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Pain is real and treatable –there is no merit in suffering

As per WHO, Pain is Five vital sign, “It is one of the most common reasons for patient to seek medical attention and one of the most prevalent medical complaints in today’s world”. The treatment of the acute, chronic and cancer pain is demanding and challenging. Pain clinics provide effective pain management by doctors specializing in interventional pain management techniques. Though skills, advanced equipment’s are available, still pain relief is not available to at least a million people in India. Techniques like Ozone Injection and non-surgical disc decompression cures most of the patients of slip disc and sciatica. It is a non-surgical, outpatient procedure done under local anaesthesia not requiring bed rest for more than day or two at a much lower cost with almost no complications. Kyphoplasty is a newer approach to management of vertebral body fractures in which bone cement is injected under local anaesthesia by a wide bore needle with imaging guidance. This provides increased bone strength, stability, pain relief, increased mobility with improved quality of life. Interventional pain procedures in cancer pain target neural and non- neural pain generators and provide excellent pain relief for neuropathic or visceral

pain. The type of neural block selected is determined by the location and mechanism of the pain, the physical status of the patient, the extent of tumour spread, and the technical skill and experience of the person performing the intervention. Such blocks can be easily utilized to help provide cancer pain relief in most of patients. So to conclude, it can be said for all happiness man can gain, is not in pleasure but freedom from pain.!

Speaker Biography

Upasana Arora is a dynamic leader in the Indian healthcare industry and is responsible for leading Yashoda Hospitals since 2000. The first Indian working in India to be awarded the prestigious Fellowship of ISQua. She also holds an International Fellowship on Health Technology Assessment (HTA), UK besides her Doctorate in Hospital Administration from National American University. She holds many leadership programs from IIM Ahmedabad and Harvard University besides numerous accolades internationally and nationally. She is the current Chairperson of Indo-US Chamber of Commerce Healthcare Division and SEPC (Healthcare Sector); Co-Chairperson ASSOCHAM Healthcare Council, ASSOCHAM Empowerment Council, ASSOCHAM Women Forum besides member of many other National and International Councils.

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