

Case Study: Susan

A patient by the name of Susan visited The Toronto Diagnostic Centre and The Toronto Pain Clinic in an effort to ease a deep-rooted pain.

Susan lives in Scarborough, and found our clinic location and our services offered had what she needed. Susan was looking for a diagnostics and pain treatment facility in the Scarborough area. She involved her family doctor, who made a referral to our facility.

Susan suffers with peripheral neuropathy which is a condition that causes damage to the nerves located outside the brain and spinal column. Patients with this condition often suffer with symptoms of pain, weakness or numbness in feet and/or hands. The underlying reason for a patient developing peripheral neuropathy can be from inheriting diseases (ie.: diabetes), being exposed to toxins, experiencing traumatic injuries and other factors.

When Susan came to our facility, she had been experiencing a pain flare-up for almost a month. Initially, Susan visited The Toronto Diagnostic Centre to get x-rays of the affected area. Although the process was painful to examine those injured areas, she knew that her results would help her on her mission to being without pain.

For her second visit to our facility, Susan was experiencing deep pain symptoms in numerous areas of her body, including her back, her foot and the front of her thigh. Susan visited a doctor at The Toronto Pain Clinic to help minimize and ease her pain.

Often with patients suffering from pain flare-ups caused by peripheral neuropathy, treatment centres like ours can administer nerve blocks. Nerve blocks are injections of pain relieving or anti-inflammatory medications used to block pain from a specific set of nerves. The injections are guided by ultrasound or fluoroscopy to ensure accuracy and precision.

Additional injections offered at The Toronto Pain Clinic to help ease swelling and pain are botox injections (getting a botox injection triggers chemical denervation at the nerve endings and thereby blocks nerve pain) and proliferative injections (getting an irritant injection inserted into joints and the patient's natural instinct is to strengthen and heal these sources of pain).

Another popular treatment pain clinics like ours offers to patients with chronic pain and pain flare-ups is administering platelet rich plasma therapy. This therapy encompasses extracting blood from the patient, and then processing the blood to extract platelet rich plasma which is then reintroduced at the patient's source of pain. Platelets contain reservoirs of several enzymes, growth factors and bioactive compounds that assist with tissue repair and wound healing. By extracting, isolating, and then reintroducing this plasma to a weakened or distressed area, the treatment aids in tissue repair and regeneration for the patient.

The last option that sometimes works best for a patient is to combine massage therapy, physio therapy and to taking an anti-inflammatory medicine to reduce the pain and swelling symptoms. After considering options above, Susan and the doctor determined the latter treatment was the ideal solution for her. Susan will be initiating this treatment plan and will be coming back to see the doctor in four weeks to evaluate treatment plan effectiveness and next steps.

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