



Vol. 2

ADVANCED PAIN INSTITUTE

QUARTERLY



TREATING THE PAIN

HEALTHY RECIPE

Delightful Kale Chips to reduce inflammation

ARTHRITIS PAIN

5 Surprisingly Effective Remedies

PROMPT PAIN RELIEF

Try Trigger Point Injections!

FREE
Take one and feel better!



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WELCOME

T

he holidays are a special time of year during which we extend our gratitude toward our friends, family and loved ones near and far. Here in Louisiana we are bracing ourselves for a little bit of cold weather – but also the hustle and bustle of group dinners and parties

this season that seem to go nonstop from Christmas all the way up until Mardi Gras Day – and then of course, festival season.

If you are dealing with chronic pain or any kind of medical condition – or know someone who is – it's important that you take extra time to relax and take care of yourself and those closest to you. Don't feel like you need to exhaust yourself or go beyond your physical or mental capabilities to please others or be at every event.

Remember that the holiday season is about honoring our loved ones and celebrating with your own traditions even if that means scaling back and relaxing more than you have in the past.

From our family to yours, we wish you a warm and healthy holiday – and Carnival – season!

From our families to yours,
Advanced Pain Institute and
Comprehensive Neurological Solutions



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DELIGHTFUL KALE CHIPS TO REDUCE INFLAMMATION

Kale is the super-food of superfoods! It has a ranking of 1000/1000 on the ANDI Scale, a measure of food's nutritional qualities. Eating kale has also been linked to reducing risk of cancer, assisting in detoxification and even lowering cholesterol. Kale has anti-inflammatory properties that reduce cortisol--which helps to manage stress--the primary trigger for most disease process.

Check out this fun, healing recipe that nourishes your body in ways that you can only imagine!

Krispy Kale Chips

Ingredients:

- 3 bunches green, curly kale, washed, large stems removed, torn into bite-sized pieces
- 1 cup sweet potato, grated
- 1 cup fresh cashews, soaked for 2 hours
- 1 lemon, juiced

- 2 Tbsp nutritional yeast
- 1 Tbsp raw honey
- 1/2 tsp gray sea salt or pink rock salt
- 2 Tbsp water

Directions:

1. Place kale in a large mixing bowl.
2. Blend/Process all remaining ingredients in a blender or food processor until smooth.
3. Pour mixture over kale and mix thoroughly with your hands to coat the kale. (Make sure this mixture is thoroughly "GLUED" on the kale).
4. Place kale onto unbleached parchment paper, set your oven to 150 degrees and dehydrate for 2 hours. At some point, turn over the leaves to ensure even drying.

Remove and store in an airtight container. This recipe makes 8-9 cups. Serve as a snack or as a side dish for supper!

HAPPENINGS THIS QUARTER

Tastings & Tours at Abita Brewery

If you haven't toured the Abita Brewery and sampled the latest beers from their tasting rooms, what are you waiting for? Craft brewing is one of the biggest national trends when it comes to imbibing these days, and Abita Springs is one of the oldest and largest craft breweries in the U.S. The brewery tour is both educational and fun. (and of course, limited to those over 21). Tours commence at 2 p.m. on Wednesdays through Friday, and on Saturdays at 11 a.m., noon, 1 p.m. and 2 p.m. at their facility in Covington. For more information: (985) 893-3143, abita.com.

Get Outside!

A hike or bike ride on the Tammy Trace is a great, healthy activity for our mild winters. The 31-mile asphalted trail connects Covington, Abita Springs, Mandeville, Lacombe and Slidell, and also serves as a wildlife conservation corridor with parks, greenways and historic landmarks. One fun family-friendly activity is taking the kids to Kids Konnection, which features holiday lights during the first two weekends of December. For more information: (985) 867-9490

Christmas in the Country

Every weekend from Thanksgiving until New Year's, Christmas in the Country takes place in downtown Covington to give holiday shoppers a chance to enjoy shopping in a festive setting with all kinds of activities to supplement the retail experience. During this time,

you can see couture fashions, fine art, home furnishings and antique treasures in boutiques and galleries. There are also weekly specials and entertainment, including tax-free shopping. If you're tired of shopping, you can duck into a spa or salon or eat a nice healthy meal to refuel you. Also, be on the lookout for strolling musicians, carolers, refreshments and door prizes! For more information: www.covla.com



Holiday Shopping at the Madisonville Art Market

If you're looking to support local artists while you do your holiday shopping, check out the Madisonville Arts and Crafts Market, which is held on the second Saturdays year-round from March through December, all day from 10 a.m to 4 p.m.

