

Attention **Back Pain** Sufferers  
 Stop Your Back Pain and  
 Start Enjoying Your Life



PATIENTS SHARE

Terri Landey Bluver • July 2008

"I just wanted to send a note to tell you how happy I am with you and Dr. Elborno. I cannot believe that my back pain is finally starting to go away after all these years!! I wish I had the disc decompressions sooner. I am feeling so much better now. Because I am an HR Consultant and I am driving around in my car all day from client to client, it is very easy to see how my back gets so sore that I can't walk, due to my bulging discs. However, now that I have had the Disc Decompression procedure, I am feeling so great that I can just pop out of bed! I used to have to roll myself over to get out of bed. I also want to let you know that I always refer your clinic to anyone I know who gets headaches or has back pain! Thank you again for all you do and all the extra attention that you always give me and making me feel like a part of your family. To me that says a lot about a person."

Randy Graves • July 2008

"Following the procedure, I felt immediate relief in my legs and back. The higher level of pain was reduced, and this allowed me to have more energy, and better quality of life." Dr. Elborno demonstrated empathy and knowledge needed for my condition. His knowledge in pain management is extensive and I would recommend him to any patient that wants personalized attention, service and results."

Introducing plasma disc decompression, the latest scientific advancement for long term back pain relief.

- Over 20,000 procedures performed
- Outpatient setting
- Quick recovery
- No surgical incision
- Covered by most insurance plans
- High patient satisfaction

**Ahmed Elborno, M.D.**

Medical Director of Pain Management Center of Excellence at Hinsdale Hospital.  
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Photo by Jane Donahue

PORTRAITS

Life Changing Events Help  
 Change Others' Lives

Desiree Tolbert was working on her college degree in writing when she decided to become a volunteer for World Service. She met another volunteer, Rick Guzman, and together they found themselves becoming involved with refugees. Rick is the son of Richard Guzman, a Naperville resident and North Central College professor.

Rick and Desiree had been asked to help an African mother and her three children adjust to life in America. The mother told them that her husband had not been allowed to leave Africa and she was not sure he was alive. Finally the woman learned her husband had escaped and had a Visa but no funds to pay for his trip. With the Visa set to expire in three months, Rick and Desiree wanted to help.

The couple was in the process of planning their own wedding, so they asked their guests to donate funds for the refugees in place of wedding gifts. They successfully raised the needed amount. Many of the donors asked if the funds would be tax-deductible but without the proper paperwork, the funds were not deductible.

Seeing that emergency funds were often needed for refugee families, Desiree and Rick founded a non-profit organization called the Tolbert Refugee Assistance Foundation. As Rick and Desiree continued their work with refugees, they had a new idea. "We saw that the families needed a way to improve their life situation," says Desiree. The couple decided to invite a Cuban Refugee family to live with them for one year. The family paid rent but the money went into a savings account. Within a year, the family had enough to make a down payment on a home. Rick and Desiree realized that this was an ideal way to help refugee families.

"We began to think of buying an apartment someday for the program," explains Desiree. But then a tragedy happened that changed "someday" to "soon." Rick's 21-year-old brother, Bryan Guzman, died in a drowning accident in December 2006. In lieu of memorials, the family asked for donations to buy an apartment building. North Central College students and the community sponsored a benefit concert and within a year, the couple had enough money to make a down payment on a 5 unit apartment building in Aurora. They had also found sponsors to cover future mortgage payments. Bryan House, named in memory of Bryan Guzman, was purchased in December 2007. The first refugee family moved in during March 2008. North Central students and other volunteers have worked on renovating the apartments.

Currently, Desiree and Rick run the foundation as unpaid volunteers. Desiree is the assistant director of ministry and service at North Central College and Rick is working on completing his law degree. The couple would like to be able to raise enough funds to hire a program director and buy another apartment building. "These are people who can't go home and who have lost everything. It is unbelievable to see the things they have gone through and yet they still have faith and hope," says Desiree Guzman. "My work with refugees has impacted my life and I am excited to help others have the same experience. I never started out to do this. It just happened." For additional information about Bryan House and the Tolbert Refugee Assistance Foundation, visit [www.bryanhouse.org](http://www.bryanhouse.org).



# From the Desk of a Local Headache Expert

by N. Suwan, M.D.



**M**igraine is a neurological disorder that has been under diagnosed and underestimated. Also, it has been frequently misdiagnosed as a sinus headache by both patients and physicians. It is a debilitating headache; one that interrupts daily activities and prevents sufferers from going to work and performing even very basic chores.

Headache sufferers must rely on others to do what they cannot do. This causes stress on their relationships with spouses, children and co-workers. Families of headache sufferers seem to bare the biggest burden because they are obligated to pick up the slack. "Quiet, mommy's(or daddy's) head hurts," is a commonly heard request in those families. Children must cope with the fact that mommy or daddy is not available to feed them, help with homework, or to take them to their swim lessons or soccer games.

Co-workers suffer as they must do more than their share of the load as days are missed at work by those suffering from headaches.

Poor quality of life is a big concern when headaches are debilitating, but this is not the only issue. Finding out the origin of the headache is very crucial. Headache and facial pain types may include but not be limited to: tension, migraine, cluster, cervicogenic, ice pick, sinus, occipital neuralgia, and trigeminal neuralgia. Head and facial pain could be a symptom of a variety of medical conditions as well, including but not limited to: the presence of brain bleeding, infections, abnormal vessels in the brain, elevated or diminished pressure in the fluid around the nervous system and inflammatory conditions of the blood vessels. Headaches could also be related to brain tumors or congenital abnormalities in the brain, such as low-lying brain or abnormal cysts in the brain. Some headaches have been related to cervical spine arthritis or bulging discs.

The same patient could have many types of headaches. It is not unusual for patients to have a combination of a tension headache and a migraine headache.

On the other hand, a patient with a chronic tension headache and/or migraine may develop any of the above noted medical conditions such as brain bleeding, infection, tumor, etc. Determining if the patient is suffering from one type or multiple types of headaches is very crucial. Identifying the origin of the headache is the first step in any successful headache management. The most important step is an accurate diagnosis. This is obtained by a thorough evaluation by a qualified specialist.

After establishing the accurate diagnosis, proper headache management would never be reached by consuming analgesics and painkillers. After reaching the correct diagnosis, specialty headache clinics may offer many modalities of headache management.

If you are a headache sufferer, you do not have to drive long distances for a specialty headache clinic, and you do not have to settle for a poor quality of life. Advanced Chicago Headache Clinic, under the direction of Nesreen Suwan, M.D., is conveniently located in the western suburbs. Dr. Suwan is board certified in Neurology and Pain Medicine, with extra certification in Headache Medicine. *For more information, visit <http://controlchicagopain.com> or call (630) 420-8080.*

## Say Goodbye to your chronic headaches

With the Latest  
Advances in  
Medical Science,  
Headache is  
Not Supposed  
to be a Part of  
Your Life



Nesreen Suwan, M.D.  
Loyola Trained Neurologist,  
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