

**Oxford Valley Pain and Spine Center**  
 370 Middletown Boulevard,  
 Suite 508  
 Langhorne, PA 19047  
 (215) 741-4410  
[www.oxfordvalleypain.com](http://www.oxfordvalleypain.com)

## Advice on Legal Topics

We will be having lawyers guest write on a variety of legal topics  
 Some of the areas they will speak about are:

- What to do after your have an accident at work, in a car, because of a slip and fall or for any other reason.
- What benefits you can ask for in worker's compensation cases and personal injury accident cases.
- The difference between limited tort and full tort and other insurance topics.
- What you need to tell your physician in the initial office visit
- When you have to see a company doctor and when you can use your doctor
- Issues involving your deductible
- How your should properly report the accident
- Your rights if your employer says you can work before you're ready.
- What rights family relatives and caretakers have when you're injured.

## Join us for Our Monthly Seminar

We plan to have a monthly meeting so we can meet our patients in a more informal setting. At these meetings we hope to:

- Let you see first hand some of the therapies we offer such as yoga, massage therapy, hypnotherapy and other techniques
- Let you see some of the advanced therapies and treatments that some of our vendors are helping us deliver to our patients
- Hear from and speak to some of the local doctors and lawyers in the region.
- See some of our products including facials, creams, and other products.
- Listen to the general concerns of our patients

## Where and When

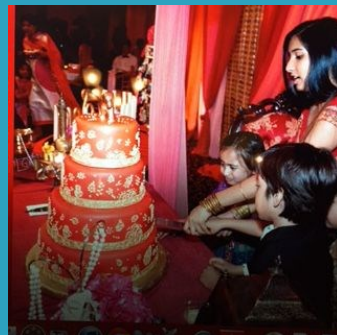
We are working on a regular time and place such as the last Wednesday of the Month at a local hotel or school. Please check our website and our e-newsletter (sign up with the receptionist if you haven't yet) for further details.

Admission to all the events will be free.

We hope to have some light refreshments at the events.

Thank-you.

Anju and Sanjay Madnani.



Our Daughter at one of our Holiday events

## Some of Our Treatments

Here are just some of the treatments that we offer. We have brochures for many of these treatments

- Cryotherapy
- Disc Decompression
- Discography, Intrathecal Pump Implant
- Epidural Injections with X-Ray Guidance
- Facet Nerve Blocks with X-Ray guidance
- Intrathecal Pump Placement
- Laser Disc Therapy
- Major Joint Injections
- Radiofrequency
- Sacroiliac Joint Injections
- Sphenopalatine Blocks
- Spinal Cord Stimulation
- Spine Facet Joint Injections
- Sympathetic Blocks
- Vertebroplasty



# PAIN VOICE

Oxford Valley Pain and Spine Center

Newsletter for Patients

Spring 2015

Trusted by Area Doctors

*This newsletter is a professional courtesy of Oxford Valley Pain and Spine Center and Paradise Anti-Aging Medspa*

*Anju Madnani, MD*

*Sanjay Madnani, MD*

*Fellowship Trained and Board Certified Pain Management Specialists*

*Editor*

*Joseph Glantz*

*Medical Editor*

*Sanjay Madnani, MD*

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## The Aims of Our Newsletter

In addition to our online e-newsletter, we hope to prepare a bimonthly newsletter on various pain management topics including discussions of common pain conditions, pain treatments and various types of physical therapy. Additionally, we will be writing about some of the ways we help our patients feel good through our Paradise Anti-Aging Medspa office.

We plan to include outside writings by some of the doctors, lawyers and vendors that we have professional relationships with.

We encourage you to sign up for our e-newsletter - just leave your name and email with our receptionist. Please feel free to submit suggestions for topics you'd like to learn more about to our editor at [joe@joeglantz.com](mailto:joe@joeglantz.com)

## Local Presentations We Gave in 2014

In 2014, we were pleased to speak to the student club at the George School that works to keep students informed of medical issues. Anju Madnani gave a presentation on acupuncture and Melissa Pickering spoke about hypnotherapy.