The Madisonville Art Market is an artist-managed monthly art market along the banks of the Tchefuncte River on Water Street in old Madisonville. Art mediums include painting, photography, woodworking, pottery, jewelry and other varied art. All works are handmade by artists.



5 Surprisingly Effective Remedies FOR YOUR ARTHRITIS PAIN



ften a twinge or creak around your joints brings your hinges to a stiffening stop, it may be time to take action before your cartilage rusts out

completely. But, prior to reaching for a bottle of gel caps, consider this: Several over-the-counter non-steroidal anti-inflammatory drugs (NSAIDS), such as naproxen or ibuprofen, can aggravate the very issue they're intended to heal. NSAIDS can interfere with

your body's natural healing process and, over time, may accelerate the destruction of joint tissue while wreaking havoc on your digestive tract, causing not only bleeding but sometimes perforation.

Whether you're one of the more than 50 million American suffering from arthritis pain or you are dealing with an issue from overtraining, grease your glitches with these 5 fixes!

1. Wine!

Cheers! Drinking wine can ward off early symptoms of knee osteoarthritis, according to recent research. Drinkers who sipped four to six glasses of vino a week were 45% less likely to develop knee osteoarthritis than those who abstained from alcohol. But it is not the alcohol that contains the antidote for better health; it's the specific ingredients found in wine that keep your creaks from becoming more serious. Limit yourself to one 4-ounce glass though. Drinking wine has been shown to decrease circulating biomarkers of systemic inflammation

2. Strength exercise!

Hitting the gym may seem like the last thing you feel motivated to do when your bones ache, but idling will only worsen your pain. Research indicates that inactivity may actually cause cartilage to thin out – a dire consequence when you're dealing with arthritis. Grab a pair of dumbbells and do a few squats, lunges or basic bicep curls to get started!

3. Athletic tape!

Keep your knee in line. Wrapping your achy areas with athletic tape can immediately reduce misalignment and the pain that follows! Whether your knees are offset, under pressure during tough workouts, or feeling the twinge of constant pain, taping your joints is a simple way to support your body under pressure. Visit a physical therapist for the best tape-and-wrapping method for your particular pain.

4. Tai Chi!

Tai chi is a tame form of martial arts, but it's your best defense against pain. Since pain and stiffness can worsen with either excessive movement or inactivity, this gentle movement strikes the perfect balance. Studies show that people who perform tai chi program regularly for 8 weeks saw significant improvements in



arthritis pain, stiffness, and sleeplessness due to pain. Those who added a 60-minute routine twice a week improved their arthritis symptoms and, even better, noted psychological benefits such as increased sense of well-being.

5. Chamomile oil massage!

The soothing flower works wonders outside of its use as a calming herbal tea. Massaging your achy joints with topical chamomile oil can significantly reduce your need for acetaminophen! Chamomile contains terpenoids and flavonoids, natural chemical compounds with anti-inflammatory, antioxidant, and pain-killing properties!



ACTIVE ALTERNATIVE APPROACHES TO PAIN RELIEF

Already tried everything for your pain? There are a variety of “manual” and energetic therapies that patients have found to eliminate both acute and chronic pain, reduce inflammation and provide alternatives to both the use of oral medications and embarking on surgical procedures. Take a look at these popularly recommended alternative treatment options.

Food

Proper nutrition is a critical factor in controlling inflammation and improving circulation, thus reducing pain. Avoid processed foods such as refined sugar and grains, fried foods, dairy and soda. Instead, emphasize nutrient-rich whole foods, healthy Omega 3, 6, 9 fats,

lots of brightly colored fruits and vegetables to reduce chronic pain and support flexibility. Olive oil, green tea, swiss chard, brown rice, and remember to stay hydrated with spring water!

