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GET TO KNOW YOUR LOCAL DOCTORS

Pacific Pain Medicine Consultants

Specialty: Pain Management

Established in 1984, Pacific Pain Medicine Consultants is a comprehensive, professional medical practice dedicated to evaluating, preventing and effectively treating all types of pain using the most advanced techniques available in an environment that emphasizes compassionate patient care.

Some of the conditions treated at Pacific Pain Medicine include: bursitis, cancer pain, complex regional pain syndrome (CRPS), disc herniation, fibromyalgia, chronic headaches, inguinal neuralgia, myofascial pain, osteoarthritis (OA), phantom limb pain syndrome, peripheral neuropathy, and more.

For more information or to schedule an appointment, visit pacificpainmed.com or call (760) 753-1104.



For more than 25 years, physicians and dentists at North Coast Health Center have been providing highly personalized care to coastal north San Diego County. With more than 250 physicians and dentists to choose from, North Coast Health Center patients have access to primary care, a surgery center, pharmacy, lab, imaging, and over 45 medical and dental specialties all in one convenient location.



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Ask the **EXPERT** 2016

PACIFIC PAIN MEDICINE CONSULTANTS: WORKING TO IMPROVE YOUR QUALITY OF LIFE

Jeremy Adler wants current and prospective patients to know that his practice Pacific Pain Medicine Consultants is focused on more than pain relief. "We're about restoring quality of life," he said.

Established in North San Diego in 1984, and opened as the first single-specialty surgical center for pain in California, the practice has grown into a respected national leader in advancing the specialty of pain management.

Along with outstanding patient service, Pacific Pain Medicine Consultants provides educational conferences, innovative clinical research, advanced treatments and collaboration with multidisciplinary teams.

As Co-Owner and Chief Operating Officer, Adler believes that identifying an accurate diagnosis is key to developing a therapeutic plan. Despite controversies around opioid-based pain medication, Adler believes that in well-selected and monitored patients, these medications can be a part of a comprehensive treatment plan.

"We aren't just dispensing medicine for lower back pain or chronic headaches," he said. "We are working closely with our patients to identify, diagnose and treat these issues which can have a big impact on quality of life."

So when is it time for patients to stop toughing out the pain and seek the services of a specialist?

"The time is much sooner than people may think," Adler said. "If you're in pain for longer than three to six months, this is considered chronic pain. People may think that pain management only prescribes medication, but this just is not accurate. We have many successful non-medication options for a variety of conditions. With people looking to improve their overall quality of life, we often have many options to help them achieve their goals. This can include improving daily mobility, exercise, recreational pursuits or travel. People want to feel better physically to enjoy these things."

Adler points to a diverse, expert staff of practitioners when explaining why Pacific Pain Medicine Consultants has established itself as a national leader in the space.

"We have a five-member team of accomplished professionals," Adler said. "We get together to discuss our patients, which means you are receiving comprehensive care and expert opinions. This clinical team is also supported by an amazing staff who work tirelessly to ensure that visits are pleasant and productive."

An eye toward the future is another reason Adler's practice continues to grow and thrive in San Diego County.

"We are involved in the future aspects of our practice and industry," he said. "We conduct clinical research. For example, we offer new technologies for injuries to nerves. We are seeing great advancements in electrical therapies. Our knowledge in these areas is always expanding because we are focused on delivering the most up-to-date care to our patients. Beyond care, we also advocate for our patients through professional leadership, serving on many local, state and national committees and boards."

Reach out to Pacific Pain Medicine Consultants at 760.753.1104 or visit www.pacificpainmed.com for more information.

Meet the Staff:

- Robert E. Wailes, MD
- Nathan Perrizo, DO
- Jeremy A. Adler, MS, PA-C
- Michael E. Davis, PA-C
- Lawrence Owusu, PA-C

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