

PAIN news

SUMMER 2014

News from The Pain Center

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SIX Summertime Pain Solutions

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HEALTH
BENEFITS OF THE SUMMER SEASON

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RECIPE
PAIN RELIEF SMOOTHIE

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The Pain Center
OF ARIZONA



6 Summertime Pain Solutions

There are plenty of reasons to enjoy the summer: sunshine, pools, vacations, and sandals. While most Americans patiently anticipate this season's arrival, the millions of Americans suffering with chronic pain may be worried. Often times the heat, sunshine, and humidity can have adverse effects on chronic pain, making the joyous season an unbearable one.

Osteoarthritis and rheumatoid arthritis can be exacerbated from heat and humidity, resulting in swelling of the fingers and joints. People whose condition is worsened from barometric pressure changes and humidity may also find that their symptoms become more sensitive during this time of year. If you spend a lot of time outdoors, dehydration can kick in and aggravate pain symptoms.

At The Pain Center of Arizona, we pay attention to seasonal and monthly triggers that can affect a person's chronic pain condition. We want all of our patients to enjoy the summer. By

taking the proper precautions and using the most effective pain management strategies, we hope enjoyment and relaxation can be attained.

KNOW YOUR LIMITS. Be aware of weather changes and think about staying inside on dangerously hot days. As an alternative, spend some outside time in the mornings when the temperatures and humidity levels are lower. Be sure to take plenty of breaks when you are outside.

DRINK PLENTY OF WATER. Hydration helps clear out inflammation; a common symptom associated with many pain conditions. Avoid sugary and caffeinated drinks, as sodas and juices may promote dehydration.

EXERCISE SAFELY. Engage in moderate physical activity. Exercise according to your pain management program and work indoors on hot days. Talk to your Pain Center physician about exercises that are safe for your treatment.

GET PLENTY OF REST. Strive to get between 6-8 hours of sleep each night. A good night's sleep will help you feel recharged and motivated the following day.

AVOID FOOD TRIGGERS. The grills are out this season! While we hope you can enjoy lots of delicious summer food, we also encourage patients to be cautious about their diets. Try to consume less salt, sugar, caffeine, food additives, preservatives, and excessive amounts of dairy products as they can enhance your pain.

TRY TO RELAX. Relaxation and breathing techniques can reduce stress and enhance your emotional well-being. Stress is one of the main triggers of pain. Talk to your Pain Center physician about recommended exercises that can help you relax.



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Health Benefits of the Summer Season

We are constantly encouraging patients to make lifestyle and dietary choices that can improve their chronic pain treatment. During the summertime, a variety of fruits and vegetables are available that are all loaded with vitamins and minerals. You don't need a 'green thumb' to enjoy the seasonal fruits and veggies. Simply eating the recommended amount each day can greatly improve your physical and mental health.

Providing patients with the latest news and information on chronic pain treatment, the experts at The Pain Center of Arizona are at the forefront of medical technology. Some information doesn't change. Healthy diets and positive lifestyle choices will continue to be exemplary and constant recommendations from your healthcare team.

Vitamin D plays an important part in a healthy diet. Our intestines are better able to absorb calcium and phosphorus for stronger bones and it boosts the immune system. Vitamin D can be found in many foods including salmon, tuna, and mushrooms. Vitamin D may also be taken in the form of a supplement. Though the sun offers free Vitamin D, it is important to know the risk of skin cancer caused by ultraviolet radiation. While enjoying the warm weather and soaking in some free Vitamin D, be sure to take breaks from direct sunlight exposure, wear protective clothing, and use sunscreen. Recently, research has

linked vitamin D deficiency to chronic pain. While implementing a healthy diet into your chronic pain treatment, be sure to include plenty of vitamin D products.

Breathing fresh air has plenty of health benefits. For one, fresh air has higher oxygen levels and fewer toxins than the air that we breathe indoors. Fresh air provides help for white blood cells, which require oxygen to ward off bacteria, viruses, and germs. Oxygen will ensure that the white blood cells can function properly and improve your immune system. Increased oxygen levels also improve mood. Increased oxygen alters the serotonin levels in the brain, which promotes happy and uplifting feelings.

Introducing more vitamin D and oxygen into your chronic pain treatment is advantageous and can be readily combined with your other treatments. Talk to your Pain Center physician about other safe treatment alternative that can help relieve your pain.

ABOUT THE PAIN CENTER

The Pain Center, now in its 11th year, is a collective group of the finest pain management physicians in Arizona and the Southwest. The Pain Center of Arizona is a multidisciplinary pain clinic that offers extraordinary pain care utilizing a variety of diagnostic and therapeutic methods, including minimally invasive procedures and alternative therapies. Each pain management specialists at The Pain Center is dedicated to empathetic care that finds and treats the source of the patient's pain and meets their individual care needs. The Pain Center of Arizona has 15 convenient locations throughout the Phoenix Metro area, Tucson and Prescott.



Recipe

ANTI-INFLAMMATORY Pain Relief Smoothie

INGREDIENTS:

- 1/2 cup coconut flesh
- 1 cup frozen cherries
- 5-8 fresh basil leaves
- 1-2 cups coconut water or regular water
- 1 tbs chi or hemp seed

DIRECTIONS:

1. Blend and enjoy!



ARCADIA
GILBERT
PARADISE VALLEY

SCOTTSDALE
W. PHOENIX
MESA

PEORIA
SURPRISE
DEER VALLEY

PRESCOTT
TUCSON