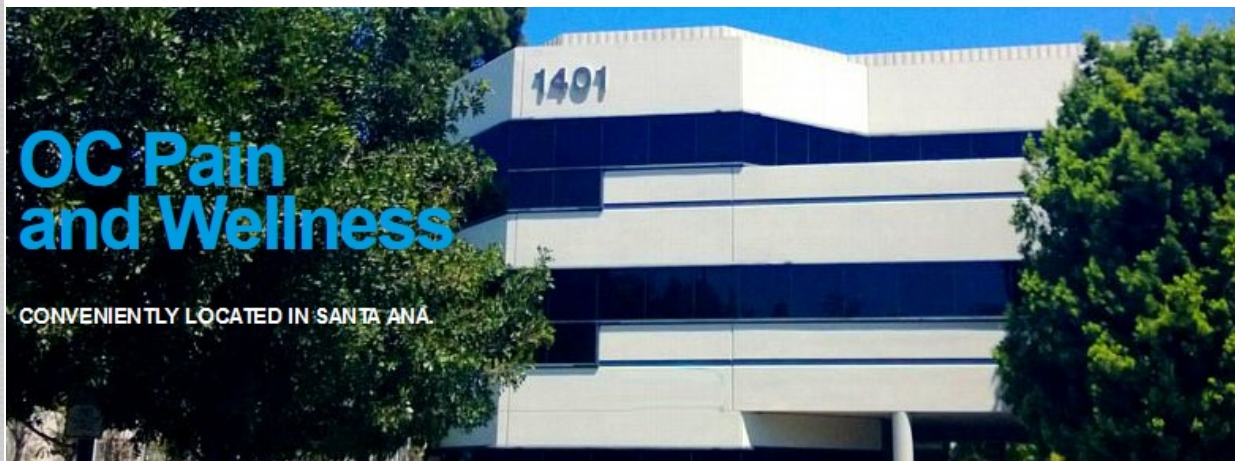


Working Together to Change Lives



Functional Restoration Program

June 2016



From the desk of:

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Opiates: A Fight For What Is Best For Our Patients

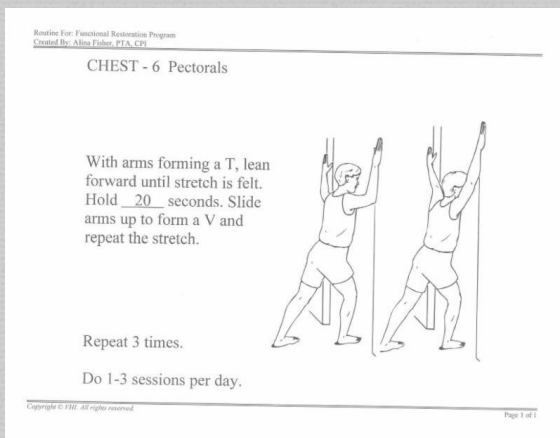
Prescription pain relievers, including opiates, killed over 28,000 people in 2014 according to the CDC's latest figures. This is the largest death toll ever recorded for this problem. We are told daily by the government and the media how bad our opiate problem is in America. This is something that everyone involved in healthcare is responsible for. From the primary treating physician, Pain Management Specialist, Surgeon, Health Insurance Companies (Adjusters, Utilization Review, Peer-to-Peer, etc.), Qualified Medical Examiners and finally to the Pharmaceutical companies themselves. We must all work together if we want to end this epidemic.

Take in point Patient X. He came into the OCPW clinic to be weaned from his prescription opiate which he had been taking every 4 hours for over 15 years. He was extremely resistant to weaning or even reducing his dosage. He tried several times but could only reduce his usage by 1 pill/day. Under my Addiction Medicine specialty I talked to him and told him about using Suboxone. He was told of the risks and benefits of Suboxone and agreed to a 7 day Suboxone detoxification. All the required authorization requests and supporting

documents are submitted to the insurance company. The insurance company is putting in delays, which means Patient X has to stay on his current opiate regimen longer than expected. Patient X is now nearing the end of the opiate prescription, therefore a new one will have to be given, but since the delay on authorization is also in place for that as well, Patient X will have to pay for that medication out of pocket. Patient X finds this, understandably, extremely frustrating. This delay will set Patient X back a minimum of 1 week for his proper wean of opiate prescription, plus it adds into the fact that there is now another opiate prescription being processed in which most of the pills will have to be destroyed once the wean begins. To top it all off, once the Suboxone detoxification get approved (12 days), the pharmacy, which has been designated as the only pharmacy that can be used, puts another delay in the system because they require talking directly with the adjuster. All these delays total 2 weeks. At this point his enthusiasm for getting off his opiates has waned and he needed to be convinced again.

