

PAIN, PAIN, GO AWAY

Chronic pain conditions affect a large proportion of people around the world. In the UK, almost 10 million people suffer pain daily resulting in a major impact on their quality of life and days off work.

Chronic pain is when pain has lost its usefulness in warning us that we need to seek treatment and has become continuous and long-term. This naturally keeps people from their normal activities and can lead to a life of suffering. Most people living with chronic pain believe they have exhausted all their available treatment options and their symptoms don't improve, leaving them anxious and depressed.

If this applies to you, or someone you know, we have developed a clinic where the focus is entirely on relieving pain and restoring functionality and a degree of normality for people suffering with chronic problems, without drugs.

PAIN MANAGEMENT CLINIC (PMC)

The Pain Management Clinic programme runs primarily on Tuesday afternoons at the Leigham Practice (though other times may be possible on request). Treatments consist of a variety of methods including acupuncture, low level laser therapy and infra red heat therapy together with a range of stress relief techniques that have been found to help relieve pain.

Our acupuncture team consist of two highly experienced professionals, Susana Pires and Lora MacFarlane. The Pain Management Clinic is run by Susana Pires, who developed a special interest in chronic painful conditions working within an NHS specialist centre, and currently works within a multidisciplinary team consisting of physiotherapists, osteopaths, podiatrists and massage therapists.

The aim of the clinic is help chronic pain sufferers to reduce their pain, to manage their pain and to improve their quality of life.

ACCESS TO THE PMC

The Pain Management Clinic is for those who are suffering from chronic pain for at least 6 months and where the underlying condition has been investigated medically by the GP or specialist medical team. It is also for problems where other appropriate treatments have been undertaken but been unsuccessful or only partially successful and more relief is sought.

Initially, a normal acupuncture appointment is made with either Susana or Lora. A thorough history of the complaint is taken and treatment is also given. Susana or Lora will discuss whether they feel you are suitable for the PMC. Suitable patients will be offered the option of attending.

INTENSIVE TREATMENT WITH REDUCED COSTS

Once your problems have been assessed and treated for the first time in a normal clinic, your second appointment will be in the PMC. Since your treatment plan will have

already been developed Susana will know exactly what is required. From the moment you arrive you will be given treatment as quickly as possible in order to maximise the benefit of your treatment.

It is important to allow plenty of time to arrive with time to spare as appointments must start and end promptly. It is also very important to consider to dress appropriately as the time taken to change can impact upon your treatment time.

DURATION OF TREATMENT

Normal acupuncture appointments are 45 minutes, whereas the PMC appointments are 30 minutes. Time is saved from the 'consultation' part of the treatment with the focus firmly on the 'treatment'. By reducing the appointment time whilst maximising the 'treatment' the cost of PMC appointments are proportionally less. In most cases treatment will be offered on a weekly basis.

We hope that providing appointments that maximise the treatment whilst reducing costs will allow these appointments to be more affordable for people over time.

Susana will build in to your program review periods where there will be an opportunity to discuss how much progress you are making and allowing your treatment to be adjusted if necessary, in light of your response to treatment. She assesses progress using research-based questionnaires to objectively chart and monitor your health gains and is able to communicate this with your GP or specialist team as appropriate.

OUR ACUPUNCTURE TEAM

Our team consist of two fully registered Members of the British Acupuncture Council who between them have considerable experience working with people with chronic conditions offering acupuncture Mondays, Tuesdays, Wednesdays and Saturdays.



The Pain Management Clinic is lead by **Susana Pires** who attends Tuesdays and Wednesdays.

Susana has a special interest in chronic pain and pain management and has worked within the multidisciplinary team, including working at the Gateway Clinic; the NHS centre for acupuncture treatment and research. She works in a central position within the Leigham Practice providing her own specialist services in addition to providing support to our diverse team of health professionals.

FURTHER BENEFITS

The benefits of acupuncture often go beyond treating or alleviating a specific condition. As acupuncture is a holistic treatment, people often find themselves with increased energy levels, a healthier appetite, a better quality of sleep, more positive attitudes and a greater overall sense of well-being. If you suffer from a long-standing problem not listed and wish to know if, or how, acupuncture can help improve your condition please contact us and we will arrange for someone to speak with you to give you an idea of the benefits acupuncture could offer for your condition.

Practice Information

- Rail: Streatham Hill BR
Is a 4 minute walk

Streatham Station BR
Is a 12 minunte walk
- Bus: 57, 109, 118, 133, 159,
201, 250, 255,
319, 333 & P13
All stop directly outside
- Car: Un-metered parking in adjacent
Leigham Avenue or opposite in
Mount Ephraim Road

Limited Parking to 20mins directly
outside between 10am-4pm
- Foot: Directly opposite junction of
Mount Ephraim Road with
Streatham High Road



8 Leigham Hall Parade
Streatham High Road
London SW16 1DR

Tel: (020) 8769 7409

www.leighampractice.com

Other services available include:
Chiroprody / Podiatry, Physiotherapy, Osteopathy,
Massage Therapies and other treatments

We only ask our clients to respect our cancellation policy where appointments cancelled or changed with less than 24 hours notice, or are missed, incur the full charge. We send our thanks for your consideration to our staff and services.



Pain Management Clinic



*A new direction for people
with chronic pain*

With

Susana Pires MBACc

Member of the
British Acupuncture Council

*Appointments
(020) 8769 7409*