

LOUISIANA PAIN



QUARTERLY | Vol. 30

HOLLY JOLLY PAIN FREE HOLIDAYS

Tips on how to survive this
holiday season with pain

PAIN EPIDEMIC VS. OPIOD EPIDEMIC

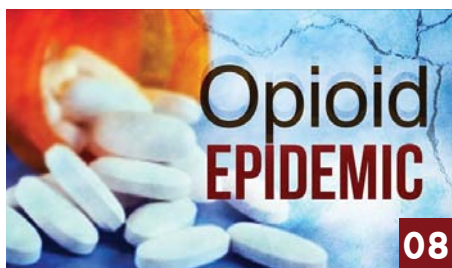
Targeting the truth for
better pain control and
less abuse

"A JOINT EFFORT"

Q+A with Orthopedic Surgeon Dr. Russell Russo



4



08



11



12

CONTENTS

VOL. 30

01

WELCOME

A note from our practitioners

02

HAPPENINGS THIS QUARTER

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

04

"A JOINT EFFORT"

Q+A with Orthopedic Surgeon Dr. Russell Russo

06

HOLLY JOLLY PAIN FREE HOLIDAYS

Tips on how to survive this holiday season with pain

08

PAIN EPIDEMIC VS. OPIOID EPIDEMIC

Targeting the truth for better pain control and less abuse

11

RECIPE

Pumpkin Soup

12

COOLIEF FOR KNEE AND BACK PAIN

Non-Surgical Treatment for Relief of Chronic Pain

14

SPINAL CORD STIMULATION HELPS LIMIT OPIOID USE

16

GAME

Sudoku Puzzles and Wordfind on types of vegetables



6



2



Dr. Neil Jolly



Dr. Satvik Munshi



Dr. Tarun Jolly

WELCOME

The holiday season is approaching and for those suffering from pain, it is important to understand how to survive the season without worry of aches and pains. We're on our feet constantly attending parties, shopping, visiting friends, and cooking for those we love. During these special moments, pain control is essential. Here at Louisiana Pain Specialists, we offer a variety of treatment options personalized to your specific needs. We are here to help you maintain a healthy lifestyle so you can enjoy these special moments during the holidays with your loved ones.

In this issue, you will find some fun activities in our "Happenings this Quarter" section. We have tips and tricks to survive the holiday season with reduced pain so you can enjoy every moment. Dr. Russell Russo answers questions on joint and knee pain. Find out more about therapies such as COOLIEF and Spinal Cord Stimulation to help with pain versus increasing opioids. And just for fun, we have included some puzzles and a great pumpkin soup recipe that everyone is sure to love!

We hope you enjoy this holiday season and all that New Orleans has to offer, including a pain-free, healthy lifestyle.

From our families to yours

Dr. Neil Jolly

Dr. Satvik Munshi

Dr. Tarun Jolly

And the staff of Louisiana Pain Specialists

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

HAPPENINGS THIS QUARTER

OCTOBER 2017



1 Treme Fall Fest

4 Art for Arts' Sake

6-8 Gentilly Fest

6-21 Oktoberfest

7 Beignet Festival

11-19 New Orleans Film Festival

13-15 Crescent City Blues & BBQ Festival

21 Krewe of Boo
Halloween Parade

21 Mac n Cheese Fest

27-29 Louisiana Seafood Festival

27-29 Voodoo Music
+ Arts Experience

27-29 WWII Air, Sea and
Land Festival

31 Halloween

NOVEMBER 2017

3 Boudin, Bourbon & Beer

18-19 Treme Creole
Gumbo Festival



TBA Algiers Folk Art Festival

23 Thanksgiving Day

23 Bayou Classic

24-January 1 Celebration in
the Oaks



DECEMBER 2017

1-31 Christmas New
Orleans Style

1-31 Merriment on
Magazine Street

1-January 1 Celebration
in the Oaks

6-9 Luna Fete presented
by Arts Council

6-10 Words and Music Festival

TBA Algiers Bonfires
on the Levee

12-20 Chanukah

17 Caroling in Jackson Square

22-31 NOLA ChristmasFest

24 Christmas Eve Bonfires
on the Levee

25 Christmas Day

31 Rockin' New Year's Eve Official
Countdown to Tricentennial



“A JOINT EFFORT”

COLLABORATIVE CARE IMPROVES PAIN CONTROL FOR KNEE PAIN



***Dr. Russell Russo** is an orthopedic surgeon in New Orleans who is fellowship trained in sports medicine and arthroscopic surgery. Dr. Russell Russo is committed to providing the latest operative and non-operative treatments for all your orthopedic problems.*

Q: WHAT ARE THE COMMON CAUSES OF KNEE PAIN?

