



**Contact Info:**  
Preferred Pain Center  
2813 E Camelback Road  
Suite 430  
Phoenix, AZ 85016  
(602) 507-6550

**Website:**  
[www.preferredpaincenter.com](http://www.preferredpaincenter.com)



# Pain Relief No Assembly Required

Pain is a beast that doesn't play by the rules. There is no specific test to evaluate pain, nor is there a magic pill or specific treatment. Often a combination of treatments is the best way to defeat or control pain. Multidisciplinary pain clinics, nicknamed "combo clinics", offer a team of medical professionals from various backgrounds including traditional, holistic, alternative, and interventional training. Preferred Pain Center is our pick as the top combo clinic for pain management in the Valley. The Center's providers offer this integrated team approach, facilitating communication and collaboration on challenging chronic pain conditions such as neck pain, low back pain, sciatica syndromes, RSD, and various neuropathies.

When battling chronic pain, many people find poor communication between different types of specialists leaves them feeling like they have to assemble the pieces to their pain-puzzle themselves. Keeping all the treating providers informed of the decisions, treatments, and options offered by different specialists can be daunting for someone already exhausted by pain.

"Spine problems should not be loosely evaluated by providers" says Sky Moore, DC. "Many times we find patients have had several prior treatments, but no real detailed evaluation in collaboration with different providers." A spotty investigation can leave a patient in pain, when a good pain solution can be found if physicians act as a team. Good communication between doctors of various types (MD, DO, DC, NMD) appears to be very beneficial when dealing with back pain, neck pain, sciatica, chronic headaches, and fibromyalgia.

One of the chief collaborators affiliated with Preferred Pain Center is Ajay Narwani, MD. "Chronic Pain can affect every aspect of life. Sleep, relationships, work duties, daily activities can all be compromised which can lead to increased anxiety and possibly depression. Patients need

compassion and multi-disciplinary solutions to improve their quality of life. There's not always a simple answer, which is why collaboration helps improve outcomes and tilts the odds in the patient's favor," says Dr. Narwani. With double board certifications in Pain Management and Anesthesia, Dr. Narwani has considerable skill and knowledge in both Interventional Pain Procedures as well as Medical Pain Management.

The team of doctors at Preferred Pain Center located in Phoenix, Scottsdale, and Chandler, are individually impressive, and collectively offer extraordinary treatment potential. Patients seeking non-surgical options for pain relief often find the Center's approach successful for:

- Acute or Chronic Low Back/Neck Pain
- Radiating neck and arm pain
- Chronic Headache
- Sciatica (radiating low back and leg)
- Spinal Disc Conditions – bulging/torn disc
- Auto Accident Injury Rehab
- Plantar Fasciitis
- Fibromyalgia
- Frozen Shoulder Syndrome
- Hip, Shoulder, and other joint pain
- Reflex Sympathetic Dystrophy
- "Scar Tissue Issues"
- Pain reoccurring after spine surgery (Failed spine surgery syndrome)

"Working with doctors that I know and trust to look at pain from different perspectives is the most advanced treatment method I've seen, and our results are impressive," says the Center's naturopathic physician, Kathy Kamin. "What we're seeing is pain relief that is rapidly effective and longer lasting, with improved patient satisfaction. The combination of treatments works, and it works very well." Dr. Kamin assists patients with the B-HCG weight loss program, bio-identical hormone replacement therapy, acupuncture, allergy elimination, fibromyalgia treatment, pain medication reduction, and much more.

Most patients will be offered a combination of medical treatment, physiotherapy, chiropractic, naturopathic medicine and massage therapy as part of their initial treatment plan. Spinal Decompression Therapy, an advanced form of traction, has become a very popular treatment for disc-related problems. Preferred Pain offers decompression with its own state-of-the-art table. Researchers are starting to take notice of this treatment, and many recognize it as a possible alternative to surgery for some patients with spinal disc problems.1

Preferred Pain Center's collaborative approach to pain management gives patients the maximum chance of success. Second opinions are almost always a good idea, especially when they are done automatically.

Preferred Pain Center, LLC offers a no-cost consultation for patients with chronic pain involving the spine. Call their center for details regarding their consultation process and/or insurance coverage for treatments.