

# Healthy community



## HIS PATIENTS SHARE THEIR STORY

"Following the procedure, I felt immediate relief in my legs and back. The neurostimulation cuts out the higher level of pain, and allows me to have more energy, and better quality of life."

—Randy Graves

"Disc Decompression is simple and rewarding for my patients; they can go home few hours after the procedure and start enjoying a better quality of life." — A. Elborno, MD, Medical Director of Hinsdale Hospital Pain Management Center of Excellence

## MEDICAL NEWS

### Backpain Breakthroughs

About 8 out of 10 Americans will experience back pain at some point in their lives according to the National Institute of Health. Many of these people will undergo surgery followed by two weeks of recovery, two weeks of rehabilitation and another two weeks to four weeks of regaining strength. After six to eight weeks of disruption in their lives, some of these patients are still suffering.

"The majority of our patients are coming to us after trying many other treatments," says Dr. Ahmed Elborno, Says A. Elborno, Medical Director of Hinsdale Hospital Pain Management Center of Excellence, and the Medical Director of the Midwest Academy of Pain and Spine and Advanced Chicago Pain and Spine Physician Center. "The optimum situation would be for them to come to us first." Dr. Elborno can provide many patients with an alternative to surgery. "About 350,000 Americans undergo surgery for low back problems alone with total spending of 11 billion each year on operations to relieve back pain. Unfortunately it does not always relieve the pain," said DR. Elborno. "For patients with serious problems, back operations are often highly recommended and successful, but surgery is not the treatment of choice for most people with low back pain." According to John Hopkins' 2002 paper on low back pain, fewer than 5% of people with back pain, the John Hopkins report says, are good candidates for surgery," he notes.

Dr. Elborno explains that back pain is a symptom, not the diagnosis. "The pain is coming from a source and we need to look at the patient as a whole unit to find that source and treat it. When a patient goes through treatments that fail, it is very stressful and can lead to depression."

One of the innovative treatments Dr. Elborno uses is disc decompression. The entire procedure can be performed with local anesthesia and takes 5 minutes or less. The outcome of success for this repair is nearly 100 percent. Most patients return to work in three days. Dr. Elborno also uses a procedure known as IDET or Intradiscal Electrothermal Annuloplasty. This treatment can also be performed with local anesthetic and a mild sedation. During the procedure, the injured disc is heated from the inside which promotes the closure of tears and cracks in the disc. After about 30 minutes, the procedure is complete. Neurostimulation has been used to treat back pain, sciatica and pinched nerve pain for many years. By placing one or two wires in a specific location, electrical stimulation can be applied to the spinal cord or targeted peripheral nerve to block pain. Dr. Elborno has successfully used this technology to treat back pain and migraine headaches. By placing the leads in the most effective places, he has seen dramatic reduction in pain. Patients are literally able to shock away the pain with the flip of a switch.

Dr. Elborno's expertise in non-invasive pain treatment has gained him international respect. He was recently interviewed in Fox news and in many international Television Channels about his techniques. He has presented his findings at many medical conferences and been recognized with several awards for his work.

With offices in Chicago, Hinsdale and Lisle, Dr. Elborno is able to see patients in many communities. The practice specializes in all kinds of pain including neck, back, headache, neuropathy and facial pain. All treatments offered are minimally invasive and are carefully chosen to fit the patient's needs. "Our mission is to find the origin of the pain and treat it - not mask the pain," he says. Dr. Elborno holds board certifications from the American Board of Anesthesiology, subspecialty in Pain Management, American Board of Interventional Pain Physicians and the American Board of Pain Medicine. —Judy Buchenot, Contributing Writer

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