

# APC NEWS

## 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 rubs 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. 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 shaped poorly.



#### 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



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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.

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# 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 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 to 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!*



**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.



# 8 Stretches

## TO MELT AWAY

### WINTER STIFFNESS

(GREAT FOR JOINT PAIN)



**SEATED SIDE STRETCH**  
Hold 30 sec per side



**CAT COWS**  
8 reps



**THREAD THE NEEDLE**  
Hold 30 sec per side



**DOWNWARD FACING DOG**  
Hold 30 sec



**BOUND STANDING FORWARD FOLD**  
Hold 30 sec



**TOE SQUAT WITH WRIST STRETCH**  
10 reps per side



**SEATED FIGURE 4**  
Hold 30 sec per side



**GENTLE SUPINE TWISTS**  
30 sec per side

by **Kelly Collins**

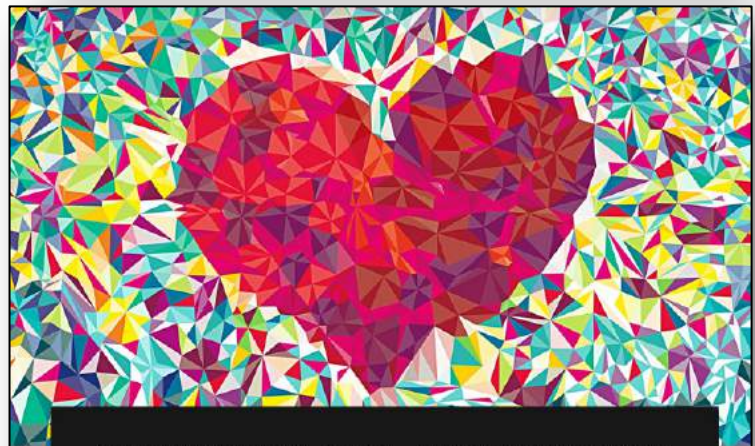
Kelly wanted to share her passion for an active lifestyle with others and became a Mad Dogg Certified Spinning Instructor and a NASM Certified Personal Trainer.



*We love our patients...*

**BUT WE DON'T LOVE SPREADING FLU GERMS.**

If you have an appointment at Augusta Pain Center, but are experiencing flu symptoms, please call our office to reschedule. Thank you and we hope you feel better soon!



## HEART HEALTH & CHRONIC PAIN

Did you know that uncontrolled chronic pain can take its toll on your heart? It can possibly...

...elevate blood pressure, pulse rate, adrenalin and cortisol serum levels. This could lead to simultaneously stimulating the sympathetic-autonomic nervous system and releasing adrenal hormones, which may cause hazardous stress on the cardiovascular system. Effects of this could be coronary spasm and resulting in angina and possible death.

...raise serum lipids and glucose, which can lead to hypoglycemia and contribute to obesity in those with a high carbohydrate diet.

**Love Your Heart. Find relief from chronic pain at APC.**



**Richard S. Epter, MD, DABPM, FIPP**

*Medical Director*

**William S. Schiff, Psy. D.**

*Psychologist*

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**Hours:**

Monday - Thursday  
7:00 am – 4:30 pm

Friday  
8:00 am – 2:00 pm

**Contact Us:**

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[www.AugustaPainCenter.com](http://www.AugustaPainCenter.com)

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## WORK ANNIVERSARIES

January: Amanda Walker - 17 years, Chris Scheuer - 5 years, Shelby Woodard - 3 years, Tabbatha Lowery - 2 years,  
March: Carly Busbee - 2 years, Constance Dore - 1 year

## APC STAFF NEWS

### BIRTHDAYS

TJ Midla- 1/5 , Wendy Carson- 1/10, Ashlee Delrie- 1/16 , Christina Terry- 1/29, Constance Dore- 2/5, Carly Busbee- 2/11 , Shelby Woodard- 3/14

Congratulations to Jessica and John-Logan Mynhier, who were married on October 13, 2018 at the Old Medical College.

Dr. Richard Epter 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.

