# Have Pain?

# See an Anesthesiologist Pain Specialist

If chronic pain restrains your normal lifestyle by affecting your physical and emotional well being, new advances in pain therapy may be able to improve the quality of your life.

You may have found that persistent pain cannot be reduced by surgical treatment or physical therapy. If this is the case, you will be pleased to know that significant advances in the treatment of chronic pain have been realized the past decade.

**Why a pain specialist?**

In the not too distant past, any ‘shade tree mechanic’ could fix a car. However today’s cars are very complex, with smog devices, computers, and hundreds of electronic controls. When something goes wrong, as it inevitably does, you want the job done by someone with the expertise to diagnose the problem, and who can fix the problem quickly and inexpensively. In other words, someone who is a ‘specialist’. Well, the body is the ultimate in complex machinery, and pain the most common problem the body has. Yet many people don’t realize that there are physicians who specialize exclusively in pain treatment.

 In the last ten years, there has been a quiet revolution in medicine, causing the growth of a new specialty known as pain management. Brought upon by the complexity and pervasiveness of pain problems such as cancer pain, chronic low back pain, severe headaches, athletic pain, and pain caused by nerve injury, pain management has become a unique new field. Although any physician can specialize in pain management, typically pain specialists are anesthesiologists who have spent one to two years of additional training in managing pain beyond their usual requirements. If it sounds strange that an anesthesiologist, the Doctor who puts you to sleep for operations, takes care of pain problems, think again. Anesthesiologists are physicians extremely skilled in taking away the temporary severe forms of pain during and after surgery. Thus taking care of severe full-time pain was a natural evolution. An anesthesiologist pain specialist is trained in administering powerful pain medications, giving injections for pain, and most importantly, diagnosing the source of pain. This is critical, as without a definite diagnosis, specific therapy cannot begin.

Parallel to the growth of specialty training in pain management has been the growth of large pain clinics. These clinics are usually headed by an anesthesiologist, who has gathered in one single location a brain trust of skilled pain personnel, including surgeons, internists, radiologists, psychologists, physical therapists, nurses, biofeedback technicians, and even chiropractors and holistic practitioners. These individuals work as a team to review your problem and provide state-of-the-art care. Thus, you, the patient, have the expertise you need to find the cause and the cure to your pain problem.

**H. Rand Scott, M.D.**, directs the staff at Newport Pain Management. Dr. Scott has a proven record of success in treating severe pain including persistent headaches, sleeplessness due to pain, pain after surgery, low back pain neck pain, fibromyalgia and cancer pain.

To diagnose your pain, Dr. Scott will personally perform a complete head to toe physical examination and review any previous studies or X-rays. A detailed, individualized treatment program will then be initiated according to your needs.

Possible treatments include injection of pain blocking medicines, implanted medication pumps, or stimulators for continuous pain control. In addition to medication, diverse treatments such as biofeedback, clinical psychology and physical therapy are also used.

Call Newport Pain Management, 949.759.8400. for an appointment today. Find out more at [www.paindx.com](http://www.paindx.com)