

4450 Fashion Square  
Blvd.  
Suite 100  
Saginaw, MI 48603

Tel: 989.792.4090  
Fax: 989.792.4094  
www.matrixpain.com



### OUR MISSION

*The Matrix mission is to alleviate chronic pain and to improve the quality of life for patients.*

### OUR PHILOSOPHY

*We pride ourselves on being your resource as you navigate the difficult waters of chronic pain.*

*Our goal is to offer you our undivided attention and heart-felt compassion along with our expertise in treating your pain-related condition.*

By V. Ann Holmon

*(Continued from page 3)*

happened during my trail. Somehow I dislodged one of the leads in my spinal column and instead of feeling this unusual buzzing feeling in my feet, it had now transferred to my perineal area. Oh the jokes my husband told about this at my expense! When I went back to see Dr. Papenfuse, I took along my little dermatome chart (being the neuro nurse that I am) and told the good doctor what had happened. When he stopped laughing, he took me down to imaging and did a fluoroscopy check to confirm my story. Sure enough, the leads had slipped out of place. He was reluctant to offer me the permanent device since he didn't feel my trial was successful. But I persisted, feeling that even though the leads had moved out of place, we were on to something good. Within a few weeks I had the permanent stimulator inserted and have had outstanding results. I am off all pain medication and still take Neurontin, but at a lower dose. One of the biggest pluses for me was regaining much of my mental clarity!

Now, I speak at the pain classes the pain clinic puts on at SVSU and tell my story. I also answer questions of patients considering to procedure for themselves. The difference in the quality of my life because of this little device is remarkable. Although I will always live with chronic pain, I have learned to embrace the changes it brought into my life. The biggest bonus is being able to spend more time with my family, volunteering and learning that who I am is not what I do for a living.

*(Continued from page 1)*

Dr. Mike Dense was a huge help all week seeing many patients with neck and back pain. There were many patients that presented with various pain complaints that Dr. Dense was able to treat. He also treated many of the Haitian staff that work full time at the clinic as well.

We experienced so many blessings all week long. Our evangelism team acted as "hospital" chaplains praying with many of the surgical and dental patients. They also provided spiritual support to many patients who we couldn't provide surgery for. A young woman was brought to the clinic, carried in her bed, with a very severe wound and infection in her lower leg. She was screaming and whaling that the evil spirits from Voodoo had done this to her. Pastor Ken stepped in and we laid hands on her and prayed for her. It was the most amazing transformation we had ever seen. It was like I had given her a Valium to calm her down.

As always our team received many more blessings by serving than we feel we provided in our service.

## May 22-29th 2010 Ouanaminthe, Haiti Mission Trip

Dr. Michael Papenfuse and his wife, Debrah, led a medical and dental team of 17 people mostly from Saginaw, Michigan, to Ouanaminthe, Haiti. The team provided medical and surgical, dental, chiropractic and evangelism work at Univers Centre Medical. Dr. Tony deBari, an orthopedic surgeon from Saginaw, Dr. Ryan Michelson, a dentist from Saginaw, Dr. Mike Dense, a chiropractor from Saginaw, and Brian Aubin, a nurse anesthetist from Minnesota provided the professional care. Dr. Papenfuse provided anesthesia and pain care in addition to leading the team. Pastor Ken McGilvrey, from Hopevale Church, and Jerry Schuitman led up the evangelism team.



We were able to see 36 patients for surgery during the week mainly with orthopedic problems. A nine year old young lady came with 4 inches of her ulna, sticking out of her skin from an open fracture she sustained 2 years ago. Yes I said two years!! She and her mother were very grateful for a normal looking and functioning arm after surgery. We also took care of a 70 year old man who had fractured the front part of his mandible, in a motorcycle accident one week prior. He presented very sick with a very severe infection. On initial exam he had a grade 4 systolic murmur which most likely was aortic stenosis along with



a fever and tachycardia. He had been seen by 5 other hospitals with no help. After Dr. deBari saw the patient he said, "I have never seen this or done surgery on a jaw, but with God's help I have a plan." God did provide in a mighty way. He was a very high risk patient for anesthesia but with minimal sedation with Ketamine and bilateral mandibular nerve blocks we were able to remove most of his front portion of his mandible and drain the infection from his face. With IV antibiotics he was doing very well by the end of the week. We saw at least five people for fracture revisions from injuries sustained in the earth quake in Port au Prince. We also repaired a fractured arm of a gentleman, who was an immigrant from Port au Prince and had no family or friends in Ouanaminthe, who was attacked with machetes and almost killed.

