

Inside



Bayou Medical Management, PPO, LLC

Summer 2008

Pain – The Bigger Picture A Comprehensive Approach to Pain Management

Comprehensive Pain Management offers a total treatment approach to those people who are searching for solutions to chronic and often debilitating pain. “There is more than just the physical aspect of pain when people get hurt. People need physical treatment as well as psychological and social treatment to truly recover,”

according to Dr. Sandra Weitz, owner and director of Comprehensive Pain Management. “Allowing people to heal their physical ailments as well as their emotional and mental wounds is the main focus of Comprehensive Pain Management,” she added.

Dr. Sandra Weitz began her career in pain management on the west coast as the director of The Pain Clinic at the University of California in San Francisco. It was there that she developed the guidelines and philosophy about the need to treat the whole person rather than focus strictly on the physical side of pain. Her experience and expertise in this field has formed the principles of the treatment programs offered by Comprehensive Pain Management.

Dr. Weitz moved to Baton Rouge in 1998 and began her pain management practice at Our Lady of the Lake Regional Medical Center.

Her practice focused on assisting patients both psychologically and socially in order to facilitate more effective readjustments toward regaining normalcy in their lives.

Appropriate physical treatment and psychological counseling involving physical therapist and psychologist are part of her treatment plans.

In 2002, she established comprehensive Pain Management, which has continued to grow over the past five years. Dr. Weitz’s skilled colleagues, Dr. Joe Kim, Dr. Alpesh Patel, and Dr. Elizabeth Russo-Stringer, all share her vision and philosophy for managing pain. All of these physicians are committed to involving and educating their patients about their treatment options with the goal of pain relief and increasing the level of quality in their lives.



BRASS Surgery Center

BRASS Surgery Center was the first multi-specialty ambulatory surgery center created in the greater Baton Rouge area. Founded by local surgeons, the facility has continuously served the metropolitan area since it opened in December of 1981. BRASS is state licensed and accredited by AAAHC and has an outstanding record of patient satisfaction. With four operating rooms and one treatment room, around 4,000 cases per year are performed at the facility.

Skilled surgeons of the Medical Staff of BRASS provide a wide range of surgical procedures at the facility in the following specialties.

- Pain Treatment
- Orthopedics and Sports Medicine and Hand Surgery
- Podiatry
- Plastic and Reconstructive Surgery
- Ophthalmology
- General Surgery
- Otorhinolaryngology (ENT)
- Urology

The facility has a wide array of modern equipment to safely and effectively provide the most current surgical procedures with minimum intervention and recovery time for patients.

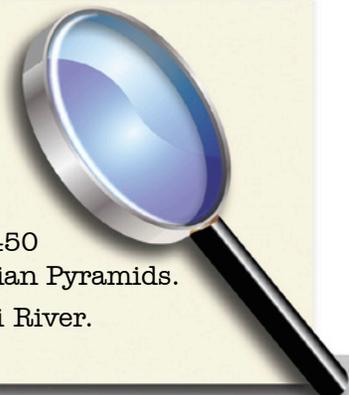
Continued on page 4

BMM Case File

What City Am I?

- I have a population of over 600,000.
- My name literally means redstick.
- Every year in August I am the host of the Pennington Hot Air Balloon Championships.
- I am home to Indian Mounds which were built 450 years before the construction of the Great Egyptian Pyramids.
- I am one of the largest cities on the Mississippi River.

Answers on page 3



Transforaminal Lumbar Interbody Fusion (TLIF) Back Surgery

Spinal fusion surgery for back conditions

Spinal fusion (such as a TLIF) is a surgical technique to stabilize the spinal vertebra and the disc or shock absorber between the vertebra. Lumbar fusion surgery is designed to create solid bone between the adjoining vertebra, eliminating any movement between the bones. The goal of the surgery is to reduce pain and nerve irritation.

Spinal fusion may be recommended for conditions such as spondylolisthesis, degenerative disc disease or recurrent disc herniations. Surgeons perform lumbar fusion using several techniques. This article describes the transforaminal lumbar interbody fusion (TLIF) fusion technique.

