



Pain Voice

OXFORD VALLEY PAIN & SPINE CENTER

Trusted by Area Doctors

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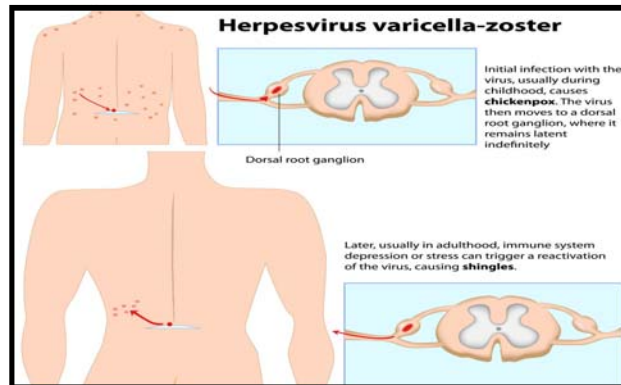
This newsletter is a professional courtesy of Oxford Valley Pain & Spine Center.

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Post-shingles pain may be prevented



If you've had chicken pox, there's a good chance you may also come down with a case of shingles. In fact, the older you get, the greater the likelihood you'll join the almost one million people who seek treatment for the painful condition each year.

A 2005 Agency for Healthcare Research and Quality (AHRQ) study found that folks 65 and older were seven times more likely to get shingles than their

younger counterparts. The AHRQ is a division of the U.S. Department of Health and Human Services.

For those who live to the age of 85, one out of two will have shingles.

Shingles and chicken pox both stem from the same herpes zoster virus and cause painful, blistering lesions. The virus can lay dormant for years after the initial infection, which most often occurs in child-

hood, before the blistering rash appears again.

Early symptoms may include itching, tingling and burning. The tell-tale rash appears a few days later and can last for a month.

While there is no cure, a shingles vaccine is available. Early treatment can also quicken your recovery and prevent lingering phantom nerve pain called postherpetic neuralgia or PHN.

Pain management specialists commonly use thoracic epidural steroid injections to reduce the pain of shingles, which may also reduce the risk of developing PHN, which can be so severe that the touch of clothing or a soft breeze can be painful long after the shingles rash has healed.



Bill McTigue of BCAA presents Dr. Sanjay Madnani of Oxford Valley Pain & Spine Center with a Silver Sponsorship Award during the 2011 BCAA Senior Health Expo. Also pictured, Dr. Anju Madnani and Amanda Schultz.

At your service, Seniors...

The Bucks County Area Agency on Aging (BCAAA) provides comprehensive services to help folks 60 and older maintain independence in their homes and communities.

Focused on helping those with the greatest need and fewest resources, BCAA offers more than 20 programs and support services. For more information, call 1-888-942-8257 or visit www.buckscounty.org

Benefits of Massage - More than just an *ahh* factor

By Veronica Salber

Massage therapy is an ancient form of alternative medicine that is effective in relieving and preventing the symptoms of many different conditions. By promoting relaxation and comfort, it can also improve the overall quality of life for patients of all ages.

Massage therapy provides infants and babies with a very nurturing feeling and is especially helpful for babies with medical or physical problems.

The more often they experience your touch, the calmer they will become.

Massage can help a baby and a child sleep better, as well as help prevent digestive issues like colic and chronic gas.

In addition, it can help maintain the babies' skin as well as help reduce cradle cap in infants.

By keeping the body in balance, regular massage therapy can help maintain health for infants and young children.

For a developing infant and toddler, massage can help assist the body in muscular development.



Massage therapist Veronica Salber gives a chair massage during the April Live Well Health & Fitness Expo.

As it can help build abdominal strength, it can prevent chronic constipation, commonly caused by the inability to use those muscles as they develop and grow.

Massage therapy in adults can also be beneficial in many ways.

Many adults experience chronic pain issues, commonly caused by muscle tissue damage.

Many people are often led to believe that surgery is their only option. Often, patients seek physical and occupational therapy, but do not seek massage therapy to aid in their healing process.

Many people come see a massage therapist only after all of these other

options have been exhausted.

In all cases before, during and after, massage can be an integral part of other types of therapeutic techniques helping ensure the most successful outcome.

Regular massage therapy also aids circulation in the body and improves metabolism.

This helps deal with two very common women's health problems- cardiac issues and obesity.

Veronica Salber is a licensed massage therapist on staff at Oxford Valley Pain & Spine Center.



“Regular massage therapy aids circulation in the body and improves metabolism.”

