Overview
This type of arthritis, also called “degenerative joint disease,” is a breakdown of the cartilage in your hip joint. As this protective cartilage wears away, bone “spurs” may form in the joint. Pain from osteoarthritis can keep you from being as active as you like.

Causes
Osteoarthritis doesn’t have a specific cause. The normal wear and tear of aging can bring it on. So your risk is higher as you get older. It’s higher if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you’ve ever injured your hip. You also have a higher risk if the ball or socket of your hip joint is injured or if your hip is misaligned.

Condition and Treatment Information
Symptoms
Symptoms include pain and stiffness in your hip. For some, this happens over time. For others, it starts suddenly. Your hip may be worse in the morning, after you sit or rest, and on rainy days. Symptoms may flare up when you are active. Pain may radiate into your thigh, buttock and knee. Your hip may lock or grind when you move it. This can limit your range of motion.

Treatment
Possible treatment options, which vary by patient, for Hip Osteoarthritis include:
- Intra-Articular Hip Injection: Injection of a steroid (synthetic cortisone) medication into the hip joint to decrease inflammation.
- Hip Nerve Radiofrequency Ablation: An electrical current produced by a radio wave is used to train the nerves of the hip joint not to hurt, thereby decreasing pain signals from that specific area.
- Regenerative Therapy: A process that uses a person’s own plasma or stem cells to repair damaged tissue and regenerate new healthy tissue, to help repair and heal damage and degeneration.
- Cognitive Behavioral Therapy: Form of talk therapy that helps people identify and develop skills to change negative thoughts and behaviors.

In This Issue
Osteoarthritis of the Hip
Does Cold Weather Really Make Pain Worse?
New Year Resolutions for Chronic Pain Patients
National Doctors Day
8 Stretches to Melt Away Winter Stiffness
Experiencing Flu Symptoms?
Heart Health and Chronic Pain
APC Staff News

Jan 2019

Staying Healthy During Winter

Heart Health and Chronic Pain
Staying Healthy During Winter

Congratulation to Jessica and John-Logan Mynhier, who were married on October 13, 2018 at the Old Medical College. Dr. Richard Epler is the proud father of the bride, and he and his wife, Wendy, are grandparents to Jessica and John-Logan’s three children, Ryan, Carly and Kristopher. Jessica works in APC’s pre-cert department.

Follow us on

November 11, 2018

Annual Anniversary

BIRTHDAYS

TJ Molla 1/5, Wendy Carson 1/7, Ashley Delia: 1/9, Christina Terry: 1/10, Constance Sears: 1/16, Ashley Baldwin: 1/17, Sherry Woodard: 1/14

January 2019 Edition

www.AugustaPainCenter.com

AUGUSTA PAIN CENTER QUARTERLY NEWSLETTER

January 2019
March 30th marks the annual observation of National Doctors Day. This day was established to recognize physicians, their work and their contributions to society and the community. On National Doctors Day, we say “thank you” to physicians in our community for all that they do for us and our loved ones.

Does Cold Weather Really Make Pain Worse?

Dating back to 400 B.C., people have claimed they are able to “feel” when a storm or bad weather is approaching by the pain they experience in their joints. Is there any scientific truth to this? Here’s what we know:

- Low temperatures tighten tendons and ligaments, due to vasoconstriction, the process of narrowing the blood vessels in your extremities and diverting that extra blood to vital areas like the brain, heart, and lungs. Experiencing aggravated back pain in the winter? Tendons and ligaments support the spine, so when they become stiff, it puts strain on your back.
- The cold and dark days of winter can lead to Seasonal Affective Disorder, or SAD, which is a type of depression. Some studies have suggested that depression can cause increased levels of inflammation through proteins known as cytokines. Excessive amounts of these inflammatory cytokines can lead to inflammatory diseases, which is one of the most common causes of back pain. This type of seasonal depression can also cause fatigue, increased perception of pain and decreased interest levels in daily activities, which can deter people from exercising and strengthening the muscles that support the spine, thus resulting in back pain.
- Although there are no scientific studies that confirm, it has been believed for hundreds of years that barometric pressure affects pain. The most popular hypothesis suggests that when the barometric pressure drops before a storm or the temperature changes drastically, there is less gravity to prevent additional swelling in joints that might already be inflamed from a previous surgery, injury or condition. As the swelling increases, the nerves surrounding the joint will register this change and report increased amounts of pain.

It’s very tempting to take a break from exercise during the winter months. The days are shorter, the air is colder and you may feel your exercise options are limited. Just remember that exercise can strengthen the muscles that support the spine, and increases your blood flow to areas of your back that might be prone to inflammation. Bundle up and go for daily walks. Try an indoor aerobic or yoga class. And at the Augusta Pain Center, established physical therapy patients can use our indoor warm water pool for low-impact water exercise. If you are experiencing symptoms of Seasonal Affective Disorder, established patients at Augusta Pain Center can discuss this with Dr. William Schiff, Psy.D and our Behavioral Health Team, located upstairs in the APC Epicenter.

Let us help you improve daily function this winter and the years following by scheduling an appointment at Augusta Pain Center. (706) 738-PAIN (7246)

New Year Resolutions for Chronic Pain patients

1. Move more
It isn’t always easy, but even a small amount of walking, range of motion exercises and/or stretches can make a big difference.

