



Leading Texas Pain Consultants Help Sufferers Address Pain Management

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Woodlands, TX based North Lakes Pain, a company of consultants who specialize in treating those who suffer from chronic pain, is pleased to announce the publication of three informative articles to help those who require pain management. Dr. Stephen Sims, a spokesperson for the practice, stated, "Chronic pain is linked to numerous physical, mental, and neurological conditions. At least 20% of American adults suffer from chronic pain, which contributes to high healthcare costs and lost productivity. We are committed to providing individualized evaluation and treatment for any painful condition."

The recently published articles can help readers understand how back pain management, sciatica control, and complex regional pain management is preferable to taking a "wait and see" approach. Around 80% of all adults around the world will experience back pain at some point in their lives, with around 25% of all adults having experienced such pain in the past three months. The first article highlights five signs that indicate back pain sufferers should see a pain management specialist rather than continuing to put it off.

The number one sign that sufferers should seek a pain management specialist is a frequent use of pain medication. The availability of over-the-counter relief and prescription opioids, in the form of oral pain

medication, is designed to offer temporary relief. While awareness of the addiction risk to taking opioids is growing, going "cold turkey" alone is not recommended. A far better option is to book an appointment with one of North Lake Pain's consultants, who can help by offering their patients a tailored program to achieve pain relief.

The practice has three offices that serve The Woodlands, Conroe, and Huntsville communities as well as their surrounding areas. Those experiencing pain undertaking normal daily activities and/or are missing work due to back pain are encouraged to seek advice from one of the clinic's expert pain management consultants. Their website features a facility to call them directly, along with downloadable directions to their offices.

To address the confusion many people have about the difference between back pain and sciatica pain management, the firm has also published an informative article highlighting three key aspects many do not know about sciatica. For instance, those who suffer from sciatica know that the pain, numbness, burning, stabbing, and tingling can start in their lower back—but it can extend all the way to the tips of their toes.

Besides affecting normal movement, severe sciatica can also affect bladder and/or bowel control. It is estimated that approximately 40% of the world's population will have sciatica at some point during their life. 5-10% of patients who suffer recurring bouts of low back pain also have sciatica, which is a nerve condition.

Dr. Sims continued, "The cause of most sciatica is found in the spaces between the vertebrae in your spine. When the cushioning discs move out of place or rupture and the sciatic nerve is compressed, a person begins to experience symptoms in the form of increased sensitivity and pain. We recommend anyone who has experienced pain that gets progressively worse or lasts more than a week be evaluated by a physician. We understand that every person has their view of what normal feels like for themselves, which is why we tailor treatment to the individual. Our sciatica treatment is often simpler than many people expect, and the relief is priceless."

The third article in their series covers complex regional pain syndrome (CRPS / RSD), which is chronic pain that lasts more than six months in an arm, leg, foot, or hand. Their article highlights that more than 90% of CRPS is a result of an injury or trauma. Like back pain and sciatica, pain is a key symptom; however, it is not the only symptom that patients report. Other symptoms of CRPS can include stiffness, changes in skin temperature or color, swelling, abnormal sweating in the area, changes in nail or hair growth in the area, and even abnormal movement.

Through North Lakes Pain, anyone suffering from CRPS can receive an individualized treatment plan for the affected area to relieve pain and improve function. Some of the solutions they may recommend include physical therapy, BurstDR Stimulation Therapy, and, where required, medications. Interest in BurstDR Stimulation Therapy has increased over the past few years because it allows patients to experience lasting relief without medication. It is one way to avoid the fear of becoming addicted to opioids to cope with pain.

Those interested in booking an appointment to find out if the clinic's pain management experts can help can do so directly through North Lakes Pain's official website. They can also follow the clinic on Facebook to stay up to date with their latest news. Interested parties may also learn more about sciatica management and other treatments via the clinic's online resources.

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For more information about North Lakes Pain, contact the company here: North Lakes Pain Dr. Stephen Sims 936-228-4167 info@northlakespain.com <https://northlakespain.com/locations/>

North Lakes Pain

At North Lakes Pain Consultants, we are committed to providing individualized evaluation and treatment for painful conditions. Stop by one of our 3 locations today!

Website: <http://northlakespain.com>

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