Top 10 Benefits of Massage Therapy

- Stress relief
- Balances hormones
- Loosens tight muscles
- Increases circulation
- Strengthens the immune system
- Speeds healing time after surgery
- Reduces blood pressure
- Decreases depression
- Improves skin health
- Decreases pain

Limited V. Full Tort - Know the difference

By Mimi Newman,
Esquire of Weinstein, Schleifer & Kupersmith
267-350-6610



If you are involved in a motor vehicle accident, you may pursue a claim against the driver at fault for monetary damages that you sustain.

The type of damages depends in part upon your own motor vehicle insurance policy.

In Pennsylvania, when you choose the “full tort” option, you pay a slightly higher policy premium. You can seek recovery against the

wrongdoer for both *economic* damages (wage loss, out-of-pocket expenses, outstanding medical bills, property damage), and *non-economic* damages (pain and suffering), no matter what type of psychological or physical injury you sustain.

When choosing the “limited tort” option, you pay a slightly lower policy premium. However, you cannot seek recovery for *non-economic* damages unless your

injuries constitute a “serious injury” which is defined as a “personal injury resulting in death, serious impairment of body function, or permanent serious disfigurement.”

Most sprains and strains, or injuries that have healed and no longer cause pain or limitations in performing activities of daily living, will not meet the requirements to overcome the limited tort threshold.

O S F L Y O G A C P A C I T A I C S
 C I R S D S W H Y N V I G G L E V S
 M S K O Z I C R Z A N A C G C P B P
 S E P S T S L N E U O M V Z W I J O
 A H E D P O B Y P B I N W B R D A N
 R T U F Z N J F X B S E E H U U S E
 T S N C E E Q I S F S U P F V R P U
 H I E H P T J B E R U R X M Z A O R
 R L F C I S J R L N C O I G R L N A
 I O O G J L J O G R N P X P N I D L
 T L R Y B A J M N C O A Q W W N Y G
 I Y P T A N H Y I W C T V H H J L I
 S D U A P I Q A H Y Z H O B H E O A
 Q N B W Y P O L S S E Y S U S C Y Z
 D O I H M S P G Q M I X T H V T S S
 Y P K C S A R I H S Z A M H U I I I
 L S B K I Z S A C M I E M A A O S I
 Z J E N C G H E G A S S A M C N P B

Exercise Your Brain
 - One of the best ways
 to strengthen our
 brains is to practice
 solving various brain
 teasers and puzzles.
 Look for a different
 puzzle in each
Pain Voice issue

arthritis	massage	concussion
yoga	epidural injection	sciatica
fibromyalgia	pain	shingles
ibuprofen	spinal stenosis	RSD
spondylolisthesis	spondylosis	neuralgia

My Aching Back: Sciatica

Epidural Injection FAQ's

Did you know that sciatica - the sharp, burning pain shooting down your leg - is a symptom of another medical condition and not a condition itself?

A slipped disk, degenerative disk disease, spinal stenosis, a pelvic injury, tumors or piriformis syndrome – a pain disorder affecting the piriformis muscle in the buttocks – are some of the conditions that can put pressure on or damage the nerve and cause sciatic pain.

Rooted in the spine and the largest nerve in the body, the sciatic nerve runs down the back of each leg and provides sensation to the back of the thigh, part of the lower leg and the sole of the foot.

Since pain levels may vary widely and be caused by different conditions, treatment will also vary from bed rest, to anti-inflammatory medications. If pain continues, pain management specialists can provide relief with epidural steroid injections.

What is an epidural steroid block?

A needle is inserted into the epidural space of the spine and anesthetic drugs or steroids are injected to confirm a diagnosis of back pain from disc herniation or disruption and to decrease pain and inflammation.

What is the goal of an epidural block?

To isolate the source of back pain to the level of disc pathology and decrease pain from inflammation.



How is it done?

A local anesthetic is given in the skin. A special needle is then inserted into the epidural space of the lumbar or caudal spine. An anesthetic substance and/or steroid are injected into the epidural space.

Can an epidural paralyze me?

Permanent or long lasting paralysis from epidurals is rare. In order to reduce the remote risk of paralysis, special care is taken in selecting the placement site for the anesthetic, the sterility of the procedure, and avoidance of certain medications and medical conditions that increase bleeding risk.



Doctor:
Nurse, how is the little boy doing, the one who swallowed the 10 quarters?

Nurse:
No change yet.

Did you know...
Boiled broccoli
has more
Vitamin C
than an orange?

Broccoli salad - nutritious and delicious

- 2 bunches of broccoli florets
- 1 medium red onion, chopped
- 1/2 cup of raisins
- 5 slices of cooked bacon, crumbled
- 1 cup of mayonnaise — Regular, light, fat free, etc.

