

THE FUTURE OF PAIN MANAGEMENT

Pain Institute of Long Island is among the most innovative and effective pain treatment practices in the nation.

Chronic back pain is an American epidemic. It's so rampant that Brian Durkin, D.O., managing director of Pain Institute of Long Island, estimates 80% of his patients are back pain victims. "People are living longer, but our backs are not designed to last as long as we're living," he explains.

Whether caused by acute injury or simple wear and tear, back pain is rarely beneficial to quality of life. But at Pain Institute of Long Island, relief is possible. And the journey begins with an accurate diagnosis.

"Not all back pain comes from the same source, and not all pain should receive the same treatment," says Dr. Durkin. "The source could be disk herniation, bone inflammation, arthritis, or weakened muscles.

"Unfortunately, many pain practices recommend only pain medication or only epidural steroid injections for any patient and any type of pain," he continues. "But pushing the wrong treatment can expose patients to unnecessary risk. At our practice, we have a set

of the most advanced tools in our toolbox to recommend the most appropriate treatment for each patient."

World-Class Pioneers

A quick scan of Pain Institute of Long Island's services, from Riverhead to Rockville Centre, confirms the team's untiring commitment to the latest and most proven innovations. One such treatment is the Intracept® Procedure, a minimally invasive procedure for lower back pain that offers decreased risks and better outcomes than its spinal fusion alternative.

"Intracept is one of the greatest advancements I've seen in my entire career," says Dr. Durkin, who was the first physician in the northeast to perform the procedure.

"I have patients who were pain-free for the first time in 20 years after receiving it. I believe millions of people in the U.S. right now could benefit from this procedure."

For those suffering from lumbar spinal stenosis, Pain Institute offers *mild*® and Vertiflex Superior®

IDS, two highly advanced and minimally invasive treatments that relieve the pressure points signaling chronic discomfort.

The practice is also a leader in neuromodulation (implantable devices that regulate nerve activity), including the new HF10® spinal cord stimulation for patients with diabetic peripheral neuropathy. "Evidence suggests this cutting-edge treatment not only relieves pain but also improves blood flow in the legs, leading to less risk of amputation," says Dr. Durkin.

Life Without Pain

In medical school, Dr. Durkin was drawn to pain management after witnessing his grandmother suffer from multiple myeloma. His quest ever since has been fueled by a passion to help patients live pain-free lives without reliance on opioids.

"Pain management is exciting because it's an untapped area of medicine. There has been an enormous increase in innovation in the last five years, and we are constantly staying at the forefront of the most state-of-the-art, evidence-based treatments," Dr. Durkin says. "Our greatest reward is seeing the look on patients' faces when they're finally pain-free."

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Managing Director



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