Mindfulness

Meditation is another way to help reduce chronic pain. One of meditation’s multiple benefits is reducing “fight-or-flight” hormones, such as cortisol. Excess cortisol increases inflammation and even enhances the perception of pain, so anything you can do to relax this response can help reduce pain. There are numerous studies that have shown meditation can reduce pain for people suffering from a variety of conditions from fibromyalgia to sciatica!

Cranialsacral Therapy

This technique uses gentle manipulation to promote relaxation and improve overall circulation. The practitioner gently moves bones, tendons and other tissues to increase circulation and release areas of tightness and discomfort providing lasting relief.

Massage

Massage has become a multifaceted art with many techniques and methods. Results combine muscle relaxation with improved circulation, reduction of stress hormones, endorphin release and other relaxation benefits.

Microcurrent

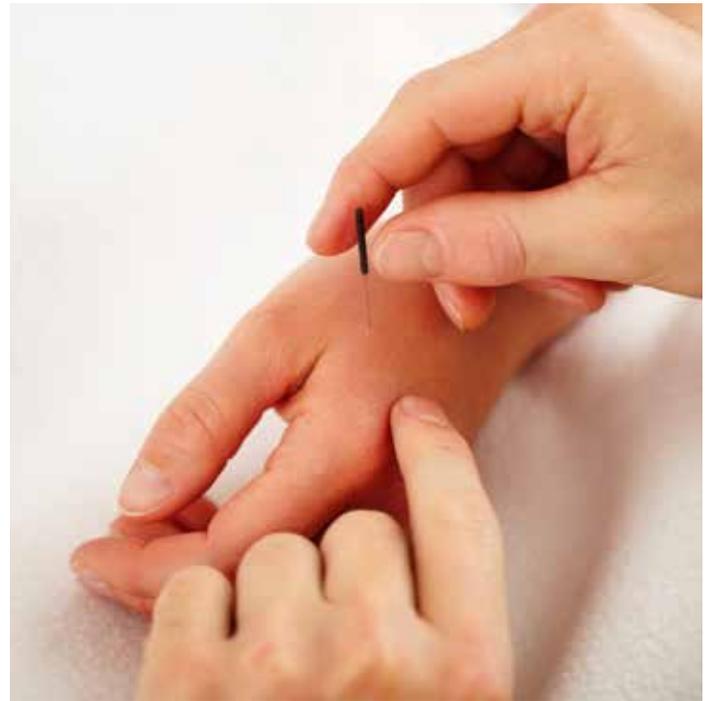
Frequency specific microcurrent uses a programmable machine that passes a very light electrical current through the inflamed or injured area to stimulate healing and rebalance sensitive electrical charges at the cellular level. Originally used to accelerate healing of sports injuries, this technology has broad applications for chronic pain and increasing mobility.

Accupressure

Very similar to acupuncture, only the practitioner applies manual pressure to specific points in order to relieve pain. As with acupuncture, how this method works depends on perspective, but whether it's increasing energy flow, releasing feel-good endorphins, or boosting circulation, the end result is the same: relaxation and relief from sore muscles and tense, painful areas.

Acupuncture

This therapeutic technique has been used in China for thousands of years to treat pain and other conditions. From an Eastern standpoint, the small



**“Let thy food be thy medicine and
medicine be thy food.”
– Hippocrates**

needles help release energy blockages in painful areas, improving the flow of vital energy or (“Qi” pronounced ch-ee). From a Western point of view, acupuncture releases neurotransmitters that help block pain. Either way, numerous studies have proved acupuncture to be extremely effective.

Often in several cases, people use a combination of supplements, manual therapies, and mind-body practices to find relief from both acute and chronic pain. Many of these approaches provide other benefits, controlling pain while improving overall health! By experimenting with different approaches and working with a trained practitioner, you can put together a program that is effective for your unique situation. Not only that, but you can begin to live a better life--the one that you were born to enjoy!



WANT PROMPT PAIN RELIEF? TRY TRIGGER POINT INJECTIONS

Do you spend several hours a day typing on the computer, holding your ear to your cell phone for both personal and business calls or constantly bending your neck to send text messages? If so, you could be setting yourself up for severe trigger point pain. Here is what happens--in a nutshell. Holding your muscles in a awkward position for posture while driving, texting or talking, slouching in a chair that does not support your back, sitting at a desk for long hours, grasping a mouse, and placing constant stress on already tired muscles--all of these situations create "trigger points." Additional explanations for trigger point pain include emotional

stress, sports injuries and consistently maintaining poor posture.