The most common cause is osteoarthritis (“wear and tear”). Another common cause is meniscus tearing that can arise and cause point tenderness along the joint line. Finally, another cause of acute pain can be knee sprains and muscle strains. A simple X-ray can usually delineate the cause.

Q: HOW DOES KNEE PAIN OCCUR?

Knee pain can be from a trauma such as a car accident or a sports injury but also can occur from age and overuse as well.

Q: WHAT EXERCISES AND THERAPIES CAN HELP RELIEVE KNEE PAIN?

Although it isn’t easy, weight loss and physical therapy can always help. Newer modalities such as ultrasound, laser, and dry needling treatments have been successful in treating knee arthritis. Strengthening the muscles around the knee can help take pressure off the knee joint.

If medications, activity modifications, and therapy fail, we can always perform joint injections as well such as cortisone, viscosupplementation, or even PRP or so-called “stem cell treatments.”

Q: AS AN ORTHOPEDIC SURGEON, WHEN DO YOU FEEL IT IS NECESSARY TO PERFORM A SURGICAL INTERVENTION FOR YOUR PATIENTS?

For someone who has an acute injury that causes a tear of the cartilage or meniscus, a simple scope surgery is sometimes indicated to prevent locking and catching within the knee. For those patients with osteoarthritis, we exhaust all non-operative modalities before considering knee replacement. This consists of different types of injections and the newer alternative treatments such as cryoneuroablation of the nerves and geniculate blocks that can be performed by the excellent physicians at Louisiana Pain.

Q: WHEN IT COMES TO HIP, ELBOW, WRIST, AND ADDITIONAL JOINTS, DO YOU FIND SIMILARITIES IN THE WAY YOU APPROACH TREATMENT FOR JOINT-RELATED PAIN?

Unlike the knee and hip, the shoulder, elbow, and wrist do much better with therapy and injections. Since we do not walk on our upper limbs, arthritis and injuries tend to fare better with non-operative options. Some injuries to these joints that do not improve sometimes simply due to misdiagnosis. Injuries and arthritis to the shoulder is commonly diagnosed, however on further evaluation there may be pinched nerves in the neck or back causing these pains. This can be alleviated with medications and alternative injections.

Q: WHAT'S THE ONE PIECE OF ADVICE YOU GIVE TO YOUR FAMILY, FRIENDS, & PATIENTS TO PREVENT KNEE & JOINT PAIN?

The best piece of advice would be prevention. Stay at a healthy weight, continue to stretch and stay active. Never wait too late to see a well-qualified physician if your pain persists.

Q: WHAT ARE THE ADVANTAGES OF TEAMING UP WITH A PAIN PHYSICIAN TO TREAT PATIENTS WITH ONGOING JOINT-RELATED PAIN?

Working with the physicians at Louisiana Pain have opened several doors for my patients to explore non-operative options to control pain and symptoms. Brand new techniques not well known by most orthopedics are available at all of the Louisiana Pain clinics. Nerve blocks, ablative procedures, and new medications can help keep patients opioid free and keep patients away from surgery. I can personally attest to the relationship as Dr. Jolly has seen multiple members of family with resounding success.



SURVIVING THE HOLIDAYS WITH PAIN

The holiday season offers opportunities to improve your health; but it can also intensify feelings of frustration and despair that come from dealing with chronic pain. At Louisiana Pain Specialists, we can't promise a stress-free holiday season, but we have some helpful tips on how to handle this time of year with a jolly spirit and make the holiday season more comfortable and enjoyable.

PRIORITIZE ACTIVITIES MOST IMPORTANT TO YOU

The holidays can be overloaded with shopping, traveling and family get-togethers. Try to set restrictions for yourself and choose to participate in events you can comfortably enjoy. You can't say yes to everything and those around you will understand that your health comes first.



I'm Dreaming of a Pain-Free Christmas



your  cards
someecards.com

EXERCISE STILL MATTERS

Do NOT exclude health and fitness from your schedule this holiday season. Aerobic activity, stretching, yoga or even starting a physical therapy program is a great approach to manage pain and improve mental health. Strengthening your core will allow you to participate in those important activities which make this time of year so special.

