



The Center for Pain Management

Taking a Biopsychosocial Approach to Pain Management



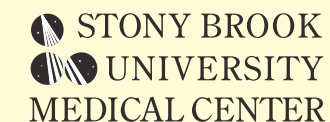
With a reputation as a leading authority on pain management, Stony Brook University Medical Center has offered pain management services to the people of Long Island for nearly 30 years. Our university-based program uses the biopsychosocial model of medicine to treat chronic and acute pain, provide palliative care, and improve the functionality of and quality of life for our patients. We work in partnership with area physicians to offer consultations, diagnoses, plans of treatment, and multidisciplinary care before the patient returns to his or her primary care doctor.

Stony Brook University Medical Center

As Long Island's premier academic medical center, Stony Brook serves as the region's only tertiary care center and Level 1 Trauma Center. It is home to the Stony Brook University Cancer Center, Heart Center, the Institute for Advanced Neurosciences, the Women and Children's Center, and the Geriatric Program. With an exceptional healthcare team and advanced technology,

Stony Brook University Medical Center fully embraces patient and family centered care, and considers our patients and their families to be integral members of the healthcare team.

To learn more about Stony Brook and its many services, physician referrals, or appointment scheduling, call (631) 444-4000, or visit www.StonyBrookMedicalCenter.org.



On the cover: Brian Durkin, DO, uses ultrasound imaging to administer a nerve block.

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Who We Are

First and foremost, the Center for Pain Management is not a medication dispensary. The Center offers consultation services and a multidisciplinary pain management program that takes a biopsychosocial approach to both chronic and acute pain.

Our team includes:

- An anesthesiologist named as one of *New York Magazine's* "Best Doctors"
- A psychologist trained in pain management
- A physician who specializes in medical acupuncture
- A physician with expertise in female pelvic pain
- Two nurse practitioners with extensive experience in pain management
- A palliative care specialist who works with the Survivorship and Supportive Care team

The Pain Management Center is located in the Stony Brook University Cancer Center for outpatients, located on the Medical Center campus. The Center offers state-of-the-art services, an in-office suite for interventional pain management procedures such as fluoroscopic and ultrasound-guided nerve blocks, infusion therapies, urine screenings for drug dependency issues, and access to Stony Brook University Medical Center's wide range of resources and technology.



Carole Agin, MD, treats a patient with acupuncture.

What We Treat

Approximately 70 percent of our cases involve chronic lower back pain, so we have developed strong working relationships with both spine surgeons and primary care doctors. We have capabilities and expertise to treat all types of chronic and acute pain including, but not limited to:

- Complex regional pain syndromes
- Fibromyalgia
- Multiple sclerosis
- Neck pain
- Pain associated with cancer
- Pain resulting from traumatic injury
- Palliative (end-of-life care) pain management
- Pelvic pain, including pelvic inflammatory disease
- Post-herpetic neuralgia and acute herpes zoster (shingles)
- Post-surgical pain
- Vertebral compression fractures

Our Approach

Managing pain with a biopsychosocial approach means that we go far beyond simply prescribing medicine. Although medication can be part of treatment when necessary, we also incorporate psychological counseling—especially for patients with chronic pain—to investigate the root causes of pain, work with patients on exercise plans and physical therapy, and utilize appropriate technology. This may include a transcutaneous electrical nerve stimulation (TENS) unit, or a spinal cord stimulator, which tricks the brain into thinking it is not experiencing pain. We also incorporate alternative therapies such as acupuncture, which has proved beneficial in controlling certain kinds of pain.

All of these measures support our overall mission to improve the quality of life for our patients.

Because Stony Brook University Medical Center is an academic medical center, we have access to basic and clinical research. When appropriate, we can help enroll eligible patients in clinical trials.

What a Referral Entails

After receiving a referral and reviewing the case, we schedule an individualized consultation with the patient that includes a full medical history, a physical examination, and a review of existing laboratory test results and imaging studies. If necessary, we can order additional testing.

We develop an individualized plan of treatment for each patient. The plan involves patients working with specific members of our interdisciplinary team and, when indicated, receiving the appropriate interventions at our Center. When appropriate, we can offer patients the opportunity to participate in clinical trials.

We consider ourselves partners with the primary care or referring physician, and maintain an open line of communication with him or her. Our goal is to help referring physicians take care of patients with pain issues and better manage the overall quality of life for patients.

Making a referral is easy. Simply call (631) 638-0800 and press 9. If you have questions, call the Pain Management Director, Brian Durkin, DO, at the same number. He will be happy to give you additional details about our services and how we can best serve patients.

For more information or referrals: (631) 638-0800
Brian Durkin, DO, Director, Center for Pain Management
www.StonyBrookMedicalCenter.org



Irina Lokshina, MD, (left) and Patricia Tsui, PhD



Christopher Page, MD, performs a fluoroscopy procedure.



Julia Scheuermann, NP, meets with a patient.