We also spoke to the Langhorne Rotary Club about our practice and how we seek to help our patients.

At the end of the year, we were honored to hold a celebration at the Sheraton Hotel in Langhorne. The event was sponsored by some of our vendors including Boston Scientific, Allergen and ScoMed Medical Equipment and Supplies

## Inside this Issue

- ◆ Remedies for Chronic Pain
- ◆ Our Surgery Center
- ◆ Sciatica: FAQs
- ◆ Acupuncture Therapy
- ◆ Law and Medicine
- ◆ Our Monthly Seminars



Anju Madnani, MD and two members of her staff

## Conditions We Treat

- Arthritis
- Cancer Pain
- Chronic Back Pain
- Chronic Headaches
- Chronic Neck Pain
- Compression Fractures
- Fibromyalgia
- Herniated Disc
- Migraines
- Neuropathy
- Post Surgery Pain
- RSD
- Sciatica
- Vehicle Injury
- Workplace Injury



## Options for Treating Chronic Pain

It is estimated that currently nearly 100 million Americans suffer from chronic pain. Chronic pain is categorized by pain lasting longer than 6 months or the presence or absence of injury that continues longer than required for the body's normal course of healing. Chronic pain can cause a multitude of secondary issues for patients including anxiety, depression, significant weight gain or loss, and medical debt.

Chronic pain can be caused by many problems or by no detectable medical problems. Diagnoses for chronic pain can be a trial and error process between patient and doctor. Just as attempting to find the cause of chronic pain is a trial and error process, treating the chronic pain is just the same. Here is a look into some treatment options available for patients suffering from chronic pain:

### Medications

Medications are often the first course of action for combating chronic pain. Generally physicians recommend conservative over the counter anti-inflammatory medications. If anti-inflammatory drugs do not produce a result, corticosteroids may be prescribed next. In extreme chronic pain cases; narcotic drugs such as codeine, hydrocodone, morphine and oxycodone. Prescription narcotic drugs are very addictive so many doctors limit prescription length, dose, and try alternative methods for pain relief before resulting to this class of drugs.

### Injections

Injections are one of the most effective courses of treatment for chronic pain. Different types of injections block nerve receptors that carry pain signals through the body to the brain. If these signals cannot be sent to the brain, then the brain doesn't recognize that the body is in pain. A drawback of injection therapy is that they are temporary, and can become costly over time. Injections are administered in the affected area, often directly into a nerve. Unfortunately, there is a possibility of injections failing.

### Electrical Stimulation

Transcutaneous Electrical Nerve Stimulation or TENS therapy is when a small sticky pad connected to a small battery-powered machine delivers electrical pulses to the area to help stimulate nerves. This treatment does not cause any pain, and for some patients, it is considered relaxing.

### Surgery

If other methods of treatment fail, surgery may be an option for certain patients. This option is used as a last resort, and does not always end pain. Surgery may lessen pain over time.

### Multidisciplinary Approach

Most patients benefit from a combination of the above approaches to relieving chronic pain. In addition to the therapies mentioned above, losing weight, rest, eating a well-balanced diet, and regular low-impact exercise can help assist chronic pain symptoms.

For more information about pain management techniques and services we provide, contact Oxford Valley Pain and Spine Center today. Drs. Sanjay Madnani, and Anju Madnani look forward to meeting you. We can be reached at our Langhorne office at 215-741-4410

## Benefits of Our Ambulatory Surgery Center

**More Control and Better Quality Outcomes:** Easier to schedule patients for surgery and easier to choose the staff and equipment you need

**More Reliable Scheduling:** Low to no chance of being bumped by an emergency procedure.

**Good for the Patient:** Less risk of infection. Less intimidating than a hospital. Easy to get to. Shorter turn-around time. Costs, including coinsurance, are often less than those for hospitals

**New Technology and Equipment:** Makes ASCs more practical and affordable

**Same Day Surgeries:** Good for short recovery time and short anesthesia procedures.

**Comfortable:** Family and friends can wait in a nice setting.

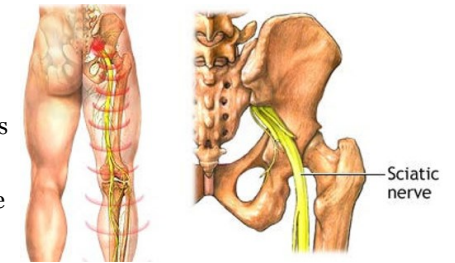
**Direct Access to Pain Management:** Our practice, pain management, can directly assist the doctors and patients.