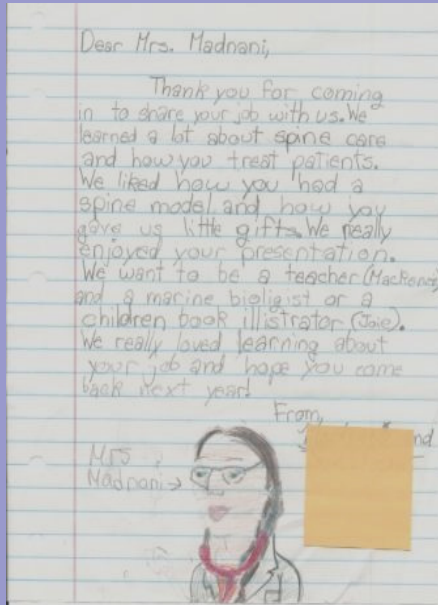
- 2 tbsp. apple cider vinegar
- 2 tsp. sugar
- Cut florets away from broccoli stems. Combine with chopped onion, raisins and bacon. Mix mayonnaise, vinegar and sugar and pour onto salad. Toss and refrigerate for a few hours for the best flavor.



OVPS Visits Oliver Heckman School



Drs. Sanjay (left) and Anju Madhani visit Oliver Heckman Elementary on Career Day.



Understanding Concussions

By Nirav K. Shah, MD
Princeton Brain & Spine Care
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Every 21 seconds it's estimated someone in the United States suffers a brain injury. One of the most common reasons for brain trauma is through sports. High contact sports, such as football, soccer and hockey, pose a higher risk of head injury even with the use of protective head-gear.

Often sustained from a fall, car accident, sports activities, physical violence and simple horse-play, concussions and other brain injuries are fairly common.

Most people, who have had a concussion, recover with appropriate treatments but it is very important to take the proper steps if you suspect a concussion. Long term effects can be serious.

When a person has a head injury the brain moves inside the skull and may bump against the skull leading to bruising of the brain, tearing of the blood vessels and injury to the nerves.

Often this injury occurs on a microscopic level and cannot be seen on imaging such as x-rays or CAT scans. Therefore, it is very important to be aware of the signs and symptoms of concussions.

The most important aspect of concussion care is prompt, adequate recognition of the problem in a setting dedicated to the treatment of brain injuries.

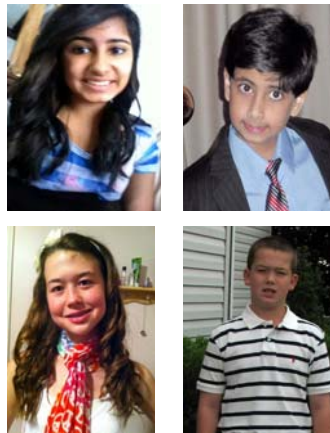


Dreaming of a Spelling Bee trophy?

The Atlantic Club of Education (ACE) is looking for members and adult volunteers to have fun studying spelling and vocabulary together this summer and throughout the school year.

Membership is free for students between the ages of 7 and 14.

The club provides opportunities for members to apply the skills



Atlantic Club for Education founders (top from left) Soni and Rishi and their Board of Directors (bottom from left) Sarah and Nick have their eye on the prize.

they learn, giving them the confidence that they are prepared and familiar with a testing situation. There will be weekly sessions and quizzes.

For more information, visit www.atlanticclubeducation.com



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Contact@oxfordvalleypain.com



Oxford Valley Pain & Spine Center is a comprehensive Bucks County pain management and spine care center with convenient office locations in Langhorne, and Bensalem, 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, including workers' compensation and injury patients.

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

Coming Soon!

*Oxford Valley Pain & Spine Center
Bensalem Office Grand Opening
3237 Bristol Road, Suite 103*

Oxford Valley Pain & Spine Center, Dr. Sanjay Madnani and Dr. Anju Madnani will be pleased to host an open house celebrating the Grand Opening of their new Bensalem office in the coming weeks. Come out to meet the doctors, enjoy some refreshments and enter to win raffle prizes. For more information, call 215-741-4410 or visit www.oxfordvalleypain.com.

*Oxford Valley Pain & Spine Center offers Free
Chronic Pain Presentations for local Senior Centers.
Wednesday, August 31 - Falls Township Senior Center
Tuesday, September 13 - Morrisville Senior Center
Call today to schedule a presentation for your Senior
Center—267-949-7389!*

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Trivia Time

- What is the Hungarian word for pepper?
- What is the only mammal that can't jump?
- Where is Marco Polo's hometown?

*A: Paprika; B: Elephants;
C: Venice*

Have a question or comment? Email us at contact@oxfordvalleypain.com