



Newsletter Summer 2019

Health and Wellness

Don't allow arthritis to keep you from exercising



Exercise is considered the most effective pill-free treatment to cope with the pain and stiffness of arthritis. And more people are getting advice from their health care providers about how to stay active, according to a study published online Jan. 5, 2018, by the CDC's *Morbidity and Mortality Weekly Report*. [READ more from the Harvard Health Letter...](#)

Babying your back may delay healing



You might be considering surgery or other intervention to treat your back pain. But less may actually be more for this common problem, and in many instances the best medicine is good old-fashioned movement and exercise. [READ more from the Harvard Health Letter...](#)

Poor sleep can change your reaction to pain



Lack of sleep may make you more sensitive to pain, according to a study in the Jan. 28, 2019, issue of *The Journal of Neuroscience*. [READ more from the Harvard Health Letter...](#)

[Learn about Spinal Cord Stimulation -- a specialized treatment for chronic back pain](#)



Specialists in Pain Care is pleased to welcome its newest physician, Nathan Lamborn, MD.

He specializes in the following medical therapies: advanced care for back pain such as spinal cord neuromodulation (trials/ implantation); treatment of postoperative and non-operative knee pain with radio-frequency ablation.



[Visit the Patient Portal and Service Kiosk](#)

- ❖ Change your appointments
- ❖ Refill your medication
- ❖ Contact the office
- ❖ Pay your bill

Quick Takes/ Eating Healthy



[Want to live longer? Rethink sugary drink consumption](#)



[Simple strategies to stop stress-related overeating](#)



[Coffee: More links to health than harm](#)



[Learn about CBD Oil in Pain School](#)



[Treating low back pain with Radiofrequency Ablation](#)
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