Procedure for spine fusion using TLIF technique

TLIF back surgery is done through the posterior (back) part of the spine.

- Surgical hardware is applied to the spine to help enhance the fusion rate. Pedicle screws and rods are attached to the back of the vertebra and an interbody fusion spacer is inserted into the disc space from one side of the spine.
- Bone graft is placed into the interbody space and alongside the back of the vertebra to be fused. Bone graft is obtained from the patient's pelvis, although bone graft substitutes are also sometimes used.
- As the bone graft heals, it fuses the vertebra above and below and forms one long bone.

Reconnecting with the Outdoors

Now that the weather is getting warmer and the days are longer, it is time to reconnect with nature. You don't have to live near the mountains or a forest to get more from the outdoors. Here are a few tips for people living in the city or virtually anywhere to lead a more nature-filled lifestyle.

- Walk or Bike to work. If you live close to your office and the roads are safe, you should consider combining your commute and your workout. Combine the challenges of hills and curves with the views of sky and trees—there is no healthier way to begin and end your day. If you don't have a bike, you can also walk or run to work. Choose what works best for you. If the distance is too far, you can always consider taking a walk during your breaks. It is easy to keep an extra pair of walking shoes and change of clothes at work in case you decide to bike, walk, or run to and from work, or if you choose to exercise during your daily breaks. Either way, you will be guaranteed to be more productive, have more energy, and probably lose a little weight in the long run.
 - Keep your car in the garage! Most car trips are made within two miles of home. On days when you can run errands within this radius, put on some comfortable shoes, strap on a good backpack, and travel by foot.
 - Take the gym outside. Almost any exercise that can be done in the gym can be done outdoors, often more effectively.
- Visit www.fitnessmagazine.com for more ways to connect with nature and lead a healthier and more natural lifestyle.

TLIF fuses the anterior (front) and posterior (back) columns of the spine through a single posterior approach.

- The anterior portion of the spine is stabilized by the bone graft and interbody spacer.
- The posterior column is locked in place with pedicle screws, rods, and bone graft.

Benefits of TLIF back surgery technique

TLIF procedure has several theoretical advantages over some other forms of lumbar fusion:

- Bone fusion is enhanced because bone graft is placed both along the gutters of the spine posteriorly as well as in the disc space.
- A spacer is inserted into the disc space helping to restore normal height and opening up nerve foramina to take pressure off the nerve roots.
- A TLIF procedure allows the surgeon to insert bone graft and spacer into the disc space from a unilateral approach laterally without having to forcefully retract the nerve roots as much, which may reduce injury and scarring around the nerve roots when compared to a PLIF procedure.

As with all forms of lumbar spine fusion, prior to TLIF surgery medical clearance is obtained. Smoking should be stopped. Patients may require pre-donation of blood to be used at the time of surgery.

Notes from the General Manager

For the past year, BMM has been expanding our business from Baton Rouge and reaching new cities such as Hammond, Gonzales, Opelousas, and Lafayette. Our goal is to serve the needs of attorneys throughout southern Louisiana and then eventually take BMM statewide. We want to give our clients (the subscribers of our PPO) the opportunity to work with the best physicians, hospitals and medical facilities in the state. Our mission is to provide excellent customer service in a timely manner, and with the addition of so many talented providers this mission has never been easier. We pride ourselves on being accessible to each and every one of our clients and hope that with our ever-expanding network we will create more financial and time saving opportunities for you, our client.

I would like to let all of our clients know that we have relocated to new offices in Baton Rouge. Our new location is at 9441 Common St. Suite C, which is located off of Drusilla Lane in Baton Rouge. Again I would like to welcome all the new clients and providers to BMM and I am very excited about our future partnership together.

