

# Welcome

The **Pain & Addiction Medicine Program** at Santa Clara County Valley Hospital & Health System welcome you to our new *"Medical Home,"* focused on a new model of primary care emphasizing traditional and compassionate healthcare approaches in a therapeutic & healing environment, utilizing 21<sup>st</sup> century healthcare approaches customized to meet the Physical, Mental and Holistic needs of Santa Clara Valley residents who suffer with intractable discomfort and the daily despair associated with chronic pain and ongoing addictive disorders. Chronic **PAIN & ADDICTION** are **UNIVERSAL** human scourges that affect every age, gender, race, creed, and culture. **PAIN** is a symptom that crosses virtually every single specialty of medicine, affecting everyone from children to the elderly. Pain has been a source of suffering & despair since the beginning of time and, in the United States, it affects more than 100 million Americans. It is hard to fathom that almost 1 in 4 individuals, suffer from some form of chronic pain. Most individuals recover from injury, surgery, or disease, but chronic pain sufferers are caught in a vicious 24 hours 7 days a week cycle of pain, frustration, despair, and physical dysfunction.

In addition to chronic persistent **PAIN**, Addictive disorders are at epidemic proportions in the U.S. today, affecting at least 40 million Americans. Addiction to food, alcohol, tobacco, illicit drugs, stimulants, and prescription medications-like opioid drugs, sedatives & sleeping pills have risen to alarming proportions. Here at SCCVMC's new **Pain & Addiction Program** we are changing the way that **PAIN & ADDICTIVE** disorders are addressed & treated. By utilizing the latest pharmaco-therapy, in combination with evidence based medicine, counseling, behavioral therapy, interventional therapies, & specialty services, we can help you attain a better quality of health and function. The **The Pain & Addiction Program** is committed to partner with you & your family, knowing that together, we can help you manage your chronic pain and addiction maladies in collaboration with your primary care specialist, alongside other VMC consultants. Outpatient ambulatory management like other chronic illness provides a realistic and individualized approach utilizing the best evidence based methods to help you manage your chronic pain and / or maintain sobriety. Our team of professionals alongside your primary care specialist & other VMC consultants are committed to helping you attain the best quality of life attainable, as you begin your **JOURNEY** towards a healthier *Body, Mind, & Spirit*.

## Comprehensive Pain & Addiction Medicine Program

at Santa Clara County Valley Medical Center & System

*Treating the Whole Person . . . . . Body, Mind, and Spirit*

### Types of treated Chronic Pain Disorders :

- ⚡ Abdominal Pain; Pelvic Pain; & Chronic Pancreatitis
- ⚡ CRPS or Reflex Sympathetic Dystrophy
- ⚡ Chronic Lumbar, Thoracic & Cervical Spine Pain
- ⚡ Chronic Headache Pain; Migraine Headaches
- ⚡ Phantom Limb Pain; Bursitis; Tenosynovitis
- ⚡ Chronic Musculo-Skeletal Pain; Spinal Stenosis
- ⚡ Rheumatoid and Osteoarthritis; Costochondritis
- ⚡ Spinal Cord & Nerve Impingement Pain
- ⚡ Fibromyalgia, & other Muscular related Pain;
- ⚡ Facial Pain; TMJ Pain; Trigeminal Neuralgia;
- ⚡ Rheumatologic Disorders, Polymyalgia;
- ⚡ Systemic Lupus Erythematosus and related Disease
- ⚡ Interstitial Cystitis; Painful Menses; Endometriosis
- ⚡ Shingles or Herpes Zoster chronic pain
- ⚡ Peripheral Neuropathy & Vascular Disease
- ⚡ Post-Traumatic and Post-Injury Chronic Pain
- ⚡ Cancer Related Pain; Diabetic Neuropathy
- ⚡ Knee Meniscal Disorders; Hip Disorders;
- ⚡ Chondromalacia; Tennis Elbow
- ⚡ Post-Operative Persistent Pain

### Chemical Dependency Disorders:

- ⚡ Opioid & Prescription Medication Addiction
- ⚡ Heroin Addiction; Fentanyl; Oxycodone; Vicodin
- ⚡ Alcohol Addiction & Dependence
- ⚡ Tobacco & Marijuana Addiction
- ⚡ Benzodiazepine Addiction: Ambien Addiction
- ⚡ Sleeping Medications, Sedative Addictions
- ⚡ Stimulant, Methamphetamine, Extasy; Amphetamines
- ⚡ Methadone Addiction

### Specialized Areas of Treatment:

- ⚡ Opioid & Alcohol Addiction During Pregnancy
- ⚡ Second Opinion Regarding Surgical Intervention
- ⚡ Second Opinion regarding Joint Replacement
- ⚡ Breast Reduction Surgery for Chronic Neck Pain
- ⚡ Surgical & Medication Options for Weight Loss
- ⚡ Inpatient Pain Management; IVIG therapy
- ⚡ Pediatric Pain Management
- ⚡ Future Considerations: Stem Cell Joint Injection



*When you are In Pain, Pain is where you are!*

At Santa Clara County Valley Hospital & Health System's new **Pain & Addiction Medicine Program**, we understand the residual effects of chronic pain and the devastation that can occur when addiction to pain medications rears its ugly head.

We understand how **Pain & Addiction** maladies affect not only you, but your family, friends, and loved ones. Our Medical Director, **Rick Chavez, M.D.**, along with our clinical staff are committed to providing a multi-disciplinary management approach utilizing advanced pharmaco-therapeutics, psycho-social & behavioral interventions, physical therapy, and injection therapies, along with making referrals when necessary, for nutritional and holistic alternative methods, health education, dietary management, & acupuncture. The focus is designed to help you cope with your chronic pain and / or addictive disorder, and to help you to attain the best quality of life possible.

The physicians & staff at Santa Clara County Valley Health System & Hospital's new and innovative **Pain & Addiction Medicine Program** are **Here . . . . .** . . .for the **JOURNEY.**

[www.sccvmc.com](http://www.sccvmc.com).