-lasting impact on your body and mind.

During the holiday season, most people report that their stress levels actually increase, despite the fact that many people look forward to the holidays all year. Interestingly, women typically find the holiday season to be more stressful than men, likely because women traditionally shoulder a greater portion of the responsibility of preparing for the holiday celebrations. Also, individuals with fewer financial resources tend to find the holidays to be a source of stress due to the commercialism and expense related to gift giving, as well as concerns that other family members may be judgmental if they do not buy expensive gifts.

Another major source of holiday stress that many do not expect is increased awareness of family members who are no longer a part of traditional holiday celebrations, whether it is because they have passed away, or simply moved a great distance. This can add to the already emotionally charged period and some people with unresolved grief may experience unexpected sadness. Another challenge is that many people fall into unhealthy coping strategies such as increased sedentary

behavior, alcohol use, and comfort eating.

The good news is that the vast majority of Americans experience the holiday season as a time of happiness, love, and high spirits. Seeing distant family members and reconnecting with loved ones can be an amazing way to reduce stress. The best advice for balancing positive feelings and stressors over the holidays is to simply take time to savor the extra moments with family. If you allow yourself to focus on enjoying what you love about the holiday season, while sharing the burdens of planning and organizing celebrations, and not forgetting about your healthy coping strategies, this time of year can be one of the best times for families.

In addition to practicing regular or newly-learned coping strategies, the holidays are a great time to focus on helping others. Volunteer activities are a great healthy coping strategy that can reduce holiday stress. Even the busiest person can take time to do simple and free things to help others, such as calling or visiting a lonely friend or family member who may not have the family support they need during this time of the year.





Got Pain?

If living with pain day after day is negatively affecting your life.....YOU'RE NOT ALONE

Come Join our FREE chronic pain support group!

Jim Walsh, a 30-year chronic pain patient, is the group facilitator. Our support group is open to anyone facing chronic pain in their daily lives. Group members share their stories, listen to speakers, receive supports in an environment of hope and encouragement. You will also learn new ways to cope with the chronic pain in your life.

New Orleans Healing Center
Room 252
2372 St. Claude Ave
New Orleans, LA 70117



**American Chronic
Pain Association**
New Orleans Chapter

Contact Jim Walsh for more info
504-858-7933
piratesalleyjim@gmail.com

“I can be myself again”

- Bridget

JenCare patient who was skeptical but tried acupuncture for her back pain



Primary care physicians



Access to medical specialists



On-site prescription services



Door-to-doctor transportation



Acupuncture

and more...

Louisiana
Pain is a
preferred
provider of
JenCare

Call today to schedule an appointment or take a tour

(855) JCMED-4U
JenCareMed.com

4 Convenient Locations • Kenner • Metairie • Mid-City • West Bank

Some services are not covered under all plans. Check your plan documents for details and service availability at each individual center. Due to space and time limitations, some services are not available at all centers. Limitations, copayments and restrictions may apply.



[illegible]



Dr. Tarun Jolly

The founder of Louisiana Pain Specialists. Double board certified in pain management and anesthesiology, with a strong background in interventional therapies for spine disease and anesthesia.

Dr. Satvik Munshi

Raised in the New Orleans area, a comprehensive pain management specialist with advanced training in interventional pain therapies. Double board certified in pain management and physical medicine and rehabilitation.

Dr. Neil Jolly

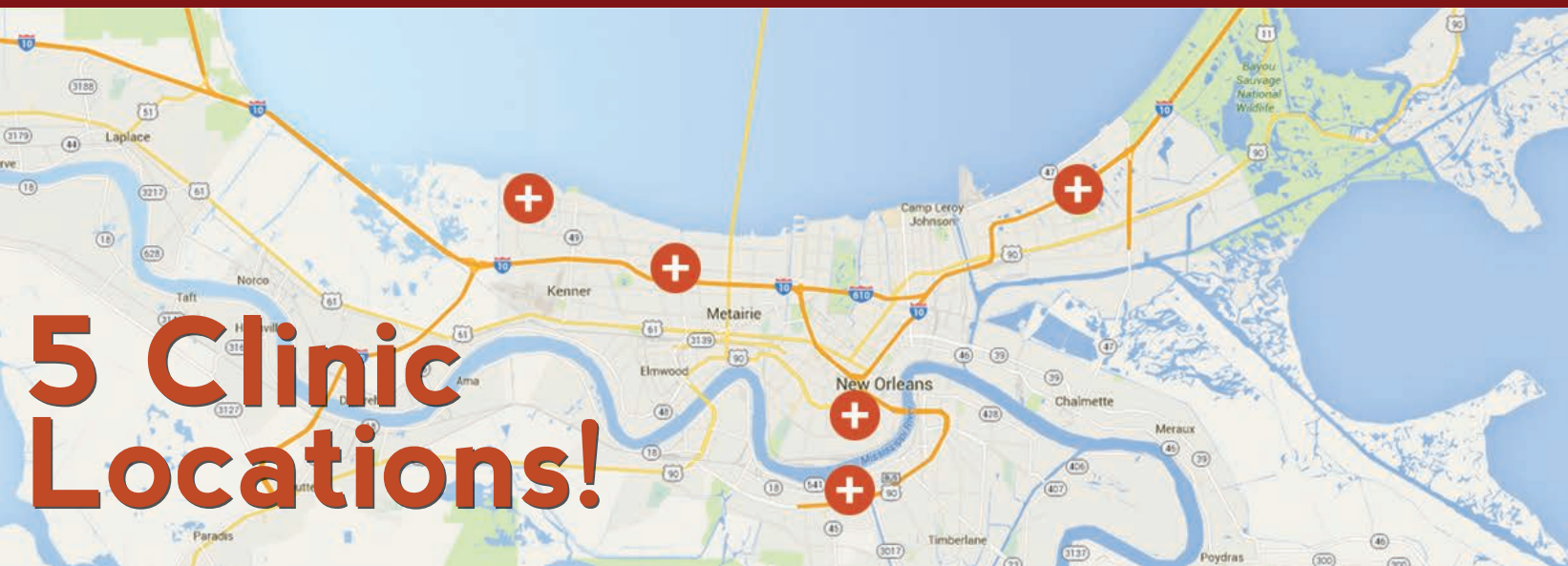
Completed ACGME accredited fellowship and anesthesiology residency. He performs a wide variety of advanced interventional procedures. He prides himself on returning to New Orleans and serving the community.

Your Louisiana Pain Doctors!

Interventional Pain Treatments Diagnostic Testing Medication Management

Scheduling An Appointment Is Easy

Call 504-434-7750 or visit us online at LouisianaPain.com



5 Clinic Locations!