Sincerely,

Jack Onstott

Ascension Open MRI - Bringing Excellence to Gonzales

Bayou Medical Management would like to welcome Ascension Open MRI as the newest addition to our network of providers. Located near St. Elizabeth's Hospital in Gonzales, Louisiana, Ascension Open MRI utilizes advanced technology such as their Hitachi Airis II open MRI Technology. Procedures are administered by highly trained and certified imaging technologists with imagery interpreted by professional radiologists.

The Hitachi Open MRI features an air gantry design that reduces claustrophobic feelings resulting in lower anxiety levels during an imaging session. Ascension Open MRI is proud to boast one of the fastest turnaround times for getting imaging results to a patient's referring physician. The facility also performs various types of MRI's as well as CT Scans and X-Rays.

Ascension Open MRI's service is provided with the comfort and safety of the patient in mind and with the goal of providing their referring physicians with high-resolution images in as short a timeframe as possible. Ascension Open MRI practices a "patient first" approach to their imaging. Like their sister facilities, Central and Bluebonnet Imaging, Ascension's equipment, staff, and technology are one of the best in the area, providing competent and professional care both to patients and physicians.



Antonio J. Waring, II, M.D.

Pain Management Physician Practices at Southern Surgical Hospital, Slidell, LA

Specializing in pain management, Antonio J. Waring, II, M.D., has been a provider with BMM since July of 2007. Dr. Waring received his Bachelor of Science degree from Washington University while earning his M.D. from Tulane University School of Medicine. He completed both his internship in General Surgery and residency in Anesthesiology at Ochsner Foundation in New Orleans. Dr. Waring is board certified by the American Board of Anesthesiology and the American Board of Pain Management. He is well noted for his research as well as the numerous publications he has written on spinal pain.

His practice has become one of the premier centers for treating pain associated with the spinal cord. From low back and leg pain to headaches and neck pain, patient comfort and satisfaction are at the heart of his practice. Dr. Waring understands the importance of upfront and realistic evaluations, which is why he spends time thoroughly examining and understanding his patient's discomfort. Knowing that deadlines are often dependant upon these evaluations, Dr. Waring and his staff are quick to turn reports around.

In addition to his private practice with Southern Surgical Hospital, Dr. Waring previously worked as the Interventional Pain Physician at the VA Hospital in Biloxi, MS, and the Staff Anesthesiologist at Northlake Anesthesiologists Practice at Northshore Regional Medical Center and the Surgery Suite in Slidell, LA.

When advised not to become a lawyer because the profession was overcrowded Daniel Webster replied:

"There is always room at the top."

BMM Case File
CONFESSION
I am Baton Rouge!
The following eleven BMM providers are servicing the greater Baton Rouge area:
B.R.A.S.S.
F. Allen Johnston
Bluebonnet Imaging Center
Neuro Technology Institute
Thomas Cockerham M.D.
Greater Baton Rouge Surgical Hospital
Jorge Isaza M.D.
Advanced Therapy Solutions
Baton Rouge Radiology Group
The Spine Diagnostic and Treatment Center
Capitol City Physical Therapy
CASE CLOSED

BRASS Surgery Center (contd.)

Included are high resolution digital towers and scopes and instruments, the high resolution C-arm, and a mini-C-arm.

BRASS Surgery Center has a highly experienced clinical staff trained specifically to handle surgeries in an outpatient setting. All nurses are ACLS and PALS trained and certified. Patient care and comfort are paramount. Efficiency is unsurpassed, providing surgeons the ability to maximize the time available to address the demands of their patient practice. With such a dynamic staff and a diverse setting for numerous medical procedures it makes BRASS one of the premier surgery centers in the south.

BRASS is located at 5328 Didesse Drive in Baton Rouge right off of Essen Lane.



Inside BMM is a quarterly newsletter published by Bayou Medical Management, PPO LLC. BMM does not prescribe medical advice. Comments are welcome. For additional information, contact us as follows: Tel: 225-448-2591, Fax: 225-448-2594 Mailing address: BMM, Attention: Kyle Kinberger, Marketing Manager, 9441 Common Street, Suite C, Baton Rouge, LA 70809.

Throughout Louisiana!