MAINTAIN HEALTHY EATING HABITS

Holiday get-togethers are usually filled with appetizing sweets and indulgences. It is often troublesome to consider losing weight during the holiday season; a better goal would be to maintain your present weight, continue with healthy sleep patterns, and support healthy choices in nutrition. Additionally, limiting any alcohol consumption is of utmost importance. Alcohol is a depressant and can thus intensify pain. Moderation is the key to success with the right eating habits.

PLAN YOUR ACTIVITIES AND SLOW DOWN

Try to avoid the added stress of last minute errands. Take time in planning your days and allow extra time for yourself so you can avoid a "painful day". Planning some breaks and making several shorter trips rather than a marathon day event may help you in handling daily tasks. Delegate to family or friends those activities which might be too demanding for you.

TAKE CARE OF YOURSELF

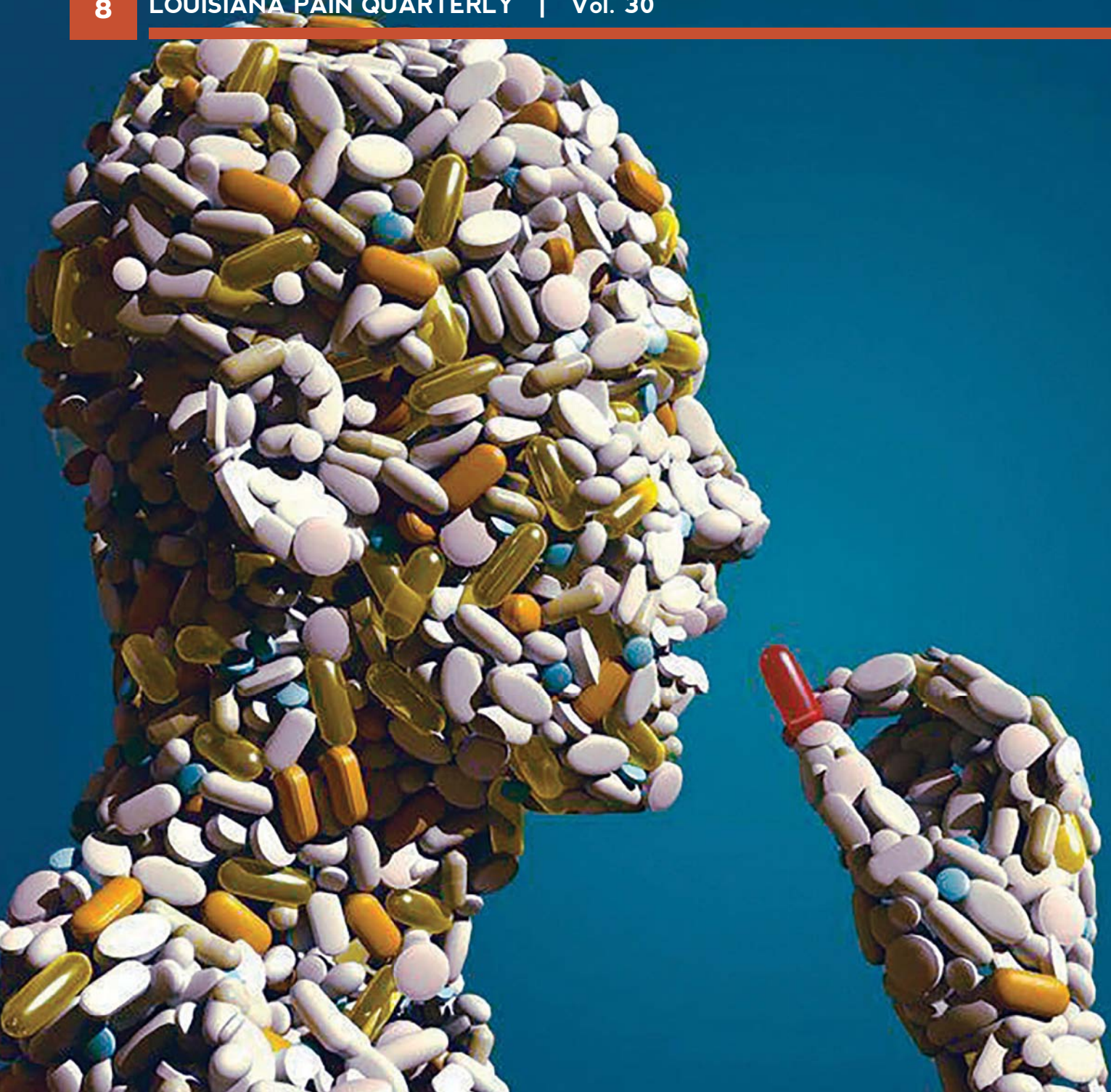
Try to take enjoyment in the activities which you can participate in without stressing your body and mind. Try spending time with family and friends who are supportive and understanding of your medical condition.

