



THE ACUTE PAIN CENTER

Advanced Diagnostics Healthcare System

Here's To Your Health™



Medical & Interventional
Pain Specialists



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John Sebok, D.O.

Dr. Sebok is a Board Certified Physical Medicine & Rehabilitation Physician specializing in pain management. In practice for more than 30 years, Dr. Sebok helps patients achieve the maximum relief from pain with advanced pain management techniques and the least invasive therapies.



Girish Gidwani, M.D.

Dr. Gidwani is a Board-Certified Interventional Radiologist with expertise performing minimally invasive pain procedures. The Medical Director and Chief of Interventional Radiology and Pain at River Oaks Hospital & Clinics, Dr. Gidwani uses advanced interventional techniques allowing precise delivery of medications to the source of pain.

The Mission at The Acute Pain Center is to restore quality of life by allowing patients to return to work and normal activities in the most expeditious manner possible. Our secondary mission is to minimize dependence on opioid medications.

The Acute Pain Center consists of a multidisciplinary team of specialists including physical medicine & rehabilitation, anesthesiologists, interventional radiologists, neurologists and diagnostic radiologists working together to diagnose and treat acute pain. The primary aim of acute pain management is to provide treatment that reduces the patient's pain, with minimal adverse effects while allowing them to maintain function. We seek to prevent acute pain from progressing to chronic pain, and return the individual to their pre-injury quality of life. Additionally, we develop a personalized treatment plan for each patient; tailoring pain management strategies in order mitigate potential opioid dependence.

All pain is not the same. Acute pain starts suddenly and is often described as sharp. It may be mild and last just a moment, or it may be severe and last for weeks or months. Acute pain stops when its underlying cause has been treated or has healed. If the problem that causes short-term pain is not treated, it may lead to long-term or "chronic pain." Uncontrolled acute pain can exacerbate existing medical conditions (comorbidities), and result in psychological problems including depression and sleep issues. Prolonged uncontrolled pain can require the patient to depend on excessive pain medications.

COMMON CAUSES OF ACUTE PAIN INCLUDE:

- Work related injuries
- Accidents/trauma including motor vehicle accidents
- Sports related injuries
- Postoperative after surgery or a procedure

You know your pain better than anyone, and your experience holds the key to a treatment plan. It is extremely important to identify the source of the pain. Prescribing pain medication without finding a source only masks the pain. The best way to manage your pain could be very different from what works for someone else. Typical complaints include pain involving the neck, back, and joints (including shoulder, elbow, wrist, hand, pelvis, hip, knee, ankle and feet). Headaches are also a common complaint from a variety of etiologies.



Our Approach:

INTERVIEW:

The work up of acute pain starts with a comprehensive interview. Our goal is to learn everything about the patient's pain including history of onset, previous experience with pain, type of pain including aggravating and alleviating factors, and any treatments that were effective in the past.

PHYSICAL EXAM:

Every patient requires a comprehensive physical exam to evaluate their pain. The goal of the physical exam is to help identify underlying pathology and narrow the etiology of the symptoms.

DIAGNOSTICS:

Advanced diagnostics tools such as MRIs, EMGs, discograms and myelograms provide images and nerve data that help locate the source of pain.

ASSESSMENT/PLAN:

After the patient undergoes a comprehensive interview, physical exam and diagnostics, our pain specialists will consolidate the information and develop and plan of action. The plan typically includes:

- 1. Medical pain management:** Medical pain management is used to rapidly control pain through oral, intramuscular and intravenous administration.
- 2. Interventional pain management:** Interventional pain management is targeted therapy that delivers medication directly to the source of pain to reduce inflammation and discomfort. The advantages include less dependence of medical pain management therapies, less side effects and more aggressive pain control.

Careful targeted delivery of medications to the abnormality found on diagnostic imaging is crucial in confirming that the area treated is the actual pain generator. When a targeted treatment does not eliminate the pain, this information is also very helpful as we narrow down the actual cause of the patient's symptoms, especially when multiple potential pain generators are identified in the diagnostic workup.

- 3. Physical therapy:** Physical therapy is often a component of pain management as function to muscles, nerves and joints are restored by therapists specifically trained in these techniques.

- 4. Follow up:** Tracking progress is extremely important in monitoring therapies are achieving the desired results. Many treatments are straightforward, while other



Rohan Shah, M.D.

Dr. Shah is a Board-Certified Interventional Radiologist with expertise performing minimally invasive pain procedures. The Medical Director and Chief of Interventional Radiology and Pain at East Houston Hospital & Clinics, Dr. Shah uses advanced interventional techniques allowing precise delivery of medications to the source of pain.



Ramiro Hernandez, M.D.

Dr. Hernandez is a Board Certified Neurologist with a fellowship in Neurophysiology. Dr. Hernandez is proficient in a wide array of acute and chronic neurological disorders including traumatic brain injury, electromyogram (EMG) and electroencephalograms (EEG).



Sandeep Amesur, M.D.

Dr. Amesur is a Board Certified Radiologist & Director of Spine & Neurological Imaging for Advanced Diagnostics Healthcare.

IF YOU OR A LOVED ONE IS SUFFERING FROM ACUTE PAIN — WE CAN HELP.

To schedule a pain management consultation, call 713-790-1666 or visit www.adhealthcare.com/acutepain for more information.



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CONTACT US:

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www.adhealthcare.com



AN ADVANCED APPROACH TO CARE

Advanced Diagnostics Healthcare System (ADHS) is an independent, physician-led network of hospitals, clinics and diagnostic centers. We take an advanced approach to care — offering both high touch hospitality and high tech diagnostics and treatment. This approach includes providing the best possible patient experience, which is why we don't conduct student teaching at our hospitals. Additionally, we strive to make care convenient. We are in network with most insurance plans and accept Medicare and workers' compensation. At ADHS expect high touch, high tech care that is centered on you.



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