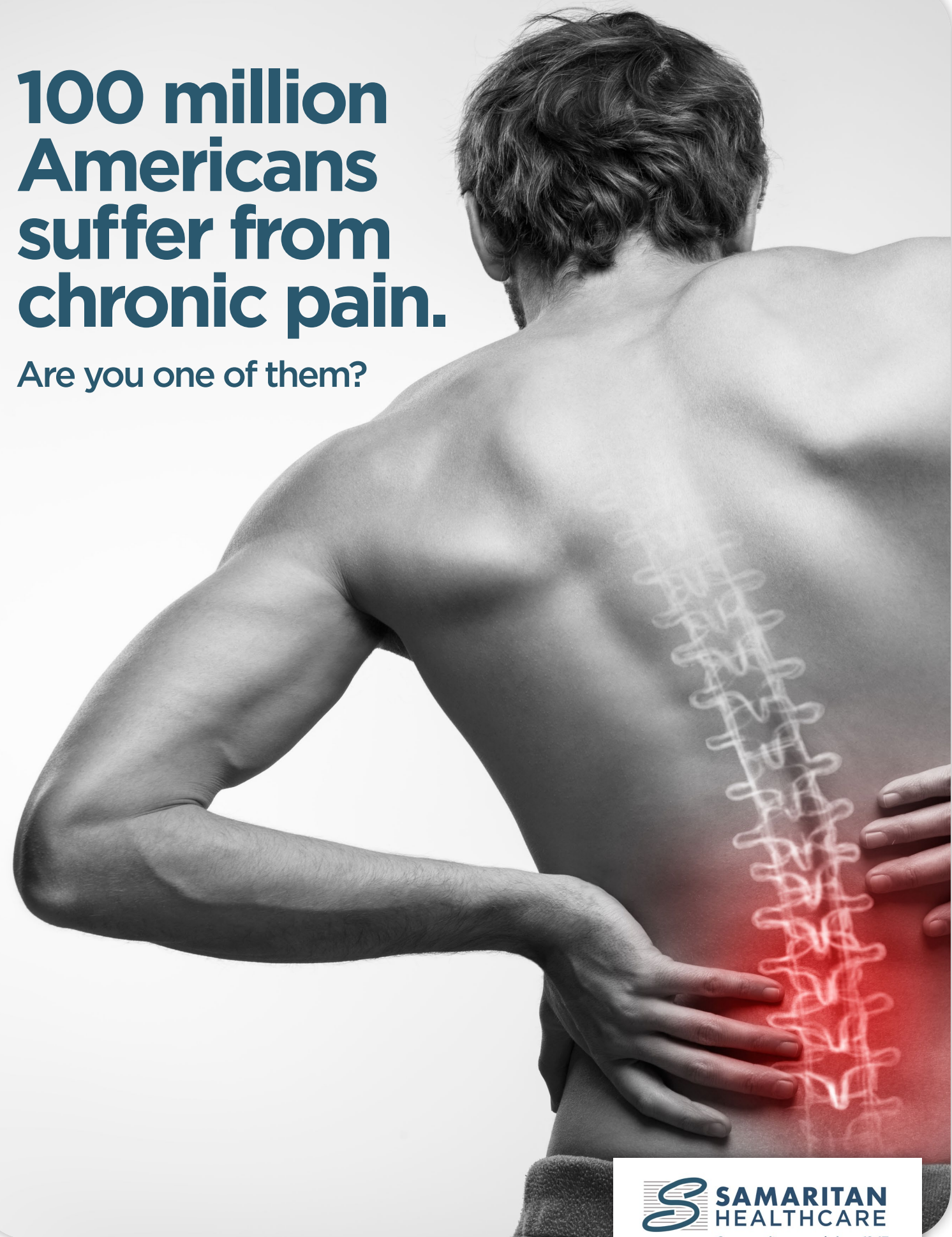


100 million Americans suffer from chronic pain.

Are you one of them?



Learn more information by calling (509) 765-5606.

