

painNEWS

News from **TriState Pain Institute** www.tspain.com

CONDITION SPOTLIGHT: NEUROPATHY

&

THE TRISTATE
PAIN INSTITUTE –
WHY WE GIVE BACK
TO OUR COMMUNITIES

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THE TRISTATE PAIN INSTITUTE – WHY WE GIVE BACK TO OUR COMMUNITIES

The mission and vision of TriState Pain Institute is to develop programs directed at a healthier future for our patients, their families, and our community.

The minute a patient walks through the door for his or her initial consultation, they must undergo a series of tests and evaluations to reach a diagnosis. The “diagnosis” will reflect “accurate evidence based sources” as to the cause of each specific pain.

Since opening in January 2010, Dr. Venger performs almost all initial evaluations utilizing his background as a neurosurgeon, pain medicine, and addiction specialist. As a result, treatment is streamlined, as patients don’t have to wait to seek care from other clinics or specialties. In this aspect patients are saving both time and money. “We already are seeing aspects of this at the core of healthcare change in this county,” noted Dr. Venger, “our community should expect nothing less.”

Community reinvestment is also a priority for Dr. Venger and TSPI. While many economic and social problems currently challenge our region, community and non-profit groups lead the way to a better future. In order to facilitate this priority, our community liaison, Allyson Fair, advocates for all who give back. “Dr. Venger and his wife JoAnn have shown commitment beyond just operating a local business,” noted Ms. Fair who added, “They have become supporters and another voice for so many organizations and individuals.”

“I am so pleased to work in this environment each day, and be a part of a team that truly values volunteering, helping others, and community achievement.” added Ms. Fair.

“Giving back is easy, but tangible change is much harder to achieve. I would encourage all residents of Mohave County to support those who support them.”

Arizona Youth Partnership

www.azyp.org

In partnership with communities, AZYP cultivates healthy foundations for youth and promotes strong families. TriState Pain Institute just recently partnered with the Lake Havasu alliance. Dr. Venger facilitated a town hall meeting and spoke to community leaders, parents, grandparents, and youth about the misuse and abuse of prescription drugs, alcohol, and tobacco use. *For more information, please contact Cheryl A. Clark, Community Development Coordinator 928-692-5889 Cheryl@azyp.org.*

Colorado River Women’s Council

The mission of Colorado River Women’s Council is to provide community leadership through business, education, networking, and service. TriState Pain Institute attends monthly meetings and supports CRWC by sponsoring and volunteering at their fund raisers. Membership is open to all members of the community over the age of eighteen. Meetings are held on the second Thursday of each month. *For further information please go to www.facebook.com/ColoradoRiverWomensCouncil.*

Mohave Substance Abuse Coalition

www.mstepp.org/about.html

Mohave Substance Abuse Coalition works to reduce the misuse and abuse of opioids in Mohave County. TSPI attends monthly meetings and attends various community events on educating our local citizens on how to safely dispose of prescription drugs. *For further information please contact Michelle Valandingham BHSc Coordinator, Prescription Drug Overdose Prevention Program. michelle.valandingham@mohavecounty.us.*

Mohave Area Partnership Promoting Educated Decisions

Mission Statement: MAPPED is a local coalition motivated to empower the community in healthy decisions that impact substance abuse and other destructive behaviors in our community; focusing efforts on education, prevention, and treatment through collaboration among local community partners and surrounding areas. TriState Pain Institute partners with this organization by attending monthly meetings and participates in community events that focus on education and prevention. *For further information please contact Karole Finklestein at 928-219-2582.*

Veteran's Stand Down - Jerry Ambrose Veterans Council

www.javc.org

Jerry Ambrose Veteran's Council's mission is to assist the Veterans Administration with the Homeless Outreach Program, coordinate activities to maximize the benefits to all veterans and their families, communicate information to the community, provide recognition and assistance to veterans and veterans' families.

TriState Pain Institute is honored to have been involved in this year's 2017 Veteran's Stand Down on March 3rd and 4th. Dr. Venger volunteered at the stand down to talk and listen to the veterans and their families. *For further information please contact Pat Farrell at president@javc.org.*

Mohave Community College Foundation

www.mohavecollegefoundation.org

The MCC Foundation is a non-profit organization that provides financial support for Mohave Community College by raising money for scholarships. TriState Pain Institute serves on the Bullhead City Campus Foundation Board and attends monthly meetings. Dr. and Mrs. Venger are very supportive of this foundation. TSPI's sponsorship of the 2016 Christmas Gala helped the foundation raise over \$10,000.00 for local scholarships. Please check out MCC's web page and consider volunteering to help raise money for local scholarships.