Embrace the holiday season despite limitations and hope for a healthy, happy new year!

All I want for Christmas is a new, pain-free body.



some  cards
user card



TARGETING THE TRUTH:

Do we have a Pain epidemic or an Opioid epidemic?

By: Dr. Neil Jolly at Louisiana Pain Specialists

A recent article in the New York Times stated that drug overdoses are the leading cause of death for Americans under the age of 50. Not only is this an alarming fact, but trends show that the death toll from opioid overdoses is continuing to skyrocket. The government and even President Trump have declared that the opioid epidemic is an issue that needs to be solved, but as a country- are we targeting the problem in the right way?

The opioid epidemic is a major concern, but it's only a symptom of a greater problem, which is the pain epidemic. A larger number of people are resorting to opioids in America because they are fighting a battle against pain and losing. Finding solutions to the problem of pain is essential to tackling the opioid epidemic because the opioid crisis is a symptom of the problem of pain.

STOP THE PAIN

Treating the opioid epidemic starts with addressing the root of the issue which is treating the pain adequately. For example, if you wake up every morning bleeding- you're not just going to put a band aid on your wound. Yes, the bleeding will stop but you would investigate what is causing this bleeding to begin with. If you don't figure out what is causing you to bleed, you

will just continue to bleed in the future. Just like this example above, putting a band-aid on the wound is like treating the opioid epidemic. Unless we target the main issue, which is pain, then the problem is only going to continue to be repeated. Discharging or cutting down the use of opioids may lead to a reduction in the number of overdose deaths, but it will also harm patients who use them responsibly to manage their pain.

WHAT IS THE SOLUTION?

There is a motto I live by and apply to all situations of life- instead of talking about what is wrong, what can we do to make things better? As a country, we have a responsibility to fix what is wrong with the opioid crisis and solve the pain problem in America. Below I have listed different solutions we can implement for better pain control and less abuse.

-EDUCATE:

We need to educate both patients and physicians prescribing opioids about how opioids work in conjunction with a multi-faceted approach to pain

A patient who is solely taking pain medication without interventions to treat the underlying cause for their chronic pain is at high risk for addiction and reduced positive outcomes for getting rid of the pain.

management. Here at Louisiana Pain Specialists, we offer safe, minimally invasive, clinically proven

interventional treatments that are highly effective beyond medication management. Opioids may play a role in pain management but shouldn't be the only treatment option. Opioids can help manage and mask the pain but they are not a solution for treating pain. A patient who is solely taking pain medication without interventions to treat the underlying cause for their chronic pain is at high risk for addiction and reduced positive outcomes for getting rid of the pain.

Another important aspect of education is teaching patients and families about the warning signs of addiction and how to prevent unfortunate dependency. Support systems are very important and can help prevent any complications in treatment plans.

-BEYOND THE PILL:

