Therapy Options for Managing Your Chronic Pain
Objectives

By the end of this conversation, you will:

1. Know more about chronic pain treatment options
2. Determine if there are other options to help manage your chronic pain more effectively
3. Discuss options specific for you during next appointment
Chronic Pain

Pain is an electrical signal that travels along the spinal cord to the brain

Chronic pain:
3 to 6 months and longer
- Doesn’t go away
- May interrupt daily life routines
  - Sleeping
  - Driving
  - Walking
  - Sitting
  - Flying
  - Light housework
  - Yard work
  - Dinner with friends
  - Watching TV
Quick Questions

How long have you been having chronic pain?

What are you doing now to manage your pain?

How well has it been working?

Very Well | Tolerable | Uncomfortable | Not at all
Chronic Pain
Treatment Options

Based on your needs
Medications

Typically the 1\textsuperscript{st} line of treatment
• Over-the-counter drugs
• Prescription drugs

\textit{Side effects: Upset stomach}

Adjuvant Medications
• Antidepressants
• Anticonvulsants (anti-seizure drugs)

Injection near the site of pain with
• Nerve blocks
  • Risk of infection
• Short term duration of pain relief

\textbf{Long term opioids}
• Consistent level of pain relief 24/7
• May limit ability to work, drive, etc.
• Can be addictive when not used properly
Physical Therapy

- Chiropractor:
  - Adjustments/Manipulations
  - Massage Therapy
- TENS: (Transcutaneous Electrical Nerve Stimulation)
  - Low voltage electrical impulses via leads that are placed on the skin

Relaxation Techniques
- Biofeedback
- Yoga

Counseling
- Depression

May be used together with conventional medicines
Reversible Procedures

Intrathecal
• Delivers medication directly to the pain pathway
• May result in a reduction of oral drugs and side effects
• Usually reserved when conservative treatments fail
• If catheter becomes dislodged or blocked, the pump could stop working—may cause a reduction in or loss of pain relief
• Risk of infection

Spinal Cord Stimulation
• Delivers masking stimulation directly to the pain pathway
• Not a drug
• May result in a reduction of oral drugs and side effects
• Trial before implant
• Risk of infection

NOTE: Please refer to the Precision Spectra Prescription Information for a complete list of contraindications, warnings, precautions, and adverse effects
Non-reversible Procedures

**Corrective Surgery**
- Corrects underlying problem such as structural back problems or herniated discs
- For some, repeated surgery may bring little or no relief
- Risk of infection and complications

**Neuroablation**
- The nerve causing the pain is surgically removed or altered
  – Interrupts pain messages to the brain
- Usually reserved after *ALL* other therapies failed
- Risk of infection and complications
Treatment Objectives
—Daily Activities with Less Pain
Chronic Pain Treatment Options

- Medications
- Physical Therapy
- Non-reversible
- Reversible
Spinal Cord Stimulation

Cordless Remote Control
Cordless Charger
Implantable Pulse Generator (IPG)
How it works

1. Pain signal

2. Device sends electrical impulses to mask the pain signals

3. The pain signals, now masked as a smooth tingling sensation, travel to brain
   • Does not cure the pain but helps to manage it
Unique opportunity to test drive stimulation

- Lead implanted and secured to skin
- Allows for test stimulation of several days
- Determine if SCS is the right therapy option for patient based on trial experience and pain reduction
How do you know if this is right for you?

We Discuss

You decide

Try it

Next Step

You decide

We Discuss

We Discuss
Indications for Use: Boston Scientific's Spinal Cord Stimulator systems (SCS) are indicated as an aid in the management of chronic intractable pain of the trunk and/or limbs, including unilateral or bilateral pain associated with failed back surgery syndrome, intractable low back pain and leg pain.

Contraindications: The Spinal Cord Stimulator systems are not for patients who are unable to operate the system, have failed trial stimulation by failing to receive effective pain relief, are poor surgical risks, or are pregnant.

Warnings: Patients implanted with a Spinal Cord Stimulator system should not be exposed to Magnetic Resonance Imaging (MRI). Exposure to MRI may result in dislodgement of the stimulator or leads, heating of the stimulator, severe damage to the stimulator electronics and an uncomfortable or jolting sensation. As a Spinal Cord Stimulation patient, you should not have diathermy as either a treatment for a medical condition or as part of a surgical procedure. Strong electromagnetic fields, such as power generators or theft detection systems, can potentially turn the stimulator off, or cause uncomfortable jolting stimulation. The system should not be charged while sleeping. The Spinal Cord Stimulator system may interfere with the operation of implanted sensing stimulators such as pacemakers or implanted cardiac defibrillators. Advise your physician that you have a Spinal Cord Stimulator before going through with other implantable device therapies so that medical decisions can be made and appropriate safety measures taken. Patients should not operate motorized vehicles or potentially dangerous machinery with therapeutic stimulation switched “on.” Your doctor may be able to provide additional information on the Boston Scientific Spinal Cord Stimulator systems.

For a copy of the Boston Scientific Spinal Cord Stimulator Systems Patient Handbook, including the indications for use, contraindications, warnings, precautions, and side effects, call 866.360.4747 or visit ControlYourPain.com. Caution: Federal (U.S.) law restricts this device to sale by or on the order of a physician.
Chronic Pain Treatment Options

Medications

Physical Therapy

Non-reversible

Reversible

YOU

Boston Scientific
To Discuss Best Option for You

- Schedule a consultation
- You and I will discuss your
  - Specific pain
  - Current therapy
    - Successes and short comings
- Provide you more details about benefits and risks
Image References

- All images by TSD Artwork and Stock Photography
- Other images…
Questions?