Dr. Ryan Michelson saw many dental patients for the week, cleaning and pulling many teeth. He also assisted Dr. deBari in surgery helping to repair the fractured jaw patient.



*(Continued on page 4)*

## Why is Matrix offering nutritional support to help improve the quality of life for pain patients???????



Pain medicine has evolved dramatically over the last 15 years. We frequently can improve or abate the pain for a substantial amount of time in most patients. However, there is a subset of families and patients that respond only briefly or never at all. This has sparked a re-interest in a syndrome described not in the last 15 years, but in the 1920's-40's called ADRENAL FATIGUE. It is estimated that up to 80% of the population suffers from some degree of this but only the most severe, life threatening, form called ADDISON's disease has been recognized by the world of medicine. It is now known that ADRENAL FATIGUE can also lead to fatalities and frequently inappropriate treatment for other related complaints.

The adrenal gland works everyday to help our bodies deal with stress. This stress may be a one-time event or a series of events which build up over the years. These small organs perched on the kidneys produce regulators of salt, sugar and hormone regulation. Cortisol is a primary product and looks similar to steroids. These affect blood sugar, fat utilization, emotional and psychological well-being and of course, inflammation.

When the adrenal gland is fatigued it can't produce the natural anti-inflammatory, Cortisol. Inflammation becomes linked to heart disease, stroke, vasculitis, allergies, arthritis, decrease immune response, increased anxiety and depression as well as insomnia. Pain from low magnesium in the muscles happens when salt wasting becomes magnesium wasting. Chronic conditions like fibromyalgia, chronic fatigue, auto-immune disorders and alcoholism have their groundwork laid. Although we all recommend exercise, work and physical therapy; the truth is these patients have to have the motivation of superman just to get dressed in the morning.

The most frequent causes and life-circumstances for the development of ADRENAL FATIGUE are embodied in our patients at Matrix. Poor diet reduces the adrenal's response to stress. Hormones are produced by nutrients rarely contained in fast food. The fried food and high Omega-6 content of our diet negates the uptake of Omega-3 which is part of the disc in the spine. Depression and suicide has been linked to omega-3 deficiency in children. The age of our population with disc injury has fallen over the last several years creating patients that have suffered with pain for many years despite being in their 20's. Smoking negates any nutrient uptake for 6 hrs. Gastric issues prevent uptake of nutrition as the pills just go right through or their stomach is too alkaline to absorb anything. Finally, although prescription drugs are more expensive, and also can prevent the uptake of nutrients by themselves; insurance coverage for nutraceuticals is an issue.

The worlds of allopathic medicine and adjunctive treatments like synthetic nutraceuticals are colliding as they have before, but there are some significant improvements which have led to the incorporation of these products into more traditional offices like Matrix.

Specifically, we are developing a wellness program and offering three products for an optimal health routine. The name of the company is NUTRAMETRIX and the availability to our patients is at our website [www.nutrametrix.com/matrixwellness](http://www.nutrametrix.com/matrixwellness). This optimal health regime incorporates OPC-3, a powerful antioxidant and anti-inflammatory which promotes a healthy glucose level and healthy circulation. This is combined with vitamins to provide a strong micronutrient base and support a healthy thyroid and immune system. These like many of this company's products are isotonic capable and are absorbed in about ten minutes. These products come in powder to mix in about 2oz of water. The third product is a capsule of omega-3 which promotes a healthy blood pressure, c-reactive protein, and overall heart health.

In general, we have chosen the NUTRAMETRIX line of products for their overall quality practices, wellness programs, isotonic capability, health professional support and one-stop approach to improving many factors that contribute to ADRENAL FATIGUE and so persistent pain and suffering.

