

# Living with Chronic Pain

Overdose Data to  
Action Program



## OPIOIDS

### WHAT YOU NEED TO KNOW



### What are opioids?

Opioids are a family of highly addictive drugs including prescription painkillers such as hydrocodone, oxycodone, and morphine, as well as illicit drugs like heroin.

Studies find that pain management can be achieved through safer alternatives.

Coffey Health System partners with the Overdose Data Action Program to provide education about these options.

### Pain Management

To create an effective pain management plan, it's important to understand what's causing your pain. Mark Greenfield, M.D. provides an in-depth assessment and develops a plan to treat the patient's pain with treatment such as physical therapy and/or epidural steroid injections.

Among the 34 procedures offered by Mark Greenfield at Coffey County Hospital are:

- Botox injections for chronic migraine,
- Cervical Radiofrequency Ablation for chronic neck pain and headache,
- Kyphoplasty for back pain,
- Lumbar Radiofrequency Ablation for chronic low back pain, and
- Spinal cord stimulation evaluation for back pain.



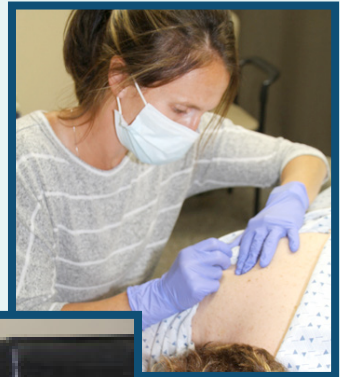
Mark Greenfield, M.D.  
Pain Specialist

Visit with your family physician to see if pain treatments are right for you, or call CCH Specialty Clinic at (620) 364-2121 Ext. 4290 to schedule a pain clinic appointment. Referrals not required.

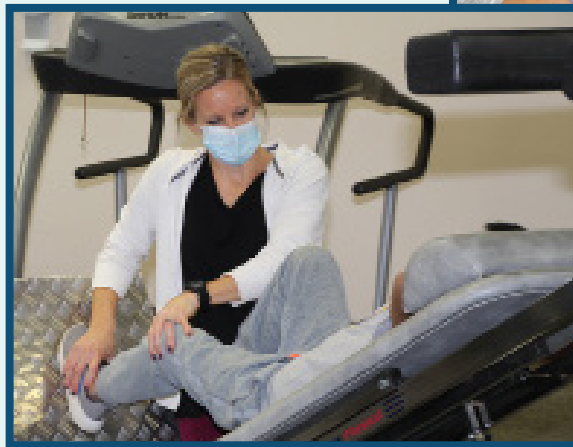
# e with chronic pain?

n treatments are available at Coffey Health System.

**Dry needling** is a tool used to release tension in muscle tissue. It doesn't just treat the symptoms – instead, it addresses the cause of the pain. Damaged muscles create scar tissue and shift into a protective-yet-painful state of constant contraction. Pain results in our body's creation of more chemicals, which causes our muscles to build more chemical receptors. With dry needling, muscle experiences more stimulation, more blood flow, and less tension. Physician referral is required.



**Physical Therapy** can help restore function, improve mobility, relieve pain, and prevent or limit the physical disabilities of patients suffering from injuries or disease. They restore, maintain, and promote fitness and health.



*Talk to your doctor about other options that you can pursue*

**Exercise** such as walking, biking, and swimming are often helpful.

**Therapeutic massage** may relieve pain by relaxing painful muscles, tendons, and joints. Massage relaxes stress and anxiety, helping to “close the pain gate” by stimulating competing nerve fibers and impeding pain messages to and from the brain.

**Yoga** can help improve pain by building strength, releasing muscle tension, improving flexibility, and bolstering joints and bones.

**Biofeedback** is a noninvasive therapy where the patient is connected to electrical sensors that help the body receive information. This can help patients make subtle changes in their body by relaxing certain muscles to achieve results.

**Cognitive Behavioral Therapy (CBT)** is a form of talk therapy designed to change negative thoughts and behaviors.

# Coffey Health System Medical Staff



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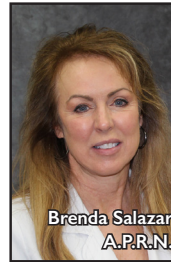
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## Coffey County Hospital

801 N. 4th St Burlington, KS 66839  
(620) 364-2121

## Coffey County Medical Center

309 Sanders, Burlington, KS 66839  
(620) 364-5395  
Monday – Thursday 8-6, Friday 8:30-4  
Saturday sick clinic 8:30-11:30



Annette  
VanAnne A.P.R.N.

## Gridley Medical Clinic

321 Atherly St. Gridley, KS 66852  
(620) 836-2915  
Monday – Thursday 9-12

## LeRoy Medical Clinic

538 C St. LeRoy, KS 66857  
(620) 964-2264  
Monday – Friday 1-4

## Waverly Medical Clinic

302 Pearson Ave. Waverly,  
KS 66781  
(785) 733-2667  
Monday – Friday 9-4:30

## Yates Center Medical Center

1004 E. Madison Yates Center,  
KS 66783  
(620) 625-2312  
Monday – Thursday 9-5, Friday 8-4:30

Coffey Health System does not discriminate against any person on the basis of race, color, national origin, disability, or age in admission, treatment, or participation in its programs, services and activities, or in employment. For further information about this policy, contact: Joben Rieth at 620-364-2121 Ext. 4140; TDD/State Relay 711 Kansas Relay.