## SCIATICA - FAQs

### How do I know if I have sciatica?

Pain in the areas affected by the sciatic nerve often appears in the back and buttocks and also the leg and even the foot. Pain can include numbness, tingling, pins and needles and weakness. Other sensations include weakness, tingling, numbness of the nerve, skin or muscles.



### Why do people get sciatica?

The sciatic nerve is made of the nerve roots from the spinal cord into the lower back. Injury to the nerve results in Sciatica. These areas are often affected.

- The spinal canal (cauda equina)
- The pelvis (lumbosacral plexus)
- The buttocks (piriformis syndrome),
- Along the back of the leg down the knee
- The inside of the calf, behind the inner ankle extending to the sole of the foot
- The outside of the calf to the sole of the foot
- Where bundles of sciatic nerve fibers pass through bony openings in the spine (neuroforamina)

### What are the main causes of sciatica?

A herniated or slipped disc is the most common cause. Other causes include spinal stenosis (a narrowing of the spinal canal), bone spurs often caused by arthritis of disc degeneration, and pinched nerves (nerve root compression). Narrowing of the spinal canal puts pressure on or pinches the sciatic nerve fibers. Other possible causes include:

- Pressure by the piriformis muscle in the buttock on the sciatic nerve. (Piriformis Syndrome)
- Slippage of one vertebra so that it is out of line with those above or beneath it (spondylolisthesis)
- Abnormality of the nervous system itself (neuropathy)
- A tumor (this is rare)

### What are the most common treatments for sciatica?

Medication and physical therapy are the starting points for treatment.

Epidural steroid injections and injections of anesthetics are another possible treatment. Please pick up our sciatica brochure for more information on epidural steroid injections.

Acetaminophen (Tylenol) and NSAIDS (non-steroidal anti-inflammatory medications) such as ibuprofen (Advil) or naproxen (Aleve) may be prescribed. Physical therapies to extend the spine will be recommended and positions that contract the spine will be discouraged. Rest, exercises such as Yoga, Acupuncture and Ergonomics can help. "Mind over matter" techniques may help.

## Contact Us

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[medspaparadise.com](http://medspaparadise.com)

All locations are near the Oxford Valley Mall

## Paradise Anti-Aging MedSpa: Acupuncture Therapy

Acupuncture is recognized as a form of alternative medicine that works to treat symptoms and ailments by stimulating specific points throughout the body.

These points are thought to correspond with the body's qi, which traditional Chinese culture defines as the "energy of life."

Very fine needles are placed superficially throughout the body, working to rebalance the body's qi. In addition to symptom relief and cosmetic benefits, acupuncture patients often describe feeling invigorated and revitalized following a treatment session.

### Therapeutic Acupuncture

Acupuncture is best known for its therapeutic advantages.

Historically, the treatment has been used specifically to treat pain caused by injuries and degenerative diseases, as well as headaches, anxiety, depression and neurological conditions like multiple sclerosis.

Even patients who are not ill or experiencing symptoms can benefit from the therapeutic advantages of acupuncture.

Many believe the treatment can heighten the body's natural immunity and ability to fight disease

### Cosmetic Benefits

The benefits of acupuncture go beyond health. The body's skin and appearance tend to reflect the health of the inside. Often, blemishes, acne, dull skin and wrinkles are caused by stress, anxiety and a weakened immune system.

When these underlying conditions are addressed by acupuncture, the skin may begin to appear younger, more even-toned and even "glowing."

