



January 2015

*Decatur County*  
HOSPITAL

## Managing Your Pain

Pain can be difficult to describe, even by those that deal with its impact every day. One reason is that people feel pain differently. Also, the amount of pain people can tolerate is varied. It can be throbbing or dull, constant or come and go. Pain impacts how you feel physically and emotionally. It can lessen your ability to care for yourself, work or maintain relationships. If you are in pain, it is important you discuss it with your doctor.

There are many treatments available to help manage your pain. Your doctor may recommend physical therapy, exercise or even avoiding certain activities or foods. Medication can play an important role. Your primary care doctor may instruct you to take over the counter or order prescription medications for you.

Many types of pain can be treated with injections. Epidural steroid injections are used for some types of back, neck, arm or leg pain. These injections can improve pain and function for several months or even longer. They can be repeated to maintain the benefits.

Injections are also used to treat trigger points. In these cases, there is commonly a trigger point that is tender and when pressed. Pain radiates out from the trigger point. These injections can be used to treat certain types of neck, back, shoulder, hip, arm or hand pain.

If you are currently traveling to have injections for pain management talk to your doctor about having those services provided in Leon.

*Jay Brewer, CRNA,  
of Bloomfield  
Anesthetist Group  
provides Pain  
Management  
Injections in Leon at  
Decatur County  
Hospital.*

**For questions or to schedule an appointment, call the  
Specialty Clinic at (641) 446-2285.**

# Vascular Disease Among Leading Causes of Death in US

Many common conditions are a result of vascular disease. They range from painful varicose veins to abdominal aortic aneurysms. Peripheral vascular disease is one example. This condition slows circulation in the legs, reducing your ability to walk and can lead to leg amputation. Peripheral arterial disease or PAD, affects more than eight million Americans over 50.

The vascular system is made up of arteries and veins that carry blood throughout your body. As you age arteries develop plaque build up, get stiffer and narrow. This can restrict blