

RAMAPO PAIN MANAGEMENT Newsletter

Fall 2012

Acupuncture Offers Another Way to Approach Pain Management

Adding to the wide range of treatment options available, Ramapo Pain Management recently introduced acupuncture services. This gives patients another option for pain management, in addition to physical therapy, medication and minimally invasive procedures already available.

Acupuncture is one of the oldest forms of medical treatment in the world, dating back thousands of years to ancient China. It has been proven to help with healing, pain management and improving one's overall health and wellness. Qualified physicians can use acupuncture to treat both chronic and acute pain issues in the muscles and joints, helping people get back to doing the things they love.



Virginia Mims, MS, LAc, a board certified New York State licensed acupuncturist, is leading Ramapo's efforts to offer acupuncture services. She has a great deal of experience in this area and a master's degree in Oriental Medicine.

**Virginia Mims,
MS, LAc**

"Acupuncture and Chinese medicine approach patients in a completely different way," Ms. Mims says. "It involves working with the power of the patient's own body to harness and guide the flow of energy so that the body can work to heal itself."

As an experienced pain management professional, Ms. Mims also focuses on women's health, infertility and

gastroenterology. She has completed advanced coursework in orthopedic acupuncture and acupuncture during pregnancy.

Acupuncture works by restoring the body's balance of Qi, blood and other important substances. In addition to pain management, it can help with issues like stress, depression, insomnia, anxiety, constipation, and loss of appetite.

"People who are dealing with chronic pain tend to have an especially high level of stress, which increases the perception of pain," Ms. Mims says. "Acupuncture is wonderful for treating these issues because we can customize the treatment to each patient. Most people find the treatment to be very relaxing and that it reduces stress and issues like insomnia and loss of appetite."

Acupuncture is one of the complementary alternative medical services available from Ramapo Pain Management, and can be used in conjunction with other pain management techniques or as another option if traditional Western medicine isn't providing patients the results they need.

*To learn more about our
acupuncture services, speak
with your Ramapo Pain
Management physician.*

MEET OUR DOCTORS:

Spotlight on Dr. Naik

Ravi Naik, M.D. is Board Certified in Anesthesiology and Pain Management. He received his medical doctorate from the State University of New York and is a Fellow of the Mt. Sinai School of Medicine. Dr. Naik is also certified in treating sacroiliac (SI) joint disorders. There is a new minimally invasive treatment available from Ramapo Pain Management for patients suffering with issues related to the SI joint, located just below the lumbar area of the lower back.

According to Dr. Naik, the joint can affect a wide range of patients. "It could be a woman who has had multiple childbirths, someone who has been involved in an accident or experienced a trauma, or an individual suffering from arthritis," he explained. "SI pain can affect anyone, including the young, middle-aged or elderly, who suffer with pain in the lower back, hip or even the side."

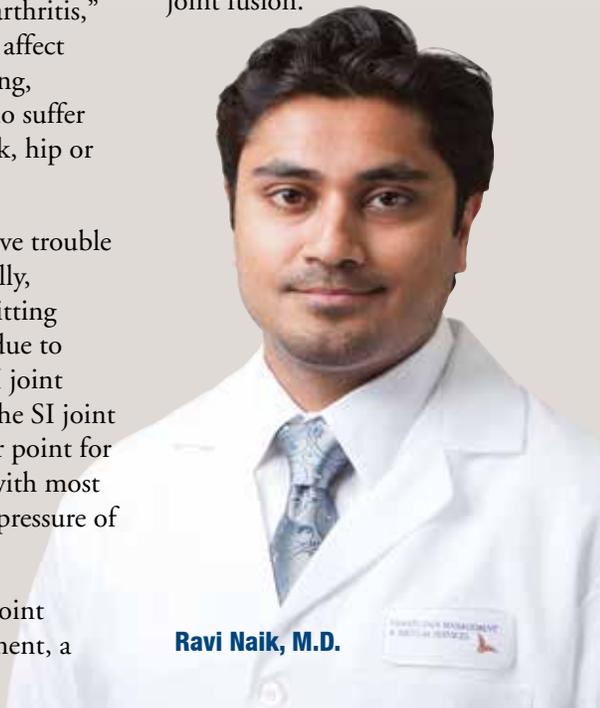
These individuals often have trouble bending or moving normally, including problems with sitting up straight and standing, due to the pain associated with SI joint problems. That's because the SI joint serves as a pressure transfer point for the upper body and legs, with most movements adding to the pressure of the affected area.

Before recommending SI joint fusion as a course of treatment, a

physician needs to be sure that it's the SI joint actually causing the pain. Through a physical exam, imaging studies and a special injection into the actual joint, doctors are able to both diagnose and temporarily relieve the pain.

The result of the procedure, which fuses the iliac bone to the spine, is a stabilized joint that no longer hurts upon movement or pressure. It's performed in an operating room with a small incision under general or spinal anesthesia and patients are usually able to return home within 1-2 days.

If you're experiencing lower back pain, ask your Ramapo Pain Management physician about SI joint fusion.



Ravi Naik, M.D.

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Message from our President

Ramapo Anesthesia continues to focus on providing our patients with the best quality care, while firmly establishing our practice as the most well-respected anesthesia and pain management providers in the tri-state area.

We have grown to over 100 expert physicians and 30 CRNAs at eight hospitals in New York and New Jersey, as well as more than 20 outpatient facilities.

We now provide services at Saint Joseph's Medical Center in Yonkers, N.Y. and Hackensack UMC Mountainside in Montclair, N.J., where our Dr. Timothy Mims is leading the new Back & Spine Center.

We've also added acupuncture and sacroiliac joint fusion to our wide range of integrated pain management techniques, in order to provide our patients with the most comprehensive treatment plans for their individual condition.

Chronic pain related to illness and injury is an increasingly common condition that can result in diminished quality of life and lost productivity. Pain Management is here to help. Our physicians can develop a customized care plan incorporating the most current, effective and minimally invasive procedures and medications to treat your pain.

Sincerely,

Richard Clarkin, M.D.
President, Ramapo Anesthesia

Ramapo Pain Management Physicians



Dilip V. Subhedar, M.D.
Board Certified Anesthesiology
Board Certified Pain Management
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Board Certified Disability Analysis

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