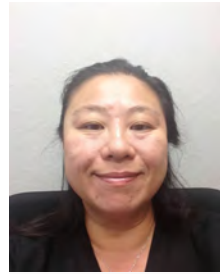


WELCOME
**CAROLYN
HUANG, FNP**



Drs. Benjamin Venger and Mary Janikowski are pleased to announce that Carolyn Huang, FNP will be joining the TriState Pain Institute. Ms. Huang was raised in Lake Havasu City, and earned her Associate of Nursing degree through Mohave Community College in 2001. Three years later she was awarded a Bachelors of Science in Nursing at Northern Arizona University. Ms. Huang worked as a staff nurse in the intensive care unit at Havasu Regional Medical Center, eventually becoming both a charge nurse and then the nursing supervisor for the hospital. Following moving to Tucson, she then specialized in cardiac and critical intensive care at University Medical Center, part the University of Arizona School of Medicine.

In 2010, Ms. Huang became a Certified Nurse Practitioner. She has since returned home to Lake Havasu City, where her mother is a certified acupuncturist. Most recently Ms. Huang has practiced at La Paz Hospital in Parker, where she managed the ambulatory portion of their emergency room services.

Carolyn Huang, FNP brings with her a wealth of clinical experience, along with a commitment to providing patients with timely and effective pain management. She will see patients at both our Ft. Mohave and Lake Havasu City facilities. In addition, she will participate in the TriState Metabolic Medicine and Weight Management program, which will begin later this year.

**ON BEHALF OF ALL OUR PROVIDERS & STAFF...
WELCOME CAROLYN TO THE TRISTATE TEAM!**

TriState Pain – FT. MOHAVE

IS MOVING IN OCTOBER TO BETTER SERVE YOU!

In May of this year we opened TriState Pain – Lake Havasu, so those living in Lake Havasu City no longer need to drive to Ft. Mohave for care. Now Dr.Venger, Dr. Janikowski, Carolyn Huang, NP and our entire staff are pleased to announce that construction has begun on our new office in Ft. Mohave. Located about a block south from our current main facility, the new TriState – Ft. Mohave office will nearly double in size. With more exam rooms, a larger waiting room, and most importantly substantially more parking, our goal is to make your TriState experience more efficient and enjoyable. Stay tuned... updates will follow.

FT. MOHAVE LOCATION

1510 E. WAGON WHEEL LN. | SUITE 101
FT. MOHAVE, AZ 86426

Across the street from the emergency room at Valley View Hospital

LAKE HAVASU CITY LOCATION

1987 McCULLOCH BLVD. | SUITE 101
LAKE HAVASU CITY, AZ 86403



TSPAIN.COM | 928 788 3333

PAIN news

Summer 2015

News from **Tristate Pain Institute** www.TSpain.com

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TIPS FOR MANAGING **EVERYDAY TASKS** WITH CHRONIC PAIN

Those who do not suffer from chronic pain often take for granted the daily challenges facing those who do. Your TriState Pain team helps manage pain through treatments and medication, but there are several modifications you can make in your life to help manage your chronic pain.

Organize to Save Time

If you have chronic pain, performing your daily activities or just being on your feet can take a toll. Spending a little time prepping for shopping, running errands, or any trip can make a difference and get you home sooner with less pain. Taking the time to create a detailed list or outline will help, but take it one step further and try to organize the tasks by the area of town, or the mall or store they are located in. Avoid walking back and forth for items or chores.

Prep Your Car

Making sure your car is comfortable is important, especially if you spend a fair amount of time driving or as a passenger. Take a few minutes when you're not rushed to adjust your seat so that it conforms best to your body. Make sure you can reach the pedals comfortably without overextending your knees or hips. Consider buying a lumbar support to help alleviate pain, or if one is built in, adjust it also. For those with arthritis, getting in and out of a car can be difficult if you have cloth seats – try sitting on a large plastic bag to help you slide out more easily.

Look Around Your House

When is your pain worse, while cooking, cleaning, or doing anything else? Consider purchasing a tall stool so that you can sit while cooking and a stepstool so you don't have to stretch to reach items on high shelves. Do you usually feel pain while doing housework? Instead of trying to tackle many undertakings at once, manage just one or two per day. Another tip is to make sure your vacuum is lightweight and has a long handle to reduce bending.

If you're having a difficult time with daily responsibilities, speak to your TriState Pain provider at your next appointment for information on how you can better manage your pain and make your life a little easier.



AVOIDING **PAIN MEDICATION** ADDICTION

When properly used, pain medications limit distress while improving both the amount and quality of daily activities. If combined with other modalities, such as interventional pain procedures, exercise, and a good diet, pain prescriptions can also improve living for many in need. Some individuals, however, are genetically predisposed to use medications beyond the boundaries of just pain management. It is no surprise that addiction remains a problem with chronic pain management, and for the providers of the TriState Pain Institute. In fact according to the National Institute of Drug Abuse, painkillers are the most abused class of drugs approved for medical use.

There is no reason to live in agony, avoiding pain medications solely out of the fear of addiction. It is recommended to use your own observations and honesty as a barometer of your personal addiction risk. Recognizing addiction is fundamental to avoiding dependence on pain medication. If addiction becomes a concern, always consider taking a step back while returning to your recommended medication schedule. Most

importantly, if any concerns or questions related to your pain medicine arise, always speak to your provider at the TriState Pain Institute.

Preventing addiction demands adherence to your doctor's guidelines: how much medication taken, and how often. By following your recommended medication schedule, your risk of developing addiction

The initial warning signs of addiction include:

- *When your prescription often "runs out early"*
- *When you visit urgent care or an emergency room between regular pain management visits for the sole purpose of getting more medication*
- *When you use pain medication that has been prescribed to someone else*
- *And finally in some fashion or on some level, you realize that the main focus of your life has become obtaining your pain medications*

is dramatically reduced. Don't skip a dose either –this can eventually lead to feeling more pain later, which in turn places you at risk of taking more medication than prescribed. In the end, our most important piece of advice is to just follow your doctor's orders.

Pain medications themselves may be regularly changed so as not to reach a level of drug tolerance. Furthermore, due to the development of medication tolerance, your doctor may occasionally want to increase your daily dosage. Neither in and of itself is a cause for alarm. Understanding your pain treatments, and pain itself, will also become another method of preventing addiction.

Whether concerns for addiction exist or not, pain medication use must be taken seriously. This is not only true for those taking pain medications, but also for those they live with, or persons found just in the vicinity. Children and teenagers taking medication prescribed to a parent often results in tragedy. If you have small children in the house, put all medication in a high place that they cannot reach. Use childproof lids, and always make sure the cover is on tight. Put medications away after taken. Have a talk with your teen about the dangers of prescription pain addiction. Check to see that all of your pills are there and none are missing. Even if your teen (or anyone else) denies consuming the medication, it may have been sold to others. If misuse or diversion remains a concern, keep your medication on your person when you go out.

Most pain medication carries its own risk of addiction. Your doctor at the TriState Pain Institute will be able to address any concerns you may have. Addiction is manageable and should not deter the effective treatment of your pain. Keeping this in mind will maximize your overall pain management without limiting your options.