Get to the point!

Quite often, patients present a doctor with pain indications that may be quite a distance from the origin, a term coined "referred pain." Most trigger point pain is local, specific to a muscle group.

An observation about trigger point pain--is that when irritation with repetitive activity or damage (trauma) happens--it can directly affect the nerve systems that are responsible for telling the muscle to contract. Ordinarily, the brain tells the muscle to work whenever you want,

but when that system goes off course, the nerve begins constantly releasing chemical signals that activate the muscle. Your result: an area of muscle that goes into a super tight, spastic knot that reduces and sometimes stops blood flow. The reduced blood flow prevents the area from receiving the proper amount of oxygen, creating a spot for lactic acid and toxins to create a “nutshell” or what some patients refer to as a “nut” or “green pea” nodule. This knot, or nut-like area, irritates the nerves, and the patient experiences excruciating chronic pain.

When you experience trigger point pain--especially when trying to move--the pain can create an awful chain reaction. You can lose range of motion, become reluctant from this trigger point pain--to move the area (whether it is a shoulder, arm or forearm) and when that location is resistant to movement, other muscles begin to compensate for the weakness. As muscles are overworked, these muscles are subject to the development of painful trigger points.

Trigger point pain has been described as throbbing, sharp, deep and it is sometimes an absolutely agonizing pain.

Trigger points cause local pain and often send pain to other parts of the body--this is the referred pain--sometimes quite a ways from the actual location of the trigger point. Chronic muscle pain may also develop as a result of fatigue, repetitive motion, a medical condition, or lack of activity.

So, what do trigger points have to do with back pain? How can they be treated?

Glad you asked! Activation of trigger points in the muscles surrounding the spinal cord can be caused by sudden strain while lifting objects, twisting and flexing the back, stooping and of course, poor posture. You may also have tightness in your back which prevents you from some movements. Trigger points can be extremely painful, disabling and can even cause weakness. Proper

diagnosis and treatment is absolutely essential for optimal health!

Treatment consists of finding ways to “de-activate” the active trigger point. This included muscle therapy (a deep pressure, counterstaining technique that releases the muscle), mechanical vibration, pulsed ultrasound, electrostimulation, ischemic compression, injection, dry-needling, spray-and-stretch and several more.

At Advanced Pain Institute, trigger point therapy is a part of the multidisciplinary recommended treatments. A thorough history and physical exam focusing on the symptoms of neck and back pain can help reveal the underlying cause of the pain. Many patients will have trigger points that can contribute to all or most of their pain. Trigger point injection therapy is extremely helpful with these particular patients and aids them in getting on the road to recovery!

What is expected during the injection?

The injection is usually performed with a mixture of lidocaine and bupivacaine to ease some of the stress from injecting the muscle, followed by some dry needling which is thought to de-activate the point. A technique called “Myofascial release” can be performed after the injection for further relaxation of the affected muscles.

Your Advance Pain Institute physician may need to repeat the trigger point therapy with multiple sessions approximately 1-2 weeks apart until the points are de-activated and you are more mobile with a decreased level of pain and tenderness.

Trigger points also work amazingly well combined with physical massage, physical therapy and even physically manipulative treatments. These quick and easy injections could be the solution for you! Platelet-rich plasma injections may be the solution you have been waiting for. Discuss your interest with your Advanced Pain Institute specialist, and begin living your pain-free life now!



**PLATELET-RICH
PLASMA INJECTIONS:
EXCELLENT SOLUTIONS FOR PAIN RELIEF!**



latelet-Rich Plasma (PRP) is an ever-growing, effective and beneficial technique being utilized by both amateur and professional athletes, patients who have experienced chronic pain due to injury, overuse or accidents as well as individuals seeking relief from pain symptoms in one or more joints and soft tissue areas.

What does PRP treat?