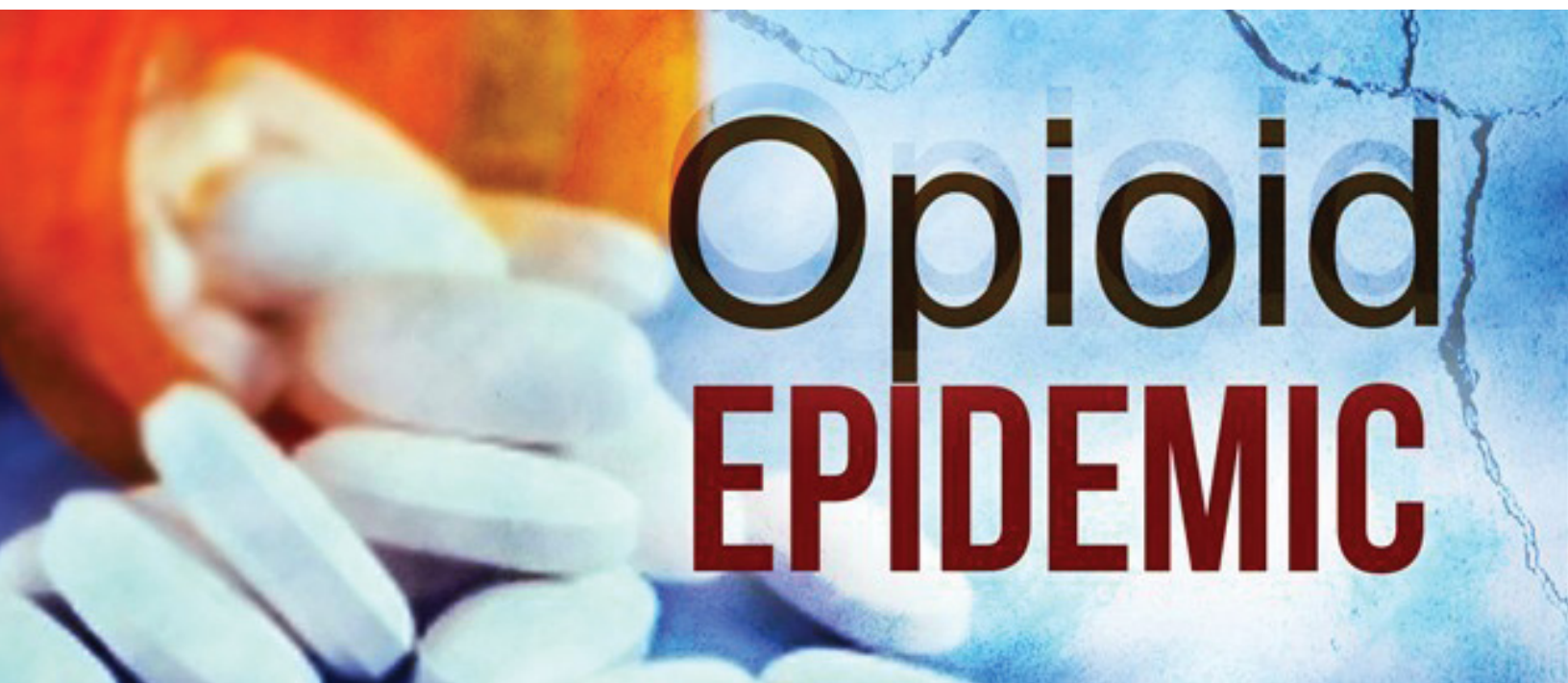
There is no quick fix or magic pill for curing pain but there are tangible solutions within your reach. Minimally invasive procedures such as spinal cord stimulation, nerve blocks, steroid injections, and radiofrequency ablation are just some of the numerous therapies that can be offered to help stop the pain. Other alternative therapies such as physical

therapy, aqua therapy, yoga, and acupuncture are all great options to help manage pain versus long term opioid use. Open discussions with insurance providers to cover these alternative therapies for those suffering from pain is integral to tackling the pain crisis at its core.

-INVEST IN A SOLUTION

As a nation, we invest in researching treatments for diabetes and cancer but pain is not something people typically think of. Investing into research campaigns for pain treatments - whether it's new diagnostic tools or new and innovative procedures - is vital for solving the problem of pain.

I have personally seen the positive effects of tackling my patient's pain from a multi-faceted approach. Seeking medical attention from a pain management physician is the safest option for managing your pain and here at Louisiana Pain Specialists, we are here to help.





PUMPKIN SOUP

How to Prepare a Pumpkin Soup

As the temperatures begin cooling off, we have the perfect fall recipe for a Pumpkin Soup completely made from scratch. Soups are a delicious, healthy way to your hunger with minimal fat and calories.

INGREDIENTS:

4 tablespoons olive oil, divided
One 4-pound sugar pie pumpkin
1 large yellow onion, chopped
4 large or 6 medium garlic cloves, pressed or minced
1/2 teaspoon sea salt
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/8 teaspoon cloves
Tiny dash cayenne pepper (optional, if you like spice)
Freshly ground black pepper
4 cups (32 ounces) vegetable broth
1/2 cup full fat coconut milk or heavy cream
2 tablespoons maple syrup or honey
1/4 cup pepitas (green pumpkin seeds)

INSTRUCTIONS:

