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PRESS RELEASE



 **UNIQUE TO NORTH YORK, ONTARIO**

 **INNOVATIVE NEW PAIN MANAGEMENT CLINIC OPENS**

The new Pain Management and Fibromyalgia Centre located at Shops at Don Mills in North York is one of the first non-hospital based specialty programs in the Greater Toronto Area that provides an innovative and effective approach to managing most of the acute and chronic pain conditions including Fibromyalgia.

All individuals at some point in their lives will experience pain. Canadian Institute of Health Research, reports that 29 percent of Canadians suffer from chronic pain. In Canada, chronic pain costs the healthcare system more than cancer, heart disease and HIV combined. Estimates place direct healthcare costs for Canada to be more than \$6 billion per year and productivity costs related to job loss and sick days at \$37 billion per year [1,2].

Pain Management and Fibromyalgia Centre has a multidisciplinary team of physicians, physiotherapists, chiropractors, and other allied health practitioners, including a psychologist working with one comprehensive treatment protocol, as opposed to separate plans for each discipline. "Utilizing a spectrum of healthcare disciplines in a harmonized approach to pain management forms the core philosophy and principal of our new clinic" said Gita Mikal, Clinic Director. "Communication amongst all healthcare providers, including the referring physician is of paramount importance." she added. "This will lead to a general consensus in the development of specific, patient-focused treatment protocols, and their implementation using highly specialized medical procedures and proven rehabilitation programs," said Dr. Morgan, Medical Director. This program is evidence-based with monitoring and outcome measurement procedures in place to assist patients to reach their maximal functional capacity while managing their pain" he added. Patients are encouraged to play an active role in managing their condition, and as such are provided with education on self-management strategies.

Research has demonstrated that multidisciplinary approaches to chronic pain are superior to single-discipline treatments such as medical treatment or physiotherapy alone. Moreover, the effects appear to be stable over time. The beneficial effects of multidisciplinary treatment approach are not limited to improvements in pain, function and mood but also extend to behavioural changes such as return to work or use of the healthcare system [3,4].

Pain Management and Fibromyalgia Centre offers its pain management programs through two streams: Pain Management Solutions headed by Dr. Anwar V. Morgan, assisted by Dr. Jason Caplan to provide medical and interventional pain management services; and, Physiotherapy at Don Mills, headed by Gita Mikal, providing rehabilitative services as well as psychological support. In addition to the traditional approaches of medical procedures, medication and physiotherapy, a spectrum of diagnostic procedures and treatment options are utilized and can include Massage Therapy, Acupuncture, Naturopathy, Infrared Therapy, as well as individual and group exercise programs. A Registered Dietitian and an Osteopath are also part of the team.

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