

MESOTHERAPY AN EFFICIENT TREATMENT FOR CHRONIC PAIN

CASE REPORT: 57 Year Old Male Suffering From Chronic Pain Enjoys Life Again

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ABSTRACT

Chronic pain is a debilitating condition that can greatly impair quality of life and interfere with family, social and economic welfare. A 2010 report by the Chronic Pain Association of Canada stated that “the annual cost of chronic pain, including medical expenses, lost income and lost productivity, but not the social costs, is estimated to exceed \$10 billion”. According to the guidelines set by the World Health Organization, the standard strategy for the treatment of chronic non-malignant pain in adults indicates that **oral medicines are among the key components of pain management**. Opioids are class of medication that maintains an integral part in oral medicine pain management. This family includes codeine, demorl and oxycontin which all unfortunately have a high potential for abuse and dependence. In this case report, mesotherapy is administered as an alternative and natural approach to treating pain for a 57 year old male who has been suffering relentlessly for over a decade.



INTRODUCTION

Mesotherapy originated in Germany around the 1920s. The theory centers around the idea that trauma can illicit disturbances in electrochemical function of tissues and consequently create chronic spasticity in muscle cells. Increased tension is advertently placed on ligaments and tendons, contributing to a multitude of symptoms. As an alternative approach to pain management, standard treatment consists of subcutaneous injections, although the contents can vary per practitioner. Typically solutions of homeopathics and B vitamins are administered to re-establish equilibrium, relieve the spastic contraction and normalize the area.

The frequency of mesotherapy visits is routinely once per week for 4 to 5 weeks followed by reassessment. Initial

pain relief will continue for 3 to 7 days with the first two treatments. Subsequent treatments will produce a more prolonged benefit. Reduction of pain can last for 3 to 4 weeks by the fourth and fifth injection whereupon treatment frequency declines to once a month or as needed.

This case report demonstrates the effectiveness of mesotherapy on relieving chronic pain. Increased muscle tension created pressure on degenerating discs resulting in neurological symptoms, headaches, numbness and tingling. Subcutaneous injections released musculature rigidity and compression of the spine after the first treatment.

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CASE PRESENTATION

A 57 years old male presents to the clinic with extreme neck pain that occurs daily over the past 10 to 15 years. The pain is described as a sharp stabbing pain along the left side of the neck that inhibits range of motion on the same side. The pain radiates down the left arm, causing tingling and numbness in the left hand. In addition headaches that extend to both sides of the temples are associated with the chronic pain. On a scale of 1 to 10, 10 being the worst, the intensity of injury symptoms are rated at a 10.

Personal and Diagnostic History

The patient, a funeral home director and owner, is experiencing the emotional impact of 15 years of suffering. Overall has become quite irritable and anxious, often observed by family members.

X-rays have revealed degenerative disc disease of C3-C6, most likely the result of patient's occupation. Presently, allopathic physicians are providing a pain management approach which concurrently has also created a secondary digestive complaint. The remaining option MDs are offering at this time is a surgical intervention for back pain.

The patient presents to our clinic to seek out alternative measures and avoid surgery. Primarily, we decided to focus on the chronic pain and secondarily the patient's gastrointestinal symptoms.

Medications:

- Amlodipine 5mg
- Hydrochlorothiazide 25mg
- Lansoprazole 30mg bid
- ASA 81mg
- Tylenol daily

TREATMENT

Taking into consideration the patient's extended use of pain killers and anti-inflammatories, we decided to utilize a combination of Western botanicals to introduce some natural anti-inflammatory herbs and help support the patient's abdominal disturbance. The anti-inflammatory herbs work in conjunction with the mesotherapy.

Regime:

1. Western botanical: 25 drops 3x/day
2. Mesotherapy: 1x/wk for 4-6 wks and re-evaluate after 4wks
 - Ingredients: 0.1mL B12, 0.2mL Traumeel, 0.7mL Normal saline
 - Method: In a 1mL tuberculin syringe, 32G x 1/4" needle, administer 10-12 blebs 1inch laterally from the transverse process, bilaterally from T1-T5

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RESULTS

Treatment #1

- Aug 1/12**
- patient presented with neck pain, over 15 years duration

Treatment #2

- Aug 9/12**
- After 1st treatment patient reported, no neck pain, no shoulder pain and no headaches

Treatment #3

- Aug 22/12**
- Patient stated that neck and shoulder pain slowly resurfaced 4 days after the 2nd treatment

Treatment #4

- Sept 6/12**
- Overall neck pain is **70-80%** better
 - Patient is extremely happy with results, best he has ever felt
 - Patient exclaims that the clinic was able to do more within 4wks of treatment than all the specialists **over 15 years**
 - Now concerned with his GI symptoms, has a colonoscopy booked for end of Dec/12
 - Delayed the next mesotherapy treatment for two weeks

Treatment #5

- Sept 20/12**
- Patient has no discomfort with the neck or shoulders or headaches
 - Appointment with his MD indicates that the Gallbladder only functioning at 20%, no stones or obstructions
 - We suggest some traditional Chinese medication (Lidan 3 pills bid) along with a change of the patients Western botanical

Treatment #6

- Oct 18/12**
- Patient is extremely happy, **treatment saved his life**, he went deer hunting, caught 2 deer approx. 130-140lbs each, he was able to drag the deer across the field without any discomfort and has been pain free
 - GI discomfort and bloating has reduced
 - Follow-up meso treatment in 4wks
 - Now that pain has reduced immensely focus will now be directed towards GI. pain treatment as needed

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CONCLUSION

The impact of chronic pain can be devastating, physically, emotionally, socially and economically. This case study demonstrates the effectiveness of mesotherapy as an alternative method to alleviating pain. The 57 year old male patient experienced a complete cessation of the daily pain symptoms he endured over 15 years within 4 to 6 weeks of treatment. The effective strategy implemented for the patient provided an opportunity for him to experience life again. The case study is designed to educate and give hope to those fighting a relentless battle of needless suffering.

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