

Relieving Chronic Pain

HCG therapy provides effective relief for patients who suffer from severe pain.

Lower back and hip pain have been a constant in Beverly Callaghan's life for more than a decade. Cervical spondylosis, a vertebra that slips in and out of place in the lower back, is the source of Beverly's pain.



**SOUTHWEST FLORIDA
NEUROSURGICAL
& REHAB ASSOCIATES**

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"It is a condition that usually develops in middle-aged or elderly folks," Beverly explains. "I have pretty much been in constant pain for many years. It affects everything in my life. There were few activities I could manage to do without being uncomfortable. My husband and I used to be avid square dancers and I can't do that anymore. Everything from sleeping to driving a car was painful."

Beverly tried steroid shots and epidurals to ease the pain. While both provided temporary relief, she was looking for something more satisfying. She desperately wanted to improve her quality of life.

A patient at Southwest Florida Neurosurgical & Rehab Associates, Beverly consulted with Cindy Bassford, PA-C, PhD.

"Cindy advised that I lose some of the extra weight I was carrying around and suggested I try HCG shots, which she advised would both alleviate the pain and help with the weight loss. So far, I've not only found the pain relief I was seeking, but I have also lost twenty pounds, so I am super thrilled."

Pain management options

Aging is the major factor for developing cervical osteoarthritis (cervical spondylosis). In most people over the age of 50, the discs between the vertebrae become less spongy and provide less of a cushion. Bones and ligaments get thicker, encroaching on the space of the

spinal canal. HCG (Human Chorionic Gonadotropin) – a hormone produced by the placenta during pregnancy – has become an effective treatment option for patients suffering from spinal conditions, fibromyalgia, severe headaches and chronic pain.

"HCG stimulates the production of testosterone, progesterone, estradiol and thyroid, all of which should bring relief to chronic pain sufferers," Dr. Bassford explains. "And one of the more pleasing side effects is the accompanying weight loss. This hormone is used frequently for weight loss, specifically, so with Beverly she got a two-in-one deal, basically. She loses weight and gets relief from the daily pain. And HCG has few side effects because it is a natural hormone. It's non-addictive as well, unlike many oral pain medications."

Dr. Bassford emphasizes that HCG hormone therapy is not the only option available to patients seeking pain relief at Southwest Florida Neurosurgical & Rehab Associates.

"We have a wide variety of treatments that we can offer in our practice, and we work closely with the neurological surgeons at Southwest Florida Neurosurgical Associates," she says. "We also provide injection therapy and physical therapy, and we can also offer treatments like spinal cord stimulators, and pain medicines which are not addictive, which can be helpful as well. Basically, we offer a variety of tools to improve a patient's lifestyle and quality of life."

Back to life

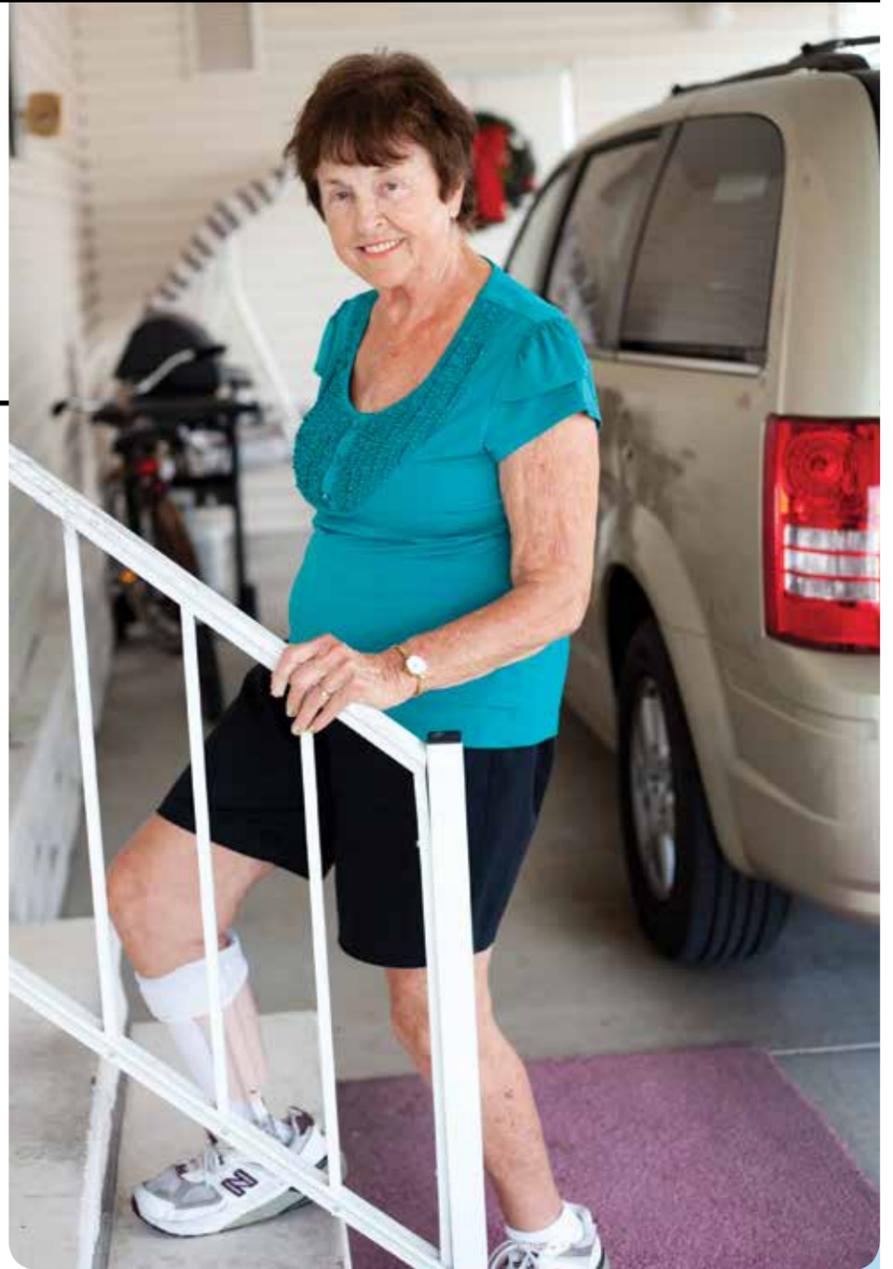
"I can honestly say that before I tried the HCG therapy, the pain was a ten on a scale from one to ten," Beverly notes. "Now, I have lost a lot of weight, which took pressure off of my joints, and the pain is nearly non-existent."