Bullhead Police Department

TriState Pain Institute partners with Bullhead City Police Department to help educate the community about misuse and abuse of prescription drugs and alcohol. While volunteering with the police department TriState Pain Institute distributes approved educational materials to our youth and parents in the community. We are proud to partner with our police department. TSPI will be partnering with the police department at some of the following events: Mohave County Public Library Summer Reading Program, National Night Out, Career Day, Bicycle Rodeo, Walk Away from Drugs, and the Santa Sleigh. *For further information please contact Lorrie Duggins, Community Services Officer at lduggins@bullheadcity.com.*

Mohave County Continuum of Care

The Mohave County Continuum of Care (CoC) is a collaborative and inclusive community based process for planning and managing homeless and homeless prevention assistance resources and services effectively and efficiently with the ultimate goal of ending homelessness in Mohave County. The Mohave County Coc is one of thirteen (13) counties that comprise the Arizona Balance of State Continuum of Care. TriState Pain attends quarterly meetings and has been selected to serve on the newly formed Planning and Education special committee. *For further information please contact Jennifer Burch, Senior Housing Specialist, jenniferburch@mohavecounty.us.*

Boys and Girls Clubs of the Colorado River

The Boys & Girls Clubs of the Colorado River have served youth in the Tri-State area since 1987. Originally opened as the Kiwanis Youth Center, the Boys & Girls Clubs of the Colorado River took over in 1988 after receiving its official charter. The Boys and Girls Mission Statement is: To enable all young people, especially those who need us most, to realize their full potential as productive caring, responsible citizens. TriState Pain Institute serves on the Board of Directors. *For further information, please contact Autumn Boyle-Robinson, CEO 928-763-1411 Autumn@clubriver.org.*

CONDITION SPOTLIGHT: NEUROPATHY



TriState Pain Institute's Condition Spotlight details everything you need to know about a condition, its symptoms, and treatment options.

Definition: Neuropathy is a chronic pain condition that affects the peripheral nerves, causing a vast array of symptoms depending on the cause.

There are different kinds of neuropathies that can stem from a variety of causes. For example, patients may acquire their neuropathy from an environmental factor, trauma, illness, or infection, such as:

- Diabetes
- Alcoholism
- Poor nutrition
- Exposure to toxins
- Certain medications
- Complications from surgery

It is also possible for neuropathies to develop from diseases that are genetically passed on to children from their parents. Although rare, one of the most common causes of hereditary neuropathy includes Charcot- Marie-Tooth disease Type 1. This condition usually appears in patients during adolescence, but it can also develop later in life.

In addition to acquired and hereditary neuropathies, it is also possible for nerve damage to develop for no apparent reason. This type of neuropathy is called idiopathic neuropathy, and according to the National Institute of Neurological Disorders and Stroke, approximately one-third of all neuropathies fall under this classification.

Symptoms: Symptoms of neuropathy vary depending on the cause, but more often than not, patients experience the following symptoms:

- Numbness, tingling, and weakness in the feet, legs, hands, or arms
- Sharp, jabbing, throbbing, or burning pain
- Increased sensitivity to touch
- Muscle weakness or paralysis

Peripheral neuropathy can affect one nerve, two or more nerves in different areas, or multiple nerves, which can drastically affect your quality of life. As such, it's imperative you talk to our team right away if you begin to experience any signs or symptoms related to neuropathy. Early diagnosis and treatment are key to mitigating the condition.

Treatments: If you've been diagnosed with neuropathy, Dr. Venger may recommend a number of interventional and complementary therapies to ensure adequate pain relief. Treatment options for neuropathy often include:

- Controlled prescription pain relievers
- Anti-seizure medications
- Topical treatments (i.e. capsaicin cream, lidocaine patches, etc.)
- Physical therapy
- PENS & TENS units
- Peripheral nerve blocks

To learn more about neuropathy, talk to a provider at TriState Pain Institute!

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