1. Preheat oven to 425 degrees Fahrenheit and line a baking sheet with parchment paper for easy cleanup. Carefully halve the pumpkin and scoop out the seeds.
2. Slice each pumpkin half in half to make quarters. Brush or rub 1 tablespoon olive oil over the flesh of the pumpkin and place the quarters, cut sides down, onto the baking sheet. Roast for 35 minutes or longer, until the orange flesh is easily pierced through with a fork. Set it aside to cool for a few minutes.
3. Heat the remaining 3 tablespoons olive oil in a large Dutch oven or heavy-bottomed pot over medium heat. Once the oil is shimmering, add onion, garlic and salt to the skillet. Stir to combine. Cook, stirring occasionally, until onion is translucent, about 8 to 10 minutes. In the meantime, peel the pumpkin skin off the pumpkins and discard the skin.
4. Add the pumpkin flesh, cinnamon, nutmeg, cloves, cayenne pepper (if using), and a few twists of freshly ground black pepper. Use your stirring spoon to break up the pumpkin a bit. Pour in the broth. Bring the mixture to a boil, then reduce heat and simmer for about 15 minutes, to give the flavors time to meld.
5. While the soup is cooking, toast the pepitas in a medium skillet over medium-low heat, stirring frequently, until fragrant, golden and making little popping noises. You want them to be nice and toasty, but not burnt. Transfer pepitas to a bowl to cool.
6. Once the pumpkin mixture is done cooking, stir in the coconut milk and maple syrup. Remove the soup from heat and let it cool slightly. You can use an emulsion blender to blend this soup in the pot to purée the mixture until smooth. Transfer puréed soup to a serving bowl and repeat with remaining batches. Sprinkle pepitas over the soup and serve.

COOLIEF

NON-SURGICAL TREATMENT FOR RELIEF OF CHRONIC BACK PAIN



A

new, non-invasive procedure could bring some relief for patients suffering from chronic knee pain and back pain, for whom surgery is not an option. The Physicians at Louisiana Pain Specialists are specially trained to properly diagnose and determine whether COOLIEF procedures are right for you.

COOLIEF* is designed to treat chronic pain lasting for longer than three months. The minimally invasive, outpatient procedure uses cooled radiofrequency (RF) energy to safely target the sensory nerves causing pain. COOLIEF* circulates water through the device while heating nervous tissue to create a treatment area that is larger than conventional radio frequency treatments. This combination targets the pain-causing nerves without excessive heating, leading to pain relief.

Four out of five adults in the United States experience chronic lower back pain and Americans spend at least \$50 billion each year trying to treat it. Most patients with chronic pain try managing their symptoms with oral anti-inflammatory medications, steroid injections and physical therapy, while others have tried standard radiofrequency ablation and fusion procedures. Studies have demonstrated that radiofrequency treatment can provide up to 24 months of relief from chronic back pain. Most patients experience pain relief and improved mobility and are able to return to their normal activities within a few weeks.

For more information, please visit www.louisianapain.com or www.MyCoolief.com

Imagine where life could take you

Stop planning
around pain

take the
stairs again

swim in the lake

kayak at
the cottage

explore the
Great Barrier Reef



Every day you suffer from chronic back pain is another day you can't get back.

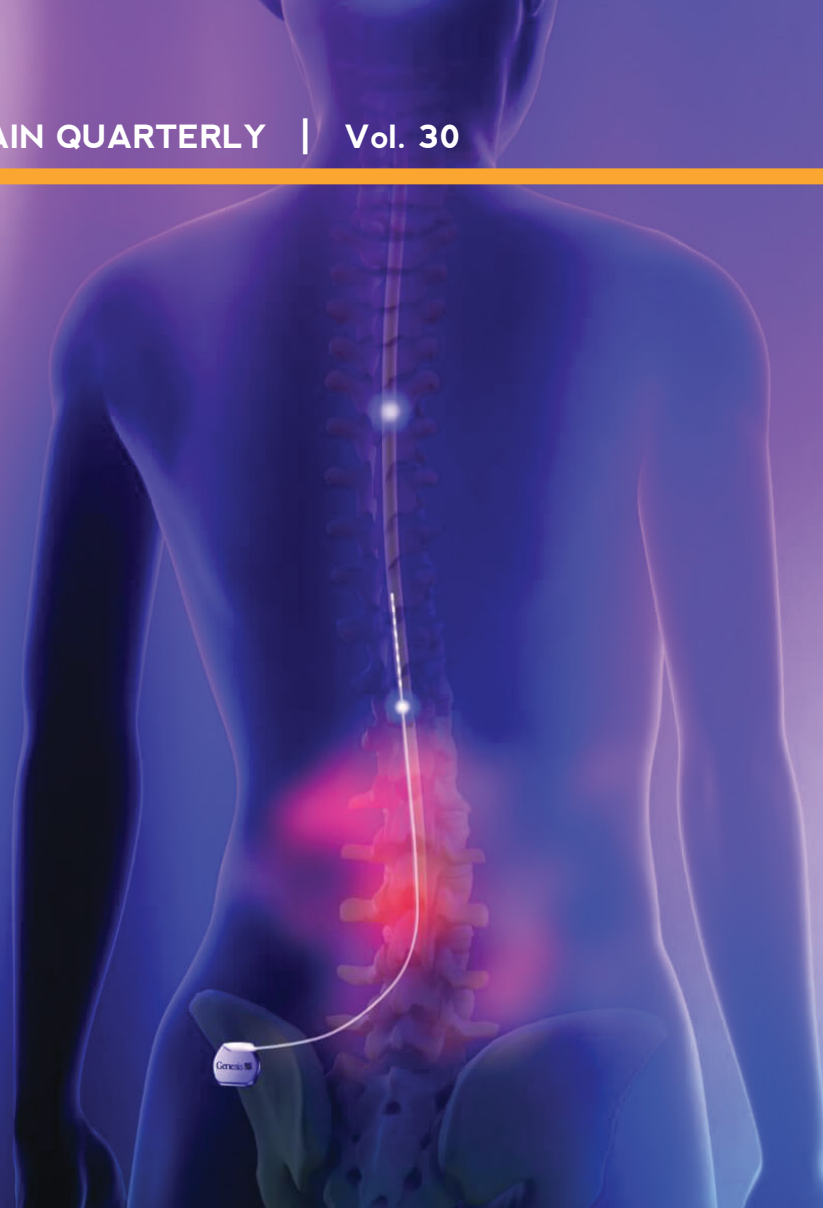
And with every treatment that falls short, more of your days, *and dreams*, pass you by.

