

Spring 2012

Weekend Warriors – Don't let a recent injury sideline you for the spring!

For many, spring is a very active time of year, as we get back outdoors and enjoy baseball at the park, gardening in the yard or the inevitable home improvement projects. However, each of these pastimes come with the risk of injury.

If you've experienced a recent injury or suffer from a chronic pain, Ramapo Anesthesia's (R.A.) Advanced Pain Management specialists can relieve your suffering and help you get back to enjoying all that summer has to offer.

Our Board Certified physicians: Drs. Dilip Subhedar, Timothy Mims, Ravi Naik and Paul Burns will work with you and your primary care doctor to diagnosis the cause of your pain and develop a custom treatment plan to address it.

"We pride ourselves on working closely with healthcare professionals from all specialties," explained Dr. Mims, "including internal medicine, physical therapy, orthopedics and neurosurgery to ensure our patients receive the best possible care."

Dr. Naik continued, "We will make sure that you are receiving the right treatment. As with most health issues a proper diet, regular exercise, reduced stress and adequate sleep are vital for a successful outcome during treatment."

If you've had pain for over three months, if your pain has affected your ability to work, participate in activities you enjoy, caused a disability or interfered with your independence, advanced pain management techniques may offer relief without surgery.

"In some cases, full-scale surgical procedures can be delayed or eliminated altogether," Dr. Subhedar explained, "through the use of minimally invasive pain management techniques and procedures."

The group takes a comprehensive approach to pain management. "Our personalized treatment plans may incorporate medication, physical therapy, acupuncture, minimally invasive procedures and psychological therapy on a case by case basis," said Dr. Burns.

Is today the day you start living life to the fullest again? Talk to one of our Board Certified Pain Management physicians for more information about developing a customized treatment plan today.

MEET OUR DOCTORS:

Spotlight on Dr. Subhedar

Dilip V. Subhedar, MD is the senior member of R.A. Advanced Pain Management's team of expert physicians, having joined the practice in 1998. He is a graduate and Fellow of New York Medical College, and Board Certified in Anesthesiology, Pain Management, Acupuncture, Disability Analysis and Opiate Detox. Dr. Subhedar is also the most experienced physician in diabetic neuropathy in Orange County, and one of the few pain management doctors who treat Multiple Sclerosis patients.

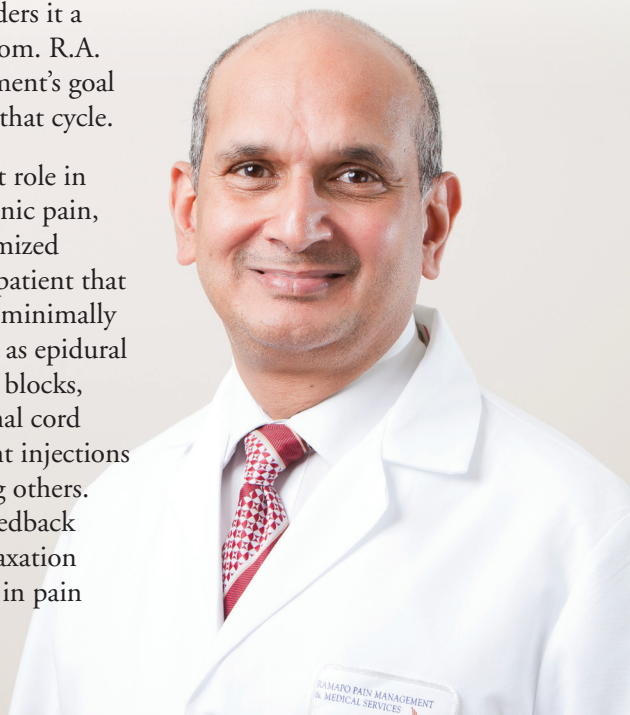
Dr. Subhedar believes chronic pain is a disease itself because it affects so many aspects of life. Patients who live with pain day in and day out may feel withdrawn and isolated. For that reason he considers it a disease, not just a symptom. R.A. Advanced Pain Management's goal is to help patients break that cycle.

Stress plays an important role in the management of chronic pain, and we develop a customized treatment plan for each patient that may include a variety of minimally invasive techniques such as epidural steroid injections, spinal blocks, intrathecal pump or spinal cord stimulator implants, joint injections and acupuncture, among others. We also encourage biofeedback such as hypnosis and relaxation as important techniques in pain management.

"Pain is a warning signal," explained Subhedar. "When you are cut, it hurts, then you heal and it feels better. But in chronic pain, the patient is healed but the pain persists and becomes a nuisance because it doesn't serve an important function to the body."

Dr. Subhedar's goal is to redirect his patient's pain so they can be functional and happy, enjoying their families and contributing to society.

If you or a loved one is living with chronic pain now is the time to call R.A. Advanced Pain Management, we can relieve your suffering and help you live your life to the fullest.



Message from our President

Less than year ago, Ramapo Anesthesia embarked on a remarkable period of growth, moving to our new 5,500 square foot location in Suffern, N.Y.

Our award-winning, nationally-recognized group includes more than 70 physicians who specialize in anesthesia care, pain management, along with 30 CRNAs, who provide services in more than 20 outpatient facilities and hospitals including Good Samaritan Hospital in Suffern, N.Y., St. Mary's Hospital in Passaic, N.J., Catskill Regional Medical Center in Harris, N.Y., Bon Secours Community Hospital in Port Jervis, N.Y., Helen Hayes Hospital in West Haverstraw, N.Y. and East Orange General Hospital in East Orange, N.J.

In the past three years, our physician staff has tripled as we've expanded our pain management division to include state-of-the-art offices in three states including Suffern, Middletown and Warwick, N.Y., Florham Park, Lyndhurst, Park Ridge, N.J. and Dingmans Ferry, PA. This expansion of our pain management services assures patients throughout the region have easy access to R.A.'s world class specialists and the hope for a better quality of life.

Sincerely,

Dr. Richard Clarkin, MD
R.A. President

R.A. Pain Management Physicians



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Board Certified Pain Management
Board Certified Acupuncture
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