Beverly credits James P. Weiner, MD, and the staff at Southwest Florida Neurosurgical & Rehab Associates for the extreme turnaround.

"Dr. Weiner and the staff there are phenomenal and I am so pleased with the progress I have made both with the pain management and with the loss of weight. I feel better than ever and I give them all of the credit in the world. I highly recommend them." *FHCN—Judy Wade*

Relief at last

The staff at Southwest Florida Neurosurgical & Rehab Associates welcome your questions and comments regarding this article. For additional information or to schedule a consultation, please call or visit one of their conveniently located offices: in Fort Myers at (239) 432-0774, 12700 Creekside Ln., Suite 301, and in Cape Coral at (239) 772-5577, 413 Del Prado Blvd. South, Suite 201.



Beverly Callaghan now enjoys a pain-free lifestyle thanks to HCG pain management therapy.

RISK FACTORS OF CERVICAL SPONDYLOSIS

- Being overweight and not exercising
- Having a job that requires heavy lifting or a lot of bending and twisting
- Past neck injury (often several years before)
- Past spine surgery
- Ruptured or slipped disc
- Severe arthritis
- Small fractures to the spine from osteoporosis

Southwest Florida Neurosurgical & Rehab Associates:

- Pain management
- Rehabilitative medicine
- Physical therapy
- LCD Therapy



James P. Weiner, MD, is board certified by the American Board of Anesthesiology. He received his medical degree and completed his residency in physical medicine and rehabilitation at Eastern Virginia Medical School, Norfolk, and completed an anesthesia residency and received fellowship training in pain management at the Naval Hospital, Portsmouth, VA. He also received fellowship training in anesthesia at Bowman-Gray Medical Center, Wake Forest University, Winston-Salem, NC. He is a member of the American Association of Electrodiagnostic Medicine, American Association of Physical Medicine and Rehabilitation, American Society of Anesthesiology, Florida Medical Society, Florida Society of Anesthesiology, International Association for the Study of Pain, and International Spinal Injection Society. He has published extensively in his areas of expertise.



Robert D. Mehrberg, MD, is a board-certified physiatrist, certified in physical medicine and rehabilitation, as well as in electrodiagnostic medicine. He completed his undergraduate studies and earned his medical degree at Tulane University, New Orleans, LA. He served his internship and his residency in physical medicine and rehabilitation at Eastern Virginia Medical School, Norfolk, where he was appointed chief resident. Dr. Mehrberg has lectured on, written, or coauthored numerous articles, abstracts, presentations, and publications concerned with the treatment and well being of rehabilitation patients. Dr. Mehrberg is a member of the American Association of Electrodiagnostic Medicine, American Academy of Physical Medicine and Rehabilitation, and Association of Academic Physiatrists.



Pierre R. Hyppolite, MD, is fellowship-trained in spinal cord injury through the University of Miami's Jackson Memorial Hospital/Miami VA Medical Center. He is a graduate of the Faculte De Medicine Et De Pharmacie Universite D'etat d'Haiti, where he earned his medical degree and served his medical internship. Dr. Hyppolite attended Yale University School of Public Health and served an internal medicine internship at the New York Medical College's Our Lady of Mercy Medical Center. He completed his residency in physical medicine and rehabilitation at NYMC's Metropolitan Hospital Center. Dr. Hyppolite is an associate member of the American Academy of Physical Medicine and Rehabilitation and the American Paraplegia Society. He is fluent in English, French, and Creole.

Please visit Southwest Florida Neurosurgical & Rehab Associates on the web. Go to www.swfna.com and select "Pain Management & Rehabilitation" from the menu at the top of the screen.