Don't let pain steal another day. Ask about COOLIEF* Cooled Radiofrequency Treatment, a minimally invasive and non-surgical outpatient procedure that targets the nerves that cause chronic back pain. Studies have demonstrated that radiofrequency treatment can provide up to 24 months of relief from chronic back pain.

Reimagine your future.
Visit **myCOOLIEFUSA.com**
to find a COOLIEF-trained
physician near you.

*Registered Trademark or Trademark of Halyard Health, Inc. or its affiliates.
© 2016 HYH. All rights reserved.

COOLIEF*
Cooled Radiofrequency Treatment



SPINAL CORD STIMULATION HELPS LIMIT OPIOID USE IN CHRONIC PAIN PATIENTS, STUDY SUGGESTS

S

pinal cord stimulation (SCS) can help lower or stabilize opioid use among chronic pain patients, according to the results of a new study.

With the large number of opioid prescriptions filled and opioid-related overdose deaths in the United, some SCS

patients may be high-dose opioid users by the time of implantation, according to researchers.

Researchers have analyzed commercial and Medicare supplemental insurance data using the MarketScan Databases to analyze opioid use before and after SCS implantation. They found that SCS was effective

for patients at different levels of opioid use before implantation. 70% of patients who received SCS reporting lowered or stabilized opioid use.

“Given the epidemic of opioid addiction and abuse, these findings are important and confirm that spinal cord stimulation therapy can offer strong benefits for patients struggling with chronic pain,” Ashwini D. Sharan, MD, lead study author and director of functional and epilepsy surgery, stated in a press release.

The study included information from more than 5,400 patients, from January 2010 to December 2014. The researchers separated the opioid use into three sectors of time: the 12th month before, one month before and the 12th month after implantation. These results focused on opioid use before and after implantation, and the contrasts in use between patients with a successful implant and those requiring removal of the device.

Research found that patients were prescribed opioids in increasing dosages prior to implantation, with 25% of the patients exceeding 80 mg per day. Median

opioid use was similar between both groups one month before implantation, however, patients who had the device removed reported increased opioid use over time while the SCS group continued to decrease. Researchers also suggested that SCS might be more beneficial to patients earlier in the treatment process rather than later.

70% of patients who received SCS reporting lowered or stabilized opioid use.

“Based on these results, we concluded it may be possible to improve outcomes by offering our patients spinal cord stimulation earlier, before opioid dependence and addiction can occur,” said Dr. Sharan in a press release.

If you think you or a family member may be interested in learning more about SCS and other treatment options available, contact us at Louisiana Pain Specialists today.



