

PAIN MANAGEMENT



Medicine
without limits



LVI

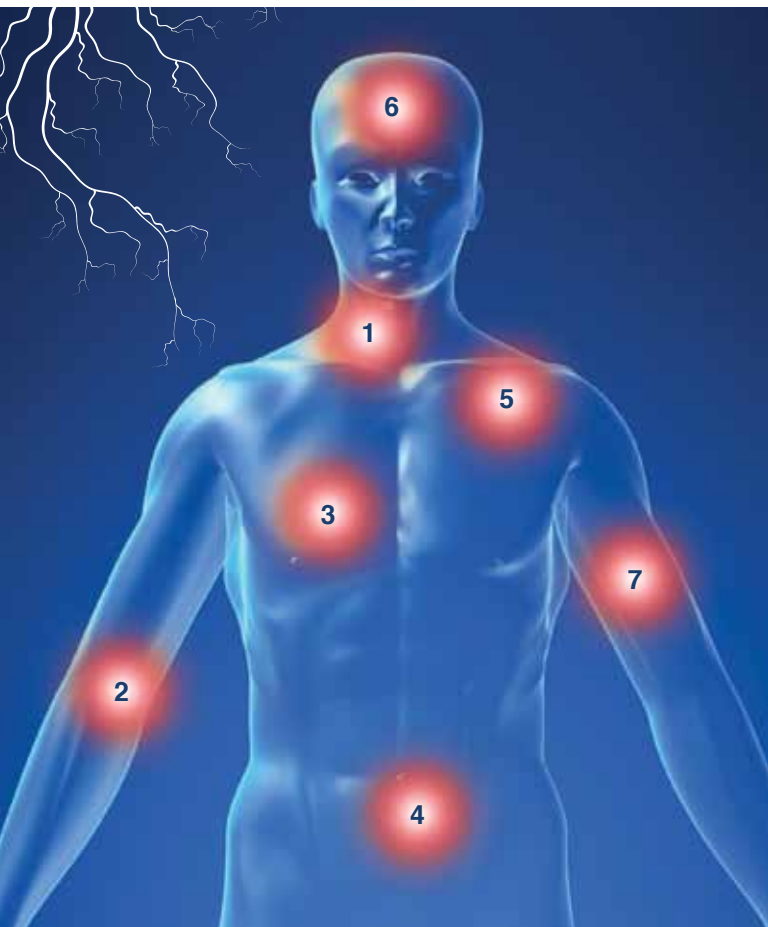
LAKELAND VASCULAR

INSTITUTE

MINIMALLY INVASIVE THERAPIES for chronic pain relief

Thanks to advances in medicine, you don't have to live with the debilitating effects of chronic pain. The physicians at Lakeland Vascular Institute offer a full complement of safe, fast and FDA-approved outpatient procedures for the treatment of painful conditions throughout the body—procedures that in many cases offer an alternative to ongoing medication regimens or invasive surgery.

Interventional pain management radiology is a new and exciting field. Our specially trained doctors provide treatment options that directly deliver therapy to the source of your pain with pinpoint accuracy. Using image guidance, these therapies precisely target inflammation within the body's joints, soft tissues and bone structures for more effective, lasting relief.



1 BACK PAIN

Conditions within the spine—such as a herniated disc—can cause inflammation that puts pressure on the nerves, resulting in numbness, tingling or pain. We offer a series of epidural and facet injections that treat the inflammation with lasting effects. Lower back and leg pain caused by swelling around the sympathetic plexus can also be treated.

2 JOINT PAIN

Pain within the hips, knees, ankles, heels, elbows and shoulders are treated with a number of techniques, including steroid injections, facet injections or viscosupplementation, which reduce inflammation and relieve pain within the tendons and soft tissues within joints. We also treat sacroiliac (SI) joint pain caused by pregnancy, weight gain, arthritis and other conditions, as well as pain within the temporomandibular joint (TMJ).

3 POSTHERPETIC NEURALGIA (PHN)

It is the most common complication of shingles. The condition affects nerve fibers and skin, causing burning pain that lasts long after the rash and blisters of shingles disappear. PHN in the chest wall can be treated with intercostal nerve block.

4 ABDOMINAL PAIN CAUSED BY CANCER OR PANCREATITIS

These conditions can cause pain in the celiac plexus, a bundle of nerves that surrounds the abdominal aorta. A celiac plexus block is an injection of pain medication that relieves abdominal pain that may result from cancer or pancreatitis.

5 MUSCLE SPASMS AND KNOTS

A piriformis injection of BOTOX® can help to relax the muscle and reduce pain within the buttocks and posterior legs caused by piriformis syndrome. Trigger point injection is another technique we use for treating muscles that do not relax, and may form “knots” beneath the skin in different areas of the body, including the neck, shoulders, back and pelvis.

6 MIGRAINE HEADACHES

In addition to preventing wrinkles, BOTOX® is now a popular treatment for chronic migraine headaches. For adults with 15 or more days of migraines per month that last 4 or more hours, an injection of BOTOX® at 7 key areas of the head and neck can alleviate and prevent headaches. These injections are typically administered at 12 week intervals.

7 OTHER CONDITIONS

Nerve pain, pain caused by tarsal tunnel syndrome, fibromyalgia and other conditions may be treated with interventional pain management radiology techniques such as trigger point injections and nerve blocks.

Procedures Offered

- Epidural (Cervical)
- Epidural (Thoracic)
- Epidural (Lumbar Interlaminar)
- Epidural (Lumbar Transforaminal)
- Epidural (Caudal)
- Facet Injection (Cervical)
- Facet Injection (Thoracic)
- Facet Injection (Lumbar)
- Radiofrequency Ablation of Facet Joints (Cervical)
- Radiofrequency Ablation of Facet Joints (Thoracic)
- Radiofrequency Ablation of Facet Joints (Lumbar)
- Botox® Injection for Migraine
- Small/Medium/Large Bursa Injection
- Ankle, Knee, Hip, Shoulder, Wrist, Hand, Foot, Elbow Injections
- Si Joint Injection
- Radiofrequency Ablation of Sacroiliac Joint
- Tendon Injection
- Trigger Point Injection
- Nerve Blocks
- Stellate Ganglion Block
- Celiac Plexus Block
- Sympathetic Plexus Block
- Piriformis Injection
- Dorsal Column Stimulation Trial/Implant
- Intrathecal Pump Trial



MEET OUR PHYSICIAN

Rekha R. Suthar MD, MPH

Specialty: Interventional Pain Management

Dr. Suthar has received specialized training in interventional pain management, having completed her fellowship at University Hospitals Cleveland Medical Center/Case Western Reserve University.

Prior to that, she completed an anesthesiology residency and a general surgery preliminary residency at Mount Sinai Medical Center in Miami, FL. She was also a clinical researcher and a part of multidisciplinary team at Florida International University and University of Miami, evaluating liver cancer patients for surgical or interventional radiology management. In fact, she has co-authored numerous clinical papers, posters, abstracts and a book chapter on a variety of subjects related to cancer treatment and interventional radiology.

Prior to joining LVI, she treated patients with chronic pain using a full spectrum of interventional pain management procedures at University Hospitals-Cleveland Medical Center. She is board eligible with the American Board of Anesthesiology and the American Board of Pain Medicine.

“I am excited to join the excellent team at Lakeland Vascular Institute, and look forward to making some of the most advanced pain management treatment techniques available to residents of Central Florida.”

PAIN MANAGEMENT



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