



BY CHARLES F. GORDON III, MD

New York Pain Management, PLLC

Innovative Pain Management Techniques

Rob asks: *"I injured my knee playing high school football years ago. I am 44 going on 100. Occasionally it seems to be acting up especially during inclement weather. My doctor says I have osteoarthritis. Is there something I can take for the pain that will not be addicting?"*

Hi Rob. It's not uncommon for people to have pain years after an injury. Often the cumulative years of wear and tear over a joint can lead to pain later in life. Sometimes people with osteoarthritis, caused by the breakdown of cartilage of the joints, are very sensitive to changes in humidity and temperature. They are often better predictors of rainy weather than the local forecast! There are a variety of treatment options available to patients with occasional knee pain caused by osteoarthritis. Unfortunately, pain is highly individualized and what is effective in one person may not be as effective for another. Some people only need to take occasional anti-inflammatory medications such as ibuprofen to control their pain. Others may find that the nutritional supplements glucosamine and chondroitin help to reduce their pain and joint stiffness.

Knee injections containing cortisone (which decreases inflammation in the joint) or hyaluronic acid (a gel that lubricates and cushions the joint) can also help with knee pain. Furthermore, lifestyle changes such as weight loss and home exercises that focus on strengthening the quadricep muscles can lead to significant pain relief. Once again, the important take-home point is that everyone experiences pain differently and the best option is to speak with your doctor about an individualized plan that best suits your pain, individual goals, and lifestyle.

Susan asks: *"How important is it to find a physician that is board certified in pain management and what does it mean?"*

Hello Susan. Given the volume and breadth of medical knowledge, most physicians choose to specialize in a particular field of medicine and undergo additional training in a residency and/or fellowship. The American Board of Medical Specialties (ABMS) which is comprised of roughly twenty-four individual medical specialty boards, oversees medical education and medical training. The

ABMS requires high standards of training and performance and ensures them by rigid initial and periodic examinations. Applicants that successfully meet these standards receive diplomas and are considered "board certified." Finding a physician that is board certified in pain medicine ensures that your physician has undergone the highest level of training and possesses the most up-to-date knowledge to address your pain needs. You can always check the credentials of your physician by logging on to the ABMS website at www.abms.org to see if your physician is indeed board certified in their particular field of practice.

For additional questions on this subject or other chronic pain questions, and how we can possibly help you, please feel free to contact Dr. Gordon and Dr. Phung via email at info@successmagazinelt.com

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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