



TANYA I. EDWARDS, MD, CENTER FOR INTEGRATIVE AND LIFESTYLE MEDICINE

Integrative Pain Management Consultations

When chronic pain does not improve with medication, injections or surgery, or when the treatment of pain creates new problems, an integrative pain management consultation in the Center for Integrative and Lifestyle Medicine can help.

Chronic pain is a complex medical condition that can have a profound impact on your health and your ability to live a fulfilling life.

Alleviating chronic pain involves much more than prescribing medications and giving steroid injections. Our holistic approach, which draws from various healing modalities to provide effective tools for pain management, can be profoundly empowering.

In integrative chronic pain management, we empower you to become the director of your own healing journey. We use education, lifestyle interventions and various therapeutic tools that you can incorporate into day-to-day life.

Integrative pain medicine can be used to address complex pain problems such as:

- Fibromyalgia
- Chronic abdominal, back and/or neck pain
- Carpal tunnel syndrome
- Myofascial pain
- Post-herpetic neuralgia (shingles)
- Chronic headache syndromes
- Arthritis and other autoimmune disorders
- And other conditions

Integrative pain medicine de-emphasizes pain medications and emphasizes healthy lifestyle changes that address the emotional dimensions of chronic pain and the ability to function socially.

continued

What you will experience during our program

Integrative pain medicine visits begin with:

- Comprehensive evaluations, including medical, nutritional, occupational and mind-body factors that affect your pain
- Ordering lab tests and imaging studies that may be needed

Integrative pain management treatments include:

- Detailed nutritional and exercise recommendations
- Prescription of low-risk, non-addicting medications
- Trigger point injections
- Peripheral nerve blocks
- Joint and bursa injections

Your physician may also refer you to other integrative medicine services for additional support, including:

- Chiropractic care
- Acupuncture
- Integrative Pain Management Shared Medical Appointments
- Trim-Life Shared Medical Appointments
- Nutrition consultations
- Massage
- Yoga
- Energy medicine
- Meditation classes
- Holistic psychotherapy

Covered by most plans

Appointments are covered by most insurance plans. Participants are responsible for insurance copays for each appointment.



If I like my care, will I still see my regular doctor?

Integrative medicine and lifestyle medicine physicians will not replace your primary care provider or specialist. Our goal is to work together with all members of your healthcare team. Our expertise lies in managing chronic diseases rather than treating acute medical problems. For acute care and medical emergencies, you will need to seek help from your primary care physician.

Integrative Pain Management Consultations are currently being scheduled in the serene surroundings of the Wellness Institute on Cleveland Clinic's Lyndhurst campus.

To make an appointment, please call the Tanya I. Edwards, MD, Center for Integrative and Lifestyle Medicine at 216.448.HEAL (4325).

To learn more about The Tanya I. Edwards, MD, Center For Integrative and Lifestyle Medicine, call 216.448.HEAL (4325) or visit clevelandclinic.org/wellness.