2. Prioritize a healthy diet
Eat more fruits, veggies and healthy fats, and less sugar. White flour and processed food get the nutrients you need to reduce inflammation and heal.

3. Learn/practice a relaxation technique
Try meditation, diaphragmatic breathing or guided visualization to calm your physiology and reduce pain.

4. Add more enjoyment to your life
Spend more time doing the things you love and more time with the people you love.

When making resolutions, stick to something small and achievable, versus goals of all-or-nothing. At Augusta Pain Center, we wish you the best in 2019!

Happy Doctors Day

March 30th marks the annual observation of National Doctors Day. This day was established to recognize physicians, their work and their contributions to society and the community. On National Doctors Day, we say “thank you” to physicians in our community for all that they do for us and our loved ones.
March 30th marks the annual observation of National Doctors Day. This day was established to recognize physicians, their work and their contributions to society and the community. On National Doctors Day, we say “thank you” to physicians in our community for all that they do for us and our loved ones.

Does Cold Weather Really Make Pain Worse?

Dating back to 400 B.C., people have claimed they are able to “feel” when a storm or bad weather is approaching by the pain they experience in their joints. Is there any scientific truth to this? Here’s what we know:

- Low temperatures tighten tendons and ligaments, due to vasodilation, the process of narrowing the blood vessels in your extremities and diverting that extra blood to vital areas like the brain, heart, and lungs. Experiencing aggravated back pain in the winter? Tendons and ligaments support the spine, so when they become stiff, it puts strain on your back.
- The cold and dark days of winter can lead to Seasonal Affective Disorder, or SAD, which is a type of depression. Studies have suggested that depression can cause increased levels of inflammation through proteins known as cytokines. Excessive amounts of these cytokines can lead to inflammatory diseases, which is one of the most common causes of back pain. This type of seasonal depression can also cause fatigue, increased perception of pain and decreased interest levels in daily activities, which can deter people from exercising and strengthening the muscles that support the spine, thus resulting in back pain.

- Although there are no scientific studies that confirm, it has been known for hundreds of years that barometric pressure affects pain. The most popular hypothesis suggests that when the barometric pressure drops before a storm or the temperature changes drastically, there is less gravity to prevent additional swelling in joints that might already be inflamed from a previous surgery, injury or condition. As the swelling increases, the nerves surrounding the joint will register the change and report increased amounts of pain.

It’s very tempting to take a break from exercise during the winter months. The days are shorter, the air is colder and you may feel your exercise options are limited. Just remember that exercise can strengthen the muscles that support the spine, and increases your blood flow to areas of your back that might be prone to inflammation. Bundle up and go for daily walks. Try an indoor aerobic or yoga class. And at the Augusta Pain Center, established physical therapy patients can use our indoor warm water pool for low-impact water exercise. If you are experiencing symptoms of Seasonal Affective Disorder, established patients at Augusta Pain Center can discuss this with Dr. William Schiff, Psy.D and our Behavioral Health Team, located upstairs in the APC Epicenter.

Let us help you improve daily function this winter and the years following by scheduling an appointment at Augusta Pain Center. (706) 738-PAIN (7246)
Osteoarthritis of the Hip
Condition and Treatment Information

Overview
This type of arthritis, also called “degenerative joint disease,” is a breakdown of the cartilage in your hip joint. As this protective cartilage wears away, bone rubbing against bone. Bony growths called “bone spurs” may form in the joint. Pain from osteoarthritis can keep you from being as active as you like.

Causes
Osteoarthritis doesn’t have a specific cause. The normal wear and tear of aging can bring it on. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you have a family history of the condition.

Symptoms
Symptoms include pain and stiffness in your hip. For some, this happens over time. For others, it starts suddenly. Your hip may be worse in the morning, after you sit or rest, and on rainy days. Symptoms may flare up when you are active. Pain may radiate into your thigh, buttock and knee. Your hip may lock or grind when you move it. This can limit your range of motion.

Treatment
Possible treatment options, which vary by patient, for Hip Osteoarthritis include:

- Intra-Articular Hip Injections: Injection of a steroid (synthetic cortisone) medication into the hip joint to decrease inflammation.
- Hip Nerve Radiofrequency Ablation: An electrical current produced by a radio wave is used to target the nerves of the hip joint to numb, thereby decreasing pain signals from that specific area.
- Regenerative Therapy: A process that uses a person’s own plasma or stem cells to help repair damaged tissue and regenerate new healthy tissue, to help repair and heal damaged and degenerating joint tissue.
- Cognitive Behavioral Therapy: Form of talk therapy that helps people identify and develop skills to change negative thoughts and behaviors. CBT says that individuals – not outside situations and events – create their own experiences, pain included. And by changing their negative thoughts and behaviors, people can change their awareness of pain and develop better coping skills, even if the actual level of pain stays the same.

Augusta Pain Center is a multidisciplinary practice, which offers a Surgery Center for non-invasive, state-of-the-art treatment and diagnostic procedures, a Behavioral Health team, physical therapy and aquatherapy all under one roof at the APC Epicenter. To discuss treatment options, please call Augusta Pain Center at (706) 738-PAIN and make an appointment with one of our providers.

www.viewmedica.com © 2018 Swarm Interactive. Unauthorized duplication is strictly forbidden.