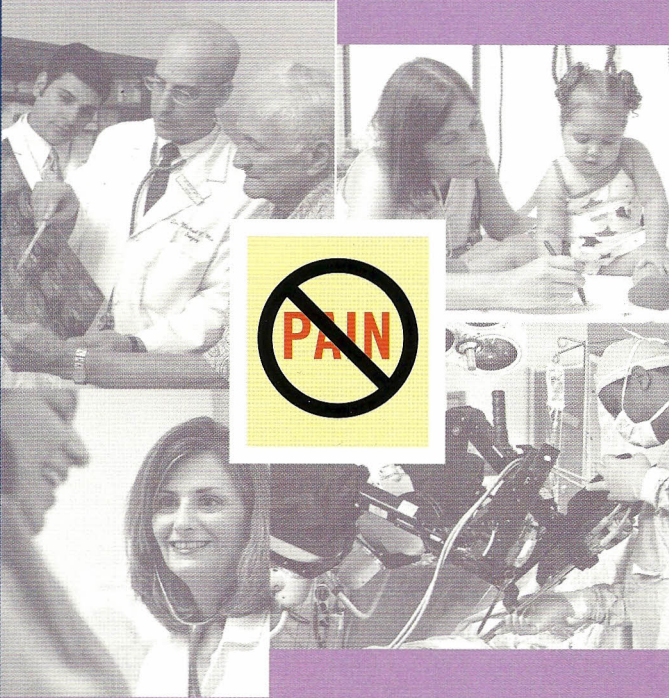




MOUNT SINAI
SCHOOL OF
MEDICINE

Anesthesiology- Pain Management



**Mount Sinai School of Medicine
Faculty Practice Associates**

Services

Relieving pain—or minimizing its effects—can significantly improve your quality of life, even when the underlying cause cannot be removed. The Anesthesiology–Pain Management faculty practice offers two programs to help control this emotionally and physically debilitating problem, and to alleviate its impact on you and your family.

The **Acute Pain Management Program** focuses primarily on pain associated with surgery or injuries. The program provides individually tailored medication regimens to relieve discomfort with minimal side effects. For surgical patients, this approach helps reduce the risk of complications and may speed recovery and discharge from the hospital. Patients are usually seen daily by an attending anesthesiologist certified in pain medicine. A member of the Department of Anesthesiology is available in the hospital 24 hours a day, seven days a week.

The **Chronic Pain Management Program** helps patients with long-term pain to perform the activities of daily living more easily. Patients are seen either in the hospital or in the Anesthesiology-Pain Management faculty practice offices for evaluation and treatment.

Among the chronic disorders treated are low back pain and sciatica, neck pain, complex regional pain syndrome, post-herpetic neuralgia, myofascial pain syndrome/fibromyalgia, neuropathic pain (such as diabetic neuropathy), headaches, arthritis, and sports injuries. Treatment is also provided for cancer pain and pain associated with chronic illnesses such as lupus.

A Reputation for Excellence and Innovation

Every clinician in the Anesthesiology-Pain Management faculty practice is a member of the staff of The Mount Sinai Hospital and of the faculty of Mount Sinai School of Medicine. Mount Sinai Pain Management specialists seek minimally invasive treatment options as alternatives to surgery for intractable pain, and strive to improve the quality of patients' lives through leading-edge technologies, multifaceted treatment plans, and a depth of empathy and compassion.

Approaches to acute pain management include:

- Patient-controlled analgesia (PCA), which allows you to keep comfortable by administering intravenous pain medication through a pump you activate yourself. Dosages are adjusted daily as medication requirements change during the postoperative period.
- Epidural medications, similar to those used for women in labor, that are infused through a fine catheter (tubing) in the back directly to the area that controls pain.

For chronic pain, the emphasis is on optimizing patient comfort through a combination of oral medications, interventions (such as injections), and alternative therapies (such as acupuncture). Diagnostic and treatment approaches for chronic pain at the Anesthesiology-Pain Management faculty practice include:

- Nerve blocks, using a combination of local anesthetics and steroids
- Trigger point injections
- Epidural steroid and Botox® injections
- Implantable devices, such as dorsal column stimulators and intrathecal pumps
- Optimization of medications
- Medical acupuncture
- Home administration of intravenous medications via patient-controlled analgesia pumps
- Home administration of spinal medications for cancer pain following placement of permanent epidural catheters
- Transcutaneous Electrical Nerve Stimulation (TENS)
- Electromyography (EMG) and nerve conduction studies
- Provocative discogram
- Selective nerve root block

When necessary, patients are referred for additional care by specialists in such areas as rehabilitation medicine, physical therapy, orthopedics, neurology, psychiatry, oncology, or hypnotherapy.

Office Hours

8:30 am to 5:30 pm, Monday through Friday

Location

Anesthesiology-Pain Management

Faculty Practice Associates

5 East 98th Street, 6th floor

The Mount Sinai Medical Center

New York, NY 10029

For More Information

212-241-6372

www.mssm.edu/anesthesiology

You may also request that your physicians consult the Acute or Chronic Pain Management Program for evaluation and treatment.

Insurance

While most physicians accept a range of major insurance carriers, acceptance may vary from physician to physician. Please have your insurance information available when making an appointment to ensure that your care is covered. Also, consult your provider directory and have this information available when making an appointment.