SamaritanHealthcare.com

A collaborative service of the Grand Columbia  Health Alliance

 **SAMARITAN
HEALTHCARE**
Community-owned since 1947

 **SAMARITAN
HEALTHCARE**
Community-owned since 1947

Pain management. Safe, cost-effective, and close-to-home.

Chronic pain.

Have you discovered that you've slowly adjusted your daily activities to work around your chronic pain? It can affect everyday life and physical activities—even your mental health from continually needing to limit or change your normal routines.

Samaritan Healthcare is pleased to provide safe, cost-effective pain management that is close to home for residents of all ages in the Moses Lake region. If you are suffering from chronic pain, ask your doctor if you might be a candidate for pain management. A referral from your doctor is needed to receive pain management treatments.

What is non-surgical pain management?

The first step in non-surgical pain management treatment is locating the area that is causing the pain, such as the spine, an arthritic knee, or an inflamed nerve from an accident, injury, illness, developmental disorder, or another condition. The central pain area may be identified by our Pain Management team, or may have already been determined by your primary care physician or specialist.

Pain management treatments are a safe alternative to taking opioids for your pain and may include a combination of procedures, therapies, and medications. It can be used for pain centered in the back, hips, knees, or other joints. Our Pain Management team works closely with Samaritan's Family Medicine, Podiatry, and Orthopaedics physicians and providers to create treatment plans that ensure patients receive comprehensive care for their physical and mental well-being.



Derek Mitchell, MD

Dr. Derek Mitchell is a specialist in Interventional Pain Management at Samaritan Healthcare and is double board-certified in Anesthesiology and Pain Management. He also achieved a higher level of training with an Interventional Pain Management Fellowship, which increases the expertise he brings as a pain management physician. Dr. Mitchell enjoys providing continuity of care that can lead to an improved quality of life for patients with chronic pain that affects their daily activities.

Dr. Mitchell is highly skilled in treatments that include fluoroscopic-guided interventions, ultrasound-guided injections, radiofrequency techniques, Botox injections for migraines, and more.

"I thoroughly discuss various treatment options with patients and encourage them to join in making decisions. I tell them, 'Nothing about the treatment is required, it's all your decision, you're driving the ship.' Continuity of care leads to greater success in improved function and benefits their quality of life—often restoring function to regain the ability to enjoy their hobbies or activities."

—Dr. Derek Mitchell



Carter Newey, DO

Dr. Carter Newey is a member of the Pain Management team and is a specialist in Physical Medicine and Rehabilitation/Physiatry. Dr. Newey's non-surgical, holistic, patient-centered approach is for patients with ongoing pain whose function may be limited by musculoskeletal or neuromuscular conditions. These may be caused by a variety of illnesses, injuries, developmental disorders, or other conditions.

Dr. Newey listens carefully to his patients experiencing chronic pain, before diagnosing and treating the concerns affecting their physical condition. He looks forward to helping his patients improve their overall function and quality of life. He also speaks Spanish fluently, which helps cross language barriers for some patients.

"I'm here to partner with my patients toward reaching their goals. Whether managing pain, weakness, or physical disability, it's key that I begin by listening and relating to them. By building quality patient relationships over time, I can provide continuity of care and walk with them on their journey to better function and health."

—Dr. Carter Newey

What kinds of treatments are used?

Treatments offered at the outpatient pain management clinic range from radiofrequency ablation to a wide variety of injections, such as epidural steroid injections or injections to hip and shoulder joints. Most injections are performed under fluoroscopy or ultrasound guidance to improve accuracy and target location.

Pain Management treatments include:

- Fluoroscopic-guided spine/extremity interventions
- Ultrasound-guided nerve/joint injections
- Radiofrequency/chemical neuroablative techniques
- Botox injections (migraines/daily headache)
- Spinal cord stimulation
- Platelet-rich plasma injections
- Electrodiagnostics
- Electromyography
- Osteopathic manipulative treatment
- Epidural nerve block
- Facet/sacroiliac joint injection
- Compression fracture
- Vertebroplasty
- Discography
- Trigger point injections

Lose your pain. Get your life back.

If you are ready to explore treatment options for your chronic pain and would like to schedule an appointment with our pain management team, call (509) 793-9733.