

Don't let headaches shatter your world.

Those of us who suffer from chronic headaches know that it's more than "just a headache." It's a debilitating, recurring condition that can suck up days of your life at a time.

It can take a toll on your relationships, causing feelings of isolation and despair. And, while chronic headaches can't be cured, the pain can be treated and managed.

The physician anesthesiologists at Providence Anesthesiology's Interventional Pain Center are pain experts. They provide minimally invasive treatments that not only block the pain and symptoms, but also prevent recurrences for up to six months. So treat your headaches and get back to your life.

Non-Opioid Treatment

Millions of Americans are in pain. Some suffer from chronic headaches, migraines, neck and back pain, while others are recovering from surgery, sports injuries or accidents. Every year, millions of prescriptions are written for pain medications — many of them powerful narcotics that can cause side effects and lead to addiction.

But there are many non-opioid treatments available for pain, including prescription and over-the-counter medication, holistic remedies such as massages and acupuncture and advanced, minimally invasive treatment options.

If you're in pain and want to avoid taking narcotics, one of our physician anesthesiologists can work with you to develop a safe and effective pain management plan.

Headache Treatments Offered at Providence Anesthesiology's Associates Interventional Pain Center:

- **Injections or nerve blocks** – If you are having a muscle spasm or nerve pain, injections with local anesthetics, steroids or other medications can help reduce pain, and other symptoms caused by inflammation or irritation of the nerves, which significantly reduces chronic headaches and migraines.

Is it time to see a physician pain specialist for your headaches?

*Can you describe your headaches in any one of the following ways?

Throbbing

Pulsating

Dull, nagging, persistent

Tight, pressure

Sharp

*Do you also experience any of the following?

Loss of Appetite

Nausea

Vomiting

Neck stiffness or tenderness

*Have you or your family & friends noticed a change in your mood or behavior due to your headaches?

*Consider how long you've been suffering from headaches.

We see patients that suffer with daily headaches and then others who may experience only a few headaches a year. Some patients have specific triggers while others suffer from sporadic and unknow onset. Many have suffered for weeks, while others have suffered for years.

Regardless of the duration, our patients often seek our medical expertise when they are unable to get relief from over-the-counter medicine or prescription medication. And, many of our treatment options are covered by insurance.

About.

It's our mission to provide the highest quality of care, as well as treatment plans that truly make a difference in the day-to-day lives of our patients. Our team takes a comprehensive approach in the diagnosis, treatment and management of each patient's condition, building a support system and care plan that is effective immediately and long-term.