

## **PAIN MANAGEMENT**

### ***DR. ALI DAHA, PAIN MANAGEMENT, BAYLOR SCOTT & WHITE HEALTH***

WE'VE ALL DONE IT – WE TELL OURSELVES – THAT BACK PAIN WILL GO AWAY. I'LL BE FINE.

BUT, FOR MANY US, THAT ISN'T ALWAYS THE CASE.

{\*\*TAKE VO\*\*}

ACCORDING TO THE U.S. PAIN FOUNDATION, PAIN IS THE NUMBER ONE REASON AMERICANS ACCESS HEALTHCARE.

FOR EXPERTS LIKE DOCTOR ALI DAHA, PAIN MANAGEMENT COMES DOWN TO KNOWING YOU HAVE RESOURCES

{\*\*TAKE SOT\*\*}

2:56 – 3:14 “I think early recognition, recognizing that my family member needs help. Also, going in with an open mind to really understand what’s going on and what the evidence-based options will be.”

{\*\*TAG\*\*}

DOCTOR DAHA ADDS THERE ARE NUMEROUS WAYS TO BATTLE PAIN WITHOUT RELYING ON PRESCRIPTION OPIATE MEDICATIONS. HE SAYS A PAIN MANAGEMENT EXPERT CAN CONDUCT AN EVIDENCE BASED MULTIDISCIPLINARY TREATMENT PLAN WHICH UTILIZES PHYSICAL THERAPY, CHIROPRACTIC CARE, MULTIMODAL NON-NARCOTIC PHARMACOLOGICAL TREATMENTS, INPUT FROM SPECIALISTS SUCH AS NEUROLOGY/NEUROSURGERY/PSYCHIATRY. THROUGH A COLLABORATIVE EFFORT, DOCTORS CAN DEVELOP TARGETED INTERVENTIONS BASED ON EXAMINATION FINDINGS.