

RISKS and BENEFITS OF PAIN MANAGEMENT PROCEDURES **PATIENT INFORMATION FOR INFORMED CONSENT**

The purpose of this document is to provide information about the risks, benefits and alternatives to steroid injections. This material is designed to supplement the discussion you will or have had with Dr. Sheikh and/or Dr. Razaq. It is important that you fully understand this information, so please read this document thoroughly.

THE PROCEDURE: Most of the injections that are performed for pain management contain steroid and an anesthetic agent (one or both of these). The steroids we inject are a type of catabolic glucocorticoid hormone which helps to reduce inflammation, thereby relieving pain which may be stemming from this inflammation. This is in contrast to anabolic steroid hormones, which do not produce the same effect and not are intended for pain management procedures. The anesthetic component helps the therapeutic effect of the injection, by 'blocking' pain and 'numbing' the area, and works synergistically with steroid to provide additional pain relief, but with a different mechanism.

THE BENEFITS: The benefit of the anti-inflammatory effect of steroid and the numbing effect of the anesthetic is to provide pain relief of course. This can be applied to any number of chronic, painful conditions including, but not limited to:

- * Joint pain of various types (osteoarthritis)
- * Bursitis of the shoulder, hip, knee or large muscles
- * Myofascial pain syndrome ("trigger points")
- * Facet or sacroiliac joint syndrome
- * Radiculopathy or stenosis/clauidication
- * Tendonitis and tendon or ligament injuries
- * Carpal tunnel syndrome
- * Herniated discs or other pain of spinal origin
- * Neuralgia or other chronic nerve related pain
- * Pelvic pain & other chronic pain syndromes

THE RISKS: Before undergoing an injection for any of these conditions or another painful condition, understanding the associated risks is essential. The procedures are only performed if and when the given benefit outweighs the associated risks. Since the risks from these injections are often controllable and small, most people will qualify for these procedures with relatively little risk. The common risks from steroid injections are as follows, but there are many that are not common and that may be unforeseen by your doctor(s):

- * Lower resistance to infection (reduced immunity)
- * Frequent urination
- * Increased pain after the injection
- * High blood pressure
- * Diabetes
- * Osteoporosis (thinning of the bones)
- * Blurry vision
- * Increased thirst
- * Weight gain
- * Cataracts
- * Puffiness in your face
- * Ulcer formation

ADDITIONAL RISKS ASSOCIATED WITH X-RAY GUIDED SPINAL INJECTIONS may include bleeding, infection, and nerve injury. We take all precautions possible to minimize these risks, including involving your primary care physician or other provider if you are on blood thinners or have a history of infections. If you have an active bleeding disorder or a current infection, the procedure may not be done due to increase risk to you. The x-ray machine (and contrast dye, unless you are allergic) are used to minimize risk from nerve injury since everything can be visualized at all times. Even after taking steps to minimize risks from x-ray guided spinal injections, the following may still occur, but are considered to be RARE occurrences:

- * Leakage of spinal fluid and spinal headache
- * Retention of salt and water
- * Loss of bowel, bladder and/or sexual function
- * Transient disturbance of blood glucose/sugar
- * Scar formation around the spinal nerves
- * Allergic reaction to medications used

Any of these may occur, and may lead to serious injury or even death. For any questions regarding your procedure or alternative options please ask your doctor.