



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

## Integrative Pain Management Shared Medical Appointment

When chronic pain does not improve with medication, injections or surgery, or when the treatment of pain creates new problems, Pain Management Shared Medical Appointments in the Center for Integrative and Lifestyle Medicine can help.

Learning effective ways to manage chronic pain is critical. Untreated chronic pain can disrupt your entire life, affecting your relationships with family and friends, career, self-esteem, and ability to care for others and even yourself.

Integrative pain management experts use less invasive forms of treatment to manage pain. They will empower you to manage your symptoms and thus take control of your life.

### Learning in a shared setting

Integrative Pain Management Shared Medical Appointments (SMAs) are a series of uniquely designed

medical appointments. They give you extended time with integrative medicine providers in the company of others who share similar health concerns. More information is often exchanged during a SMA than an individual office visit because participants learn from each others' comments and interaction with experts. Participants also enjoy group support.

### What you will experience during our program

Integrative Pain Management SMAs are in-depth shared appointments, held once a week over eight weeks. They can help you break the pain cycle as you are guided through activities that help you get your life back:

- **Yoga:** Gentle chair yoga will assist you in releasing tension and stress from your mind and body, and will provide you with sustainable movements and breathing techniques that you can perform at home.
- **Acupuncture:** Acupuncture has been used for more than 3,000 years to treat pain and improve overall health. It can reduce inflammation and release the body's natural painkillers.

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- **Meditation:** Meditation has been shown to reduce the intensity of chronic pain. The powers of focused awareness and compassion are available and accessible through simple skills you can practice in a supportive group setting, at home, and on your own.
- **Hypnosis:** Use the power of your subconscious to help you “program” your mind for health and wellness. Learn to anchor yourself in a state of peace and relaxation while creating new habits and behavior patterns that will support your healing journey.
- **Massage:** Simple, noninvasive techniques that you can perform daily will help reduce your pain response, increase your range of motion, build strength, reduce stress, and much more. Learn techniques to use on yourself at home.
- **Reiki:** You will become attuned to this gentle, noninvasive, simple, and effective technique for self-healing. Then you’ll be able to share it with your loved ones. Clinical studies have shown Reiki can be used to lower the stress response and help decrease pain.
- **Art Therapy:** You don’t have to be an artist to express yourself. Art is a tool for exploring, detaching from and releasing discomfort to help others understand your experience. It can provide a respite by shifting your focus away from pain and guiding you toward greater insight about your emotions.

### Guidance from a team of experts

A Cleveland Clinic physician and a heart-centered hypnotherapist lead the SMAs, working with a team of professionals who are experts in nutrition, yoga, massage, energy medicine, acupuncture, chiropractic and Chinese herbal medicine.

We strongly encourage each participant to see a holistic therapist for individual weekly sessions throughout the eight-week course. We have noticed greater improvement in pain symptoms when participants take advantage of this additional form of treatment.

Integrative Pain Management SMAs are three and one-half hours long and take place once a week for eight weeks.

During the program, you will develop a handbook filled with useful tools to guide you through daily activities and help you improve your quality of life.



### Covered by most plans

Shared medical appointments are covered by most insurance plans. Participants are responsible for insurance copays for each appointment and for a one-time charge for program materials. (Cleveland Clinic employees have no copay for the physician component of this program.)

Program materials are \$50 and include all books, CDs, literature, treatments and supplies. Material fees are due at registration and are non-refundable.

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

**For current dates and times and to register or reserve your spot, please call the Tanya I. Edwards, MD, Center for Integrative and Lifestyle Medicine at 216.448.HEAL (4325), and select option 4.**

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](https://clevelandclinic.org/wellness).