Read about adrenal fatigue in the book "Adrenal Fatigue" by James L Wilson, N.D., D.C., Ph.D.

Read about all the NutraMetrix products on the website above.

-Diane Czuk-Smith, M.D.

## URINE DRUG SCREEN'S A NEW STANDARD AT MATRIX

The providers at Matrix are understandably concerned about the abuse and misuse of prescription pain medications. Urine drug screen are an important test assisting in identifying those patients using prescription medications inappropriately or engaging in illicit drug usage.

All new patients are required to submit to a urine drug screen at the time of their initial consultation. Random screenings are also required approximately three to four time per year or more frequently if deemed necessary by the provider. This helps Matrix closely monitor our patients to prevent abuse or misuse of prescribed medications or the use of illicit substances.

For our patients being treated with interventional procedures with anesthesia they can be assured that they are being administered more safely and effectively. The patient's recovery after a procedure has fewer complications due to the ability to monitor the correct usage of medications.

We are not a drug rehabilitation practice, therefore when a patient is identified as needing drug rehabilitation services their primary care providers are notified so the patient can address the issue and get the necessary treatment.

Patients that have been identified as abusing or misusing prescription medication, or engaging in illicit drug usage are weaned off their pain medications and may be discharged from the practice. Each patient prescribed pain medications at Matrix signs a narcotic contract when initially prescribed medications, informing them of behavior that can result in discontinuation of medication or discharge from the practice.

The providers at Matrix Pain Management, work diligently to provide safe, effective, and appropriate pain medicine for all patients that come to us for treatment. We feel this will be standard across the country due to this growing concern of patients abuse or misuse of medications.

- Article by Patricia Frick



## Patient Testimonial

My name is Teresa Gill and I have been a patient at Matrix Pain Management, PC for about 6 years. My experience with chronic pain started about 8 years ago with pain in my feet. I'm an RN and I've always worked in the hospital in some capacity. I've been a staff nurse, nursing educator, case manager, and nurse manager and found my career very fulfilling. Ironically, I am a neurosurgical nurse which has given me a great deal of insight to my pain.

I spent over two years with various specialists trying to identify the cause of the increasing pain in both of my feet. The pain progressed to a burning sensation and a feeling as though someone were taking a knife and stabbing it into my feet. I went to countless doctors, the Cleveland Clinic and U of M searching for a "why". I had vascular studies, MRI's, EMG's, and blood work in an attempt to find a diagnosis. Finally, my physician said that we probably weren't going to find a "why" and that I needed to accept the fact that chronic pain was in my life to stay.

At this point, I asked my Dr. for a referral to Matrix. At the time, Dr. Lingenfelter and Marcie Welker were the only practitioners and it took several months to be seen. I was immediately impressed with the staff. They were kind, courteous and obviously had a heart for people in pain. My initial diagnosis was complex regional pain syndrome. I was started on Neurontin and then Mexitil was added a little later. Several series of epidural blocks were tried to help with the pain, but the results were short lived. Eventually, my diagnosis was changed to "Peripheral neuropathy". My pain continued to worsen and higher doses of medication were added, along with starting Methadone. I had to resign from my job at the hospital because I could no longer spend that long on my feet, and my brain was so fuzzy from the meds that I no longer felt safe practicing as a nurse.

I eventually applied for disability and became mostly homebound. I became depressed over my circumstances and angry that my career had been cut short. So much of who I was was directly related to what I did for a living...nursing. I had to use an amigo at the grocery store, could no longer walk my dog or go for bike rides. During this time we had to file for bankruptcy due to many factors, but the largest was due to my loss of income. I was also diagnosed with endometrial cancer and had many struggles in the arena. I remember going to see Marcie at the clinic and saying, "Now what am I going to do with my life?"

About 4 years ago Marcie approached me about having a trial with a spinal cord stimulator. I attended an informational class and was very excited about the possibility. They said that they considered the stimulator a success when they are able to decrease your pain medication, sometimes by 50%. After the initial screening, my insurance approved me for the procedure and I had my trial. I immediately noticed some relief in my pain. Even in that first week, I was able to decrease my Neurotin slightly. I tell a funny story about what

(Continued on page 4)