

 **University Hospitals**
Bedford Medical Center

44 Blaine Avenue • Bedford, OH 44146

440-735-4775

UHbedford.org

NON-PROFIT
U.S. Postage
PAID
Cleveland, OH
Permit #1

 **University Hospitals**
Bedford Medical Center

Take
your life
BACK
Take control
of your
PAIN

Please deliver to: |

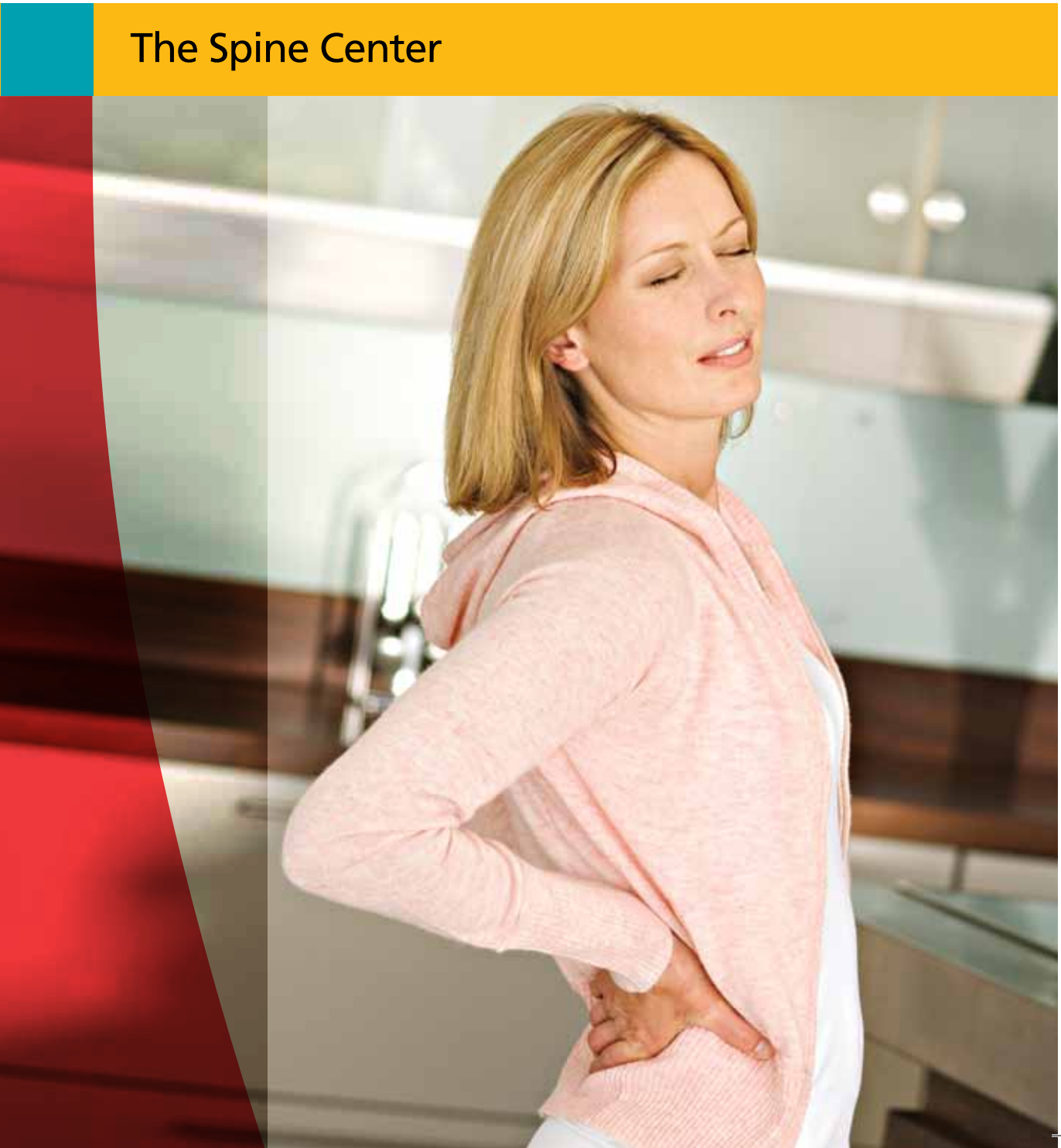
09/09|55*



Take
your life
BACK
Take control
of your
PAIN

The Spine Center

The Spine Center



Chronic back pain:

Do you have constant back pain because of an injury, illness or surgery?