This therapy is primarily used as a means of stimulating the healing process and providing relief for damaged soft tissues or a joint with arthritic damage. PRP is one of the many viable alternatives to surgery, and stands as a simple, non-invasive procedure that can provide relief for patients. This therapy is proving to be especially useful for those patients who are suffering from tendinitis, golfer's elbow, tennis elbow, muscle injuries of several types and in both osteoarthritis and rheumatoid arthritis.

How is PRP performed?

PRP is a simple outpatient procedure that can normally be performed in the comfort of your physician's office. To begin, a sample of your blood will be drawn (this sample size is no larger than what would normally be drawn for blood work, and is used within the centrifuge to separate the platelet-rich plasma from the rest of the blood). Blood that is centrifuged will separate into three distinct layers within the test tube, with your red blood cells at the bottom, white blood cells and concentrated platelets in the middle and the platelet poor plasma located on top. The middle layer, also known as the "buffy coat," is harvested to be used within the injection with the other layers simply discarded as they are unnecessary. The injection itself can be performed with the patient under local anesthetic. Your physician injects the harvested platelet rich plasma sample into the affected joint, tendon or

soft tissue region where you have experienced pain, discomfort or injury.

How does PRP work?

Typically, various tendon injuries and arthritic regions involve microscopic tearing of the tendon, muscle or ligament which results in the formation of scar tissue. These damaged and scarred regions have poor blood supply, which can cause difficulty in adequate healing--often resulting in the pain and discomfort which coincides with decreased range of motion, stiffness, etc. PRP injections offer a concentrated plethora of healing growth factors which enhance and multiply the nutrient supply allowing the body to rapidly, effectively and thoroughly regenerate new tissue--healing the area--and reestablishing mobility for the patient.

How do I know whether PRP is the therapy to treat my pain?

Talk to your Advanced Pain Institute Physician. Prior to selecting PRP, many patients have received inadequate results via other therapies. Your physician will discuss PRP in depth with you, as well as perform any necessary physical exams, diagnostics and otherwise evaluate you to best determine the efficacy of PRP in your condition.

How long does it last? And how many injections will I need?

Usually, your physician will recommend that you wait 2-3 months prior to making any decisions about receiving additional injections. Many patients are pain free after their initial procedure and exhibit no need for more PRP therapy to the treated region. Always discuss your progress with your physician at the time of follow-up.

Are there any risks involved?

There are little to no risks involved with receiving



Many patients are pain free after their initial procedure and exhibit no need for more PRP therapy to the treated region. Always discuss your progress with your physician at the time of follow-up.

PRP injections. With blood used as the injectable, there is no contamination risk posed to the patient (as the blood used is your own). You may experience slight tenderness at the site of injection, however, this usually subsides in a few hours to days. This is simply your body's natural physical reaction to the surge in healing factors treating the site of injection.

Platelet-rich Plasma injections may be the solution you have been waiting for! Discuss your interest with your Advanced Pain Institute Specialist and begin living your pain free life now!



Dr. Michael Fischer Memorial Advanced Pain Institute and Comprehensive Neurological Solutions mourn the loss of our colleague, Dr. Michael Saxon Fischer, of Slidell, who passed away on Oct. 9, 2015 after a brief illness. Dr. Fischer is remembered by all as a kind, caring and intelligent physician who was highly respected among his colleagues and adored by his patients. He was a man who will be remembered most for living a life full of compassion and love for his family, friends, and patients.

Dr. Fischer graduated from Brother Martin High School in New Orleans and received a doctorate degree from LSU School of Medicine, also in New Orleans. He subsequently completed his internship training in internal

medical and residency training in neurology. He was also fellowship trained in neuromuscular diseases and clinical neurophysiology.

He founded Comprehensive Neurological Solutions in 2013 with a mission to help diagnose and provide treatments that are tailored to patients' unique conditions, and, true to his mission, he treated every single one as an individual, putting in extra time and care for all who needed it.

His vision of our practice became a reality thanks to our loyal patients and committed staff members, and his spirit will forever be the foundation of Comprehensive Neurological Solutions.

Loved ones remember him as "a gentle giant with a big heart." He will be deeply missed by our community.

Easing pain, enhancing lives

FREE
Take one and
feel better!



Our world class team of physicians are highly trained from some of the top universities such as **Harvard, Johns Hopkins, University of New Mexico, and LSU**

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