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Acupuncture and Integrative Medicine

Shanghai has changed dramatically since my last visit five years ago. Skyscrapers now tower over old historic buildings and construction cranes dot the landscape. Modern subways crisscross beneath the city, while high-speed magnetic trains connect the city above ground. In hospitals, state-of-the-art CT and PET scanners line the hallways. What is most remarkable is that the rapid influx of complex technological equipment has not supplanted ancient Chinese healing modalities including acupuncture, meditation, and herbal remedies.

If anything, acupuncture, herbal remedies, Chinese massage, and other modalities play an increasingly important role in Chinese medicine. In modern China, it is not unusual for a patient suffering from back pain to leave a doctor's office with a prescription for an MRI and the newest anti-inflammatories, as well as a prescription for acupuncture and

herbal treatments. This integrative approach to medicine—incorporating elements of complementary and alternative medicine into comprehensive treatment plans alongside mainstream medicine—is widespread in China and is becoming increasingly popular in the United States as well.

A 2007 study by the NIH (National Institutes of Health) and CDC (Centers for Disease Control and Prevention) showed that greater than 40% of all patients have tried some form of alternative or complementary medicine in the last year and that greater than 40 billion dollars are spent annually on alternative and complementary treatments. The popularity of alternative treatments is easy to understand. Modern medicine tends to focus on disease diagnosis and treatment. However, patients have needs and priorities beyond treating disease including improved quality of life and drug- and surgery-

free approaches to their problems. Acupuncture provides a low-risk and cost-effective alternative to many other treatment options, often with considerably fewer side effects.

By offering complementary approaches such as acupuncture and a host of other modalities in conjunction with the most advanced pain management options, NY Pain Management is able to fulfill the integrative model—shifting the focus from the disease to the patient and multiplying the number of strategies available in order to treat pain. An integrative approach provides increased options, symptomatic assistance, and hope to those in pain and suffering.

New York Pain Management has board certified pain physicians working for you. We have locations in Clifton Park and Queensbury and more information can be found on our website at <http://www.nypainfree.com>.

Liberate yourself from the constraints of chronic pain with New York Pain Management.

Our goal is to significantly reduce or completely eliminate your pain.

Take the first step towards living pain free call us today at 518-371-0777.



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