Chronic pain affects more American adults than heart disease, cancer and diabetes combined. Pain Medicine treats more than 800 chronic pain conditions using a multi-modal approach.

### Pain Pathways

- Neck pain
- Back pain
- Headache
- Chronic migraine
- TMJ dysfunction
- CRPS / RSD
- Abdominal pain
- Pelvic pain
- Musculoskeletal pain
- Arthritis
- Fibromyalgia
- Thoracic outlet syndrome
- Peripheral neuropathy
- Pre-operative optimization
- Chronic post-surgical pain
- Chronic CSF leak
- Post-herpetic neuralgia

### Physical therapy

Pain therapists prescribe regimens of exercise, tissue manipulation, and other treatments focused on maximizing function to help relieve pain.

- Therapy for fear of movement
- Home exercise program
- Restorative movement group

### Intervventional procedures

Pain Medicine specialists master more than 250 types of interventional procedures for appropriate conditions.

- Epidural steroid injections for nerve impingement
- Radiofrequency nerve ablation for neck & back pain and for painful scars after surgery or trauma
- Cryoneurolysis for occipital headache
- Spinal cord stimulation for failed back surgery syndrome & peripheral neuropathy
- Intra-spinal medication delivery systems

### Complementary & alternative

- Pain acupuncture & evidence-based supplements.

### Pre-habilitation

- Optimize surgical outcomes with pre-surgery nerve & psychology treatments.

### Patient-centered care

- Patient Family Advisory Counsel to implement care that meet the needs of patients & their families.

### Precision health care

- Outcomes-based care using our open source platform for learning health systems, CHOR (Collaborative Health Outcomes Information Registry).

### Stanford Pain Management Center

- 650 723 6238
- https://stanfordhealthcare.org and search for “pain”

The Stanford Pain Management Center requires completion of interdisciplinary evaluation before consideration of prescription of opioid medications. For patients struggling with substance abuse, ongoing treatment with board-certified addictionologist is a requirement before Pain Clinic evaluation.

### Interdisciplinary Pain Programs

- Orofacial Pain Collaboration with Neurosurgery, Neurology, ENT, and Dentistry
- Abdominal Pain Collaboration with Gastroenterology
- Headache & Facial Pain Collaboration with Neurology
- Pelvic Pain Collaboration with Gynecology and Colorectal Surgery

**“Chronic pain affects more American adults than heart disease, cancer and diabetes combined”**

- Chronic pain costs the United States $635 Billion and is the leading cause for why people are out of work every year.

### Side effects of long-term opioid use

- Cognitive Dysfunction
- Sleep Disorders
- Drowsiness
- Dry Mouth & Tooth Decay
- Physical Dependence & Tolerance
- Opioid Induced Hyperalgesia
- Accidental Overdose & Death
- Breathing & Heart Problems
- Constipation & Bowel Dysfunction
- Low Sex Hormones
- Risk of Fracture

### Every day

- 44 people in the U.S. die from overdose of prescription painkillers and many more become addicted

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