

# Medical NEWS



Dr. Suwan

## Breakthrough Space-Age Technology for Headache and Pain Management

Pain is considered the 5th vital sign. According to JCAHO regulations, physicians are supposed to evaluate and treat pain.

Headache and pain management had so many advances in the recent years, the greatest of which is the growing recognition and awareness of their impact on sufferers, the evolution of headache and pain management as a very unique specialty, and the presence of specialty centers where patients could be thoroughly evaluated for underlying causes, with further advanced treatments. Treatments include but are not limited to migraine and fibromyalgia specific medications, rather than opioids and narcotics, and spinal decompression, which is a great safe, non-invasive, non-surgical modality that may treat spinal conditions such as bulging discs and pinched nerve pain.

If clinically warranted, and needed, it may be combined with laser therapy and/or trigger point injections, or nerve blocks like epidural injections or facet nerve blocks, or other minimally invasive pain management procedures.

I talked in previous issues about the use of laser for headache and pain therapy. You will be able to get more information by reviewing our website. Laser therapy for headache and pain management is surgery-free, drug-free, and fast-acting. It is well recognized in athletes' pain management. I talked as well about the use of BOTOX type A for treatment of chronic migraines, which was FDA approved in 2010.

I am so excited to share with you a prescription device, which is a space-age technology for treatment of all kinds of acute and chronic pain including fibromyalgia, pinched nerve pain, and headaches.

It is called PSTIMUS from IHS, a peripheral nerve stimulator that is applied by a physician on specific nerves on the ear for a few days. This wonderful FDA-approved technology has proven to be very effective in many studies. For more info visit <http://www.pstimus.com/patient-info/>.

Another new FDA-approved device for migraine headache relief is CERENA TMS, which is a prescription device that is designed to be used after the onset of migraine pain. Using both hands to place the device against the back of the head, the patient presses a button and a pulse of magnetic energy will be released to stimulate the back of the brain. This will stop or lessen some migraine types. This device is a new and great hope for migraine sufferers.

For more info about Cerena TMS, visit <http://www.eneura.com/tms.html>

All of the above listed modalities will bring back the quality of life of patients, and will definitely reduce depending on pain medications such as opioids. This is the gold-standard mission of our pain management center.

Dr. Suwan is board-certified in neurology, pain, and headache medicine. She specializes in headache, pain, and fibromyalgia management. She is a national speaker in her specialty.

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fibromyalgia  
& be happy

## Did you know?

BOTOX is FDA approved and covered by insurance for chronic migraines feel good, look good

### Nesreen Suwan, M.D

Board Certified in Neurology,  
Pain Medicine, with Extra Certification  
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# Anti-Aging NEWS

BY DR. NESREEN SUWAN



## Attention Women and Men with Thinning Hair or Hair Loss: Natural Hair Restoration Clinic in Naperville Area

Hair loss is the most prominent sign of aging. It is so dramatic for both men and women of all ages. More than 150 million individuals are affected in the US. There is no reason to suffer and lose your self-esteem, romance, and job opportunities. Hair loss is related primarily to genetics and to a variety of medical conditions. Professional help is available. Education and early intervention are crucial with a variety of natural non-surgical hair restoration measures.

Diet and exercise protocols are always recommended, with the use of chemical-free hair products, including scalp therapy and maximum growth therapy. Supplements including antioxidants, DHT inhibitors, and vitamins are recommended. We are proudly partnering with global leaders in laser hair loss treatment, with over 175 affiliates all over the world. In previous issues I talked about laser therapy for treatment of hair loss and injecting your own blood in the scalp for healthier and fuller hair.

*Dr. Suwan*

All thinning hair cases will improve with the above measures, and the patient may not need further intervention.

In some cases, further intervention with hair transplantation may be needed. The latest medical science procedure is the NeoGraft, which is based on follicular unit extraction, with no linear scar or incisions. Most patients return to normal activities the very next day

*N Suwan, MD, is an anti-aging specialist, a proud partner of HLCC and NeoGraft. Improvement of your hair is a real guarantee by a real doctor. www.vipantiagingandwellness.com*

## Attention Women and Men with Hair Thinning or Loss

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- Laser Acne Scar Treatment
- Laser Treatment for Spider Veins
- Laser Treatment for Melasma
- Laser Treatment for Rosacea
- Laser Tattoo Removal
- Laser Hair Removal

- Weight Loss Protocols
- Velashape for Cellulite Reduction
- Lipolight for Slimming and Fat Reduction
- RF Skin Tightening
- Anti-Aging Protocols
- Bioidentical Hormones
- Acne Treatment
- Non-Surgical Facelift
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