



Pain Voice

OXFORD VALLEY PAIN & SPINE CENTER

Trusted by the Area Doctors

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**Next issue:
The Benefits of
Massage
Therapy**

This newsletter is a professional courtesy of Oxford Valley Pain & Spine Center.

Anju Madnani, MD
Sanjay Madnani, MD
Fellowship Trained
and Board Certified
Pain Management
Specialists

Medical Editor,
Sanjay Madnani, MD

Yoga for healing

An April 2009 Harvard Medical School newsletter called the practice of yoga “a relatively low-risk, high-yield approach to improving overall health.” It also discussed a study highlighting the “value of techniques, such as yoga, that can help a person regulate their stress and, therefore, pain responses.”

Oxford Valley Pain & Spine Center’s Drs. Sanjay and Anju Madnani understand the importance of the mind-body connection in relieving pain and creating optimum health.

In fact, their website offers relaxation music, as well as a guided medita-



OVPS offers free healing yoga classes for patients and folks with chronic pain.

tion on its yoga/meditation page. [http : w w w / oxfordvalleypain.com/yoga.php#meditation](http://www/oxfordvalleypain.com/yoga.php#meditation)

Since November, the doctors have also been offering free yoga sessions for patients and other folks suffering from chronic pain and fibromyalgia.

Instructor Donna Greenfield guides session

participants through gentle yoga to increase circulation and mobility and incorporate breathing and mediation techniques that will deliver more oxygen to the body.

Follow the OVPS blog and Facebook page for updates on the pain management practice’s yoga workshops , free quarterly seminars and more.

Just for fun...

Knock, Knock.
Who’s there?
Hatch.
Hatch, who?
Gesundheit.

Did you know...?

Cherries are not only a super fruit for baking and eating, they are considered a *Super Fruit* due to its disease-fighting antioxidant properties.

The fruit has been linked to everything from easing the pain of gout and arthritis, to reducing the

risk of heart disease and cancer, as well as helping to regulate sleep patterns.



According to Choosecherries.com, you should eat one to two servings each day to reap the health benefits of the fruit. Single serving size examples include: 1/2 cup dried , 1 cup frozen, 1 cup juice, and one ounce (or two tablespoons) juice concentrate .

Be aware that many cold, allergy and flu preparations also contain ibuprofen.



Ibuprofen is a common NSAID. Commercial brands include Motrin and Advil.



All about NSAIDs: Ibuprofen

This is the first in a series of articles examining common pain medications. The material on this site is for informational purposes only, and is not a substitute for medical advice, diagnosis or treatment provided by a qualified health care provider.

While low-dose aspirin's use has increased in recent years to ward off strokes, heart disease and colorectal cancer, gone are the days when your family doctor would tell you to take two aspirin and call him in the morning.

Today, it's more likely your doctor will suggest another over-the-counter medication such as ibuprofen, which works like aspirin but has fewer gastrointestinal side ef-

fects. Ibuprofen is sold under the name of Motrin, Advil, and Nuprin and is also available in a prescription-strength counterpart.

Often used for the treatment of headaches, backaches, arthritis, sports injuries, mild to moderate pain and fever, you may also have heard the drug referred to as an NSAID – a non-steroidal anti-inflammatory drug.

Inflammation is generally present with the irritation of a muscle, joint or tissue and the accompanying pain. NSAIDs including ibuprofen are a good option for minor to moderate pain. They're readily available and are tolerated well if proper dosing instruc-

tions are followed.

Common side-effects are gastrointestinal in nature including nausea, vomiting, diarrhea, and constipation. Ibuprofen should be taken with food or directly after a meal to prevent stomach upset. More serious side-effects can also result including kidney failure, liver failure, ulcers and prolonged bleeding after an injury or surgery.

Be sure to tell your doctor about all medications you are taking as ibuprofen can interact with other drugs including lithium, blood pressure-reducing medications and blood-thinning medications such as warfarin (Coumadin), resulting in more serious side effects.

Spinach Mini-Frittatas for your Spring Brunch

Preheat oven to 375°.

5 oz. frozen spinach, thawed and drained.

3/4 cup part-skim ricotta cheese

1/2 cup grated Parmesan cheese

1/2 cup chopped mushrooms

1 egg

1/4 tsp. dried oregano

1/8 tsp. salt

Mix ingredients together in a bowl.

Spray mini-muffin cups with cooking spray and divide mixture into cups.

Bake for 25 minutes.



From left: medical assistants Rinu Raju and Kelly Harrigan, Dr. Anju Madnani, and office manager Dawood Amir.

Oxford Valley Pain & Spine Center
370 Middletown Blvd., Suite 508
Langhorne, PA 19047

215-741-4410 (office)

215-741-4470 (fax)

www.oxfordvalleypain.com

Contact@oxfordvalleypain.com



Oxford Valley Pain & Spine Center is a comprehensive Bucks County pain management and spine care center with two convenient office locations in Langhorne, Pennsylvania.

Our husband-and-wife team of physicians, Dr. Sanjay M. Madnani and Dr. Anju S. Madnani, are both board-certified with specialty training in pain medicine, anesthesiology and physical rehabilitation, making them highly qualified and experienced in caring for each patient's individual condition.

Specializing in workers' compensation and injury cases, our doctors and friendly staff members are always available to address any concerns you may have and make your experience as comfortable and successful as possible.

Mark your calendars

Saturday & Sunday, April 16 and 17, Noon to 5 p.m.

Oxford Valley Pain & Spine Center will participate in the Live Well Expo at the Newtown Athletic Club. For more information, visit www.livewellexpos.com

Wed., May 18, 1 to 3 p.m. — *Stop Suffering, Start Living*, Middletown Township Municipal Ctr.

Dr. Sanjay Madnani and Dr. Anju Madnani will discuss the causes of chronic pain and their comprehensive, multi-disciplinary approach for managing it so that you can get back to living the life you want to lead. A massage therapist will be on hand, as well as a yoga instructor who will demonstrate healing, restorative yoga techniques.

Open to anyone suffering from neck pain, back pain, arthritis, fibromyalgia and other chronic pain conditions. For more information, call 267-949-7389

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