Who is to blame? Are the previous doctors who treated Patient X and raised opiate use over the years to blame? Is the insurance company to blame for postponing the opiate wean that they specifically sent him to the Functional Restoration Program for weaning? Is the pharmacy to blame? Is the patient to blame for taking so many pills and never telling the doctor? The blame belongs to all of the above. We are all in this epidemic together and we must work together in order to do what is best for our patients, what will give them the healthiest life that they can possibly have. We need to stop taking the easy road (more opiates). We need to teach our patients that there are other ways to deal with chronic pain, that opiate medications are not always the answer, and they definitely are not the answer in high quantities. We need to see this as a problem that we are all responsible for and one that we must all work together to fix.

This is why we here at OCPW have a saying: "Working Together to Change Lives." With this philosophy we are able to teach patients about other non-pharmacologic modalities to treat their pain. We are successful at getting our patients back to being healthy and active once more in their lives. And this should be every health care provider's ultimate goal.



Physical Therapy/Functional Education

What activities do you do that require your arms to be forward? Eating, cooking, computer work, holding a book, writing, texting and so much more...

The Pectorals stretch is ideal for injured and non-injured individuals. This stretch can be performed bilaterally as shown above, or unilaterally on a wall corner for more individualized stretching. Increasing the flexibility of the Pectorals allows us to maintain a proper upright posture with greater ease.



Art Therapy

The purpose of this project is for the patients to create an expression of their aspirations, inspirations and intentions for their evolving improved physical, mental, emotional and spiritual health. Each participant creates a loom from branches and stringing material, which enables them to learn skills they may not have been exposed to before. Underlying challenges of practicing patience, physical coordination and decision-making are important as they work with the different materials. The colorful strips of paper allow them to make choices of design and expression personal to their own internal voice. They are invited



Nutrition

Hidden sugar in our food supply.

Many people aren't aware of the many names of sugar and how it's hidden in our food. Most of us are aware of sugar in cereals, protein bars, cakes, donuts and cookies. Don't be fooled though. Sugar is also added to spaghetti sauce, crackers and canned soups.

The American Heart Association recommends only 9 teaspoons of sugar for men per day and 6 teaspoons for women. There are 4 grams of sugar for every 1 teaspoon. Unfortunately the nutrition fact label doesn't distinguish between added sugar and natural sugars occurring from fruit. Familiarize yourself with the many hidden names of sugar.

- table sugar
- brown sugar
- powdered sugar
- agave
- molasses
- honey
- cane sugar
- corn syrup
- sorghum
- maple syrup
- high fructose corn syrup
- beet juice
- evaporated cane juice

Look for these hidden sugars in the ingredient lists. Don't stop once you find the first sugar word. Most companies break the sugar up and some of the products can have 3-4 different kinds of sugar added to their products.

Too much sugar can cause a lot of health problems but the most damaging is inflammation. Inflammation leads to chronic diseases such as diabetes, cancer and heart disease. Do your best to be aware of hidden sugars to improve your health and prevent inflammation.

to write messages and words that are meaningful to their growth and belief system with positive forward motion as the goal, creating an environment of possibilities for their future.



Yoga Therapy/Wellness

Featured Restorative Posture:
Supported Butterfly.

Lie down on your back with two blocks or folded blankets by your hips. Bring the soles of your feet to touch and your knees open wide. Lift your knees a little bit and place the blocks or blankets underneath your outer thighs. Gently rest the thighs on the soft support. You should feel a calm stretch in the inner thighs and groin. Place your arms by your sides with your palms facing up. Stay here for 12-24 breaths.

Upcoming Events:

EWC Conference

We will be exhibiting at the EWC Conference August 17th, 2016 in Yorba Linda, Ca.

Stop by our booth to enter a drawing for a SpaFinder Gift Card.

The SpaFinder Gift Card is good at over 25,000 locations world wide!

CWC Conference

We will be exhibiting the CWC Conference October 5-7, 2016 in Dana Point, Ca.

Stop by booth TT36 to enter a drawing for a SpaFinder Gift Card.

The Spa Finder Gift Card is good at over 25,000 locations world wide!



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