Do you have back pain without being sure of what's causing it?

Is your back pain controlling the way you live?

Many causes. Many consequences.

The Spine Center's comprehensive outpatient capabilities include the evaluation and treatment of pain caused by:

- Spinal cord compression due to:
 - Degenerative conditions
 - Arthritis
 - Osteoporosis
 - Herniated disc
 - Fractures
- Failed back syndrome (back pain following surgery)
- Peripheral nerve and spinal nerve disorders
- Neuromuscular disorders
- Spinal instability
- Cancer
- Sports and work-related back injuries

Our team of spine and back pain experts will take you through four convenient steps to determine the source of your discomfort and provide appropriate care options. You'll experience personal contact and support from each of our hospital's clinical specialties at every stop along the way.

**We'll help you to take control of your pain,
so you can take back your life.**

**The answers you're looking for are close by.
So is the relief you need.**

University Hospitals' Departments of Neurology, Neurosurgery and Pain Management have joined forces in your community to create the Spine Center at UH Bedford Medical Center.

From pain management and surgical consultations to outpatient treatment... from diagnostic imaging to rehabilitation... comprehensive spine and back pain care is available here – in one location, in one familiar environment.



STEP 1

Pain Management Consultation

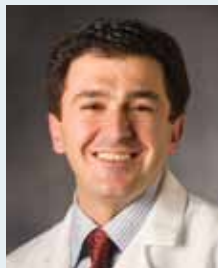
At the Spine Center at UH Bedford Medical Center, the first step in taking control of your chronic back pain is making an accurate diagnosis.

It's vital for you and your primary care physician to understand that if your pain has not improved within three weeks of its onset, you should see a back pain specialist. After three weeks, there's a risk that your pain will worsen and be more difficult to treat successfully.

Depending on your symptoms, your doctor may refer you to one of our board-certified, fellowship-trained pain management specialists. During your consultation, your specialist will explore every conservative, nonsurgical option, and take the time to get to know you and your symptoms, asking questions like ...

“What will we do to help you **today?**”
... and ...

“What will we do to help you in the **long term?**”



Sami E. Moufawad, MD
Interventional Pain Management Specialist



Abdallah Kabbara, MD
Anesthesiologist and Pain Management Specialist

Surgical Consultation



Based on the severity of your pain symptoms, you may be referred to our neurological spine specialists – either by our pain management physicians or directly by your primary care doctor. The Spine Center gives you convenient access to the expertise of these highly skilled specialists while emphasizing your personal comfort.

In fact, our fellowship-trained neurologist and neurosurgeon work closely with our pain management physicians to ensure that you receive the most appropriate consultation in the most timely manner. They'll work with you to move to the next critical step in the relief process: taking the most appropriate images to diagnose your pain.



Daniel Koontz, MD
Neurologist



Alan Hoffer, MD
Neurosurgeon

STEP 2

Diagnostic Imaging

Whether you need an X-ray, CT scan or MRI of your cervical, lumbar or thoracic spinal areas, the Spine Center at UH Bedford Medical Center offers certified, state-of-the-art, “filmless” imaging capabilities in a comfortable, patient-friendly environment. Your digital images will be reviewed by your physicians within 24 hours – often the same day they are taken, depending on your appointment time.



STEP 3

Treatment

Once your imaging results are available, your specialist will make a clear, concise diagnosis of your chronic back pain and discuss safe, effective treatment options with you. These may involve medical management, minimally invasive, outpatient pain management injections or surgical techniques. In all cases, your care plan alternatives will be developed according to your own needs and goals.

STEP 4

Rehabilitation

Your treatment plan is established or your surgery is completed. Now, your specialist will consult with your primary care doctor to develop an individualized rehabilitation program that targets your ability to manage your pain and return to a functional, enjoyable lifestyle. You can look forward to experiencing innovative strengthening techniques and education for accomplishing daily tasks in compassionate, one-on-one sessions with a UH Bedford Medical Center physical therapist.



Learn more about how you can take control of your pain.

If you're living with chronic back pain, talk to your doctor about the comprehensive care program at the Spine Center. Here at UH Bedford Medical Center, you can find prompt service at a convenient location, close to home.

Take control of your pain. And your life.

CALL: 440-735-4775