

Hospital names Patel pain management director

07/14/2008



LIMERICK — The Phoenixville Hospital recently named Anish S. Patel, MD, MBA, its Medical Director of the Pain Management Institute at Limerick, 420 W. Linfield-Trappe Road, Suite 3100.

Patel says he came to Limerick due to strong family ties in Princeton, N.J.

"I wanted to find an area to where I'd be closer to them," said Patel. "I found a nice suburban area and the opportunity for growth here is nice. This was an area that wasn't adequately staffed in pain management. They were actively pursuing a pain management specialist. There's been a void in this area for pain management."

A board certified in both Anesthesiology and Pain Management by the American Board of Anesthesiology, Patel completed his residency in Anesthesiology after medical school, serving as chief resident in his final year before pursuing fellowship training in Interventional Pain Management at Brigham & Women's Hospital/Harvard Medical School.

Patel is also a nationally recognized speaker and serves on the advisory boards of numerous pharmaceutical and medical device companies.

Academically, he continues to serve as a Visiting Clinical Professor for the Department of Anesthesiology and Perioperative Medicine at Brigham & Women's Hospital/Harvard Medical School, as well as Adjunct Professor of Healthcare Management at The George Washington University School of Business.

While at Limerick, Patel says he sees patients starting at 8 a.m. until noon.

"We do a lot of consultations and injections," he said. "Then from 1 p.m. to 4 p.m., I'm in the operating room, performing procedures on surgical cases. We see around 8 to 12 patients a day."

Patel said that if a patient is suffering ongoing, chronic pain, the Pain Management

Institute offers innovative treatments and relief from a variety of pain symptoms.

"We've seen everything from chronic back and neck pain, Fibromyalgia, Reflex Sympathetic Dystrophy (RSD), and pain after back or neck surgery," he said. "We've also had patients with herniated discs, Sciatica, injury pain, chronic and migraine headaches, arthritis, spinal stenosis, neuropathy and cancer pain."

Patel said that finding the cause of a patient's pain and treating it without surgery is always their primary goal.

"In most instances, we're able to help our patients avoid surgery by applying a number of advanced, non-surgical techniques that help us locate and treat the source of the pain," he said. "We're trying to improve someone's quality of life by trying to improve functions with pain relief."

Those techniques include fluroscopy-guided nerve blocks, facet nerve blocks, sympathetic blocks, radiofrequency, epidural injections, cryotherapy, spinal cord stimulation, disc decompression and vertebroplasty

Along with traditional procedures, Patel said that his office applies a number of alternative therapies, many to which are drawn from thousands of years of healing practice, that he said has proven successful at offering non-surgical relief for patients.

The alternative therapies offered at Limerick include acupuncture, massage, herbal medicines, flower essences, lifestyle and nutritional support, Ayurvedic treatments, Reiki, yoga, meditation and breathing exercises.

Patel said that the procedures and therapies he uses begins on the conservative side.

"We become aggressive when we have to down the line," he said. "However, we attempt to do what we can to ease our patient's pain with all of our techniques, procedures and therapies."