

Expert in Pain Management is Right in Your Backyard

BY CAMILLE SPERRAZZA

When you are in pain, the simplest tasks can be difficult.

You may be unable to walk, bend, go to work, lift a grandchild, or even get a decent night's rest. Your quality of life becomes compromised. Often overlooked or brushed aside by most physicians, pain is one of the most common symptoms patients complain of.

Dr. Keyvan Jahanbakhsh of The Spine and Pain Institute of New York can help. Dr. Jahanbakhsh, referred to as "Dr. J" by his patients, is an interventional pain management specialist, who concentrates on minimally invasive techniques to alleviate pain.

He focuses on interventional therapies and uses these treatments in conjunction with holistic methods, which may include exploring lifestyle modifications such as weight loss, smoking cessation, nutritional support, exercise, and other factors.

These procedures are performed under X-ray using an instrument called a fluoroscope. This tool allows the doctor to accurately pinpoint the delivery of medicine directly to the areas of inflammation and pain.

"These procedures are quick, and virtually painless," says Dr. J.

Relief is usually more precise because while medicines taken via mouth are distributed throughout the whole body, the interventional therapies are positioned exactly where they are needed, getting right to the source of the problem.

While traditional pain management has been around for some time, innovative treatments performed at The Spine and Pain Institute of New York mean that, "the future of pain care has arrived in Brooklyn," Dr. J says. "There are four million-plus people living in Brooklyn, and we want them to have access to the best medical care."

When they seek help at The Spine and Pain Institute of New York, "cutting edge medicine is available to them," he says.

The doctor has received extensive training in pain management. He graduated from the Albert Einstein College of Medicine; completed his anesthesia residency at Montefiore Medical Center and



Dr. Keyvan Jahanbakhsh of The Spine and Pain Institute of New York can help treat pain.

Photos by Bess Adler

his pain management fellowship at Beth Israel Medical Center in Manhattan.

One of Dr. J's passions is treating patients who suffer from cancer pain, as this type of pain is often difficult to treat and "can be overlooked." Often, medical care is focused only on eliminating the disease, and patients quietly endure their agony. People who may be in this position should speak with a physician about an individualized course of treatment.

There is also help for people who suffer with back and neck pain, or pain radiating into the extremities. These pain syndromes are quite common, and can be debilitating. An innovative method involves the use of neuromodulation, commonly referred to as spinal cord stimulation.

"It is at the forefront of interventional pain management techniques," says the doctor. This method "emits a mild current that confuses transmission and perception of pain by the brain," he says. "Nerve impulses that previously would transmit pain signals are interrupted and replaced with a pleasant tingling sensation."

Arrangements can be made for patients to trial this treatment for about a week to see if it lessens their pain, says the doctor. Patients are instructed to go to work, do housework and everything else that com-

prises their daily activities. If they are able to complete these tasks with a reduction in pain, a procedure can be done that will provide long-term relief.

Dr. J says he likes to tell patients, "It's like buying a pair of shoes. Take them home, try them on. If you like it, we'll let you keep it."

Offering alternatives to traditional spine surgery is an option that many people want to explore, and The Spine and Pain Institute of New York can assist.

"Our patient-centered philosophy involves educating patients about their treatment options," says Dr. J.

"The staff at The Spine and Pain Institute of New York are compassionate, caring and considerate throughout the diagnostic and treatment process," says the doctor.

"It is our goal to return patient function while improving long-term quality of life."

The Spine and Pain Institute of NY [186 Joralemon St. off Court Street in Downtown, (718) 667-3577, www.SpinePainNY.com]. Open Wednesdays.

[3500 Nostrand Ave. off Avenue U in Sheepshead Bay, (718) 667-3577]. Open Thursdays and Fridays. There are also offices in Manhattan and Staten Island.