SUDOKU

8					1			4
7					8	9		
			3	6		1	7	
						8	2	
4	6						1	9
	1	8						
	7	4		3	9			
		3	5					1
5			2					7

		1	8			2		
4	2			7	5			
7			1			3		
6	3							
	9	4				5	3	
							8	6
		2			6			5
			7	9			2	3
		6			3	4		

4		7		9	8			2
	3			5	6		4	
					7			9
							6	4
	5		1	6	4		9	
6	9							
3			6					
	4		9	2			3	
5			8	4		9		1

	5			1	4			7
	4		5		3		2	6
					9	5	1	
		8				7		
9			3		8			1
		2				6		
	7	5	1					
4	2		8		7		6	
3			2	4			7	

WORDSEARCH

TYPES OF VEGETABLE

R	Z	A	D	P	I	N	S	R	A	P	S	E	N
E	A	U	D	C	A	R	R	O	T	A	P	P	B
W	S	S	C	A	L	G	T	C	A	E	I	U	O
O	A	S	T	C	E	G	A	E	I	R	N	M	P
L	R	C	H	A	H	P	A	B	E	P	R	P	P
F	A	A	E	N	I	I	S	L	A	B	U	K	O
I	L	R	D	P	T	A	N	C	C	T	T	I	T
L	U	O	P	I	C	A	Y	I	A	R	U	N	A
U	G	D	E	L	S	T	R	I	B	P	T	R	T
A	U	U	A	W	O	H	E	K	B	C	E	I	O
C	R	C	U	C	P	T	L	E	A	N	C	P	N
C	A	S	S	A	V	A	E	E	G	B	E	S	C
B	R	E	G	N	I	G	C	L	E	L	O	P	E
H	C	A	N	I	P	S	S	A	E	D	E	W	S

CABBAGE
 ZUCCHINI
 RUTABAGA
 RADISH
 TURNIP
 SWEDE
 SPINACH
 POTATO
 CASSAVA
 BEET
 LEEK
 CAULIFLOWER
 PARSNIP
 GINGER
 CELERY
 PEA
 CARROT
 PUMPKIN
 ARUGULA



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.



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. Tarun Jolly

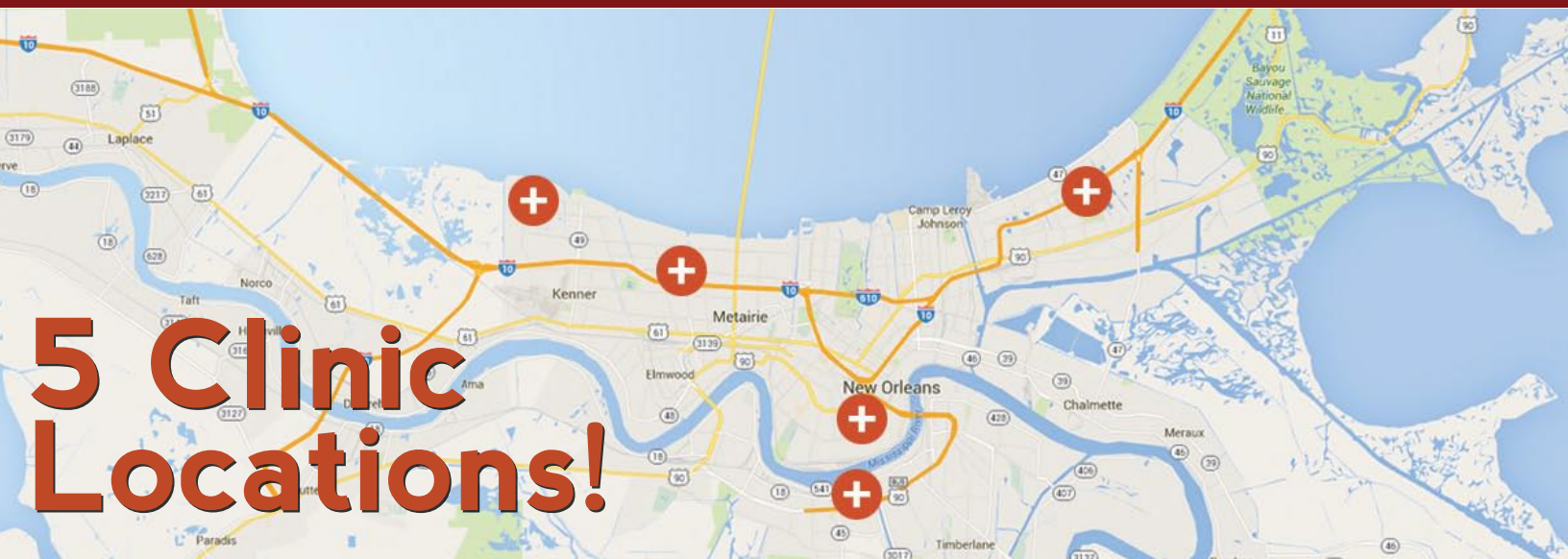
The founder of Louisiana Pain Specialists. Double board certified in pain management and anesthesiology, with a strong background in interventional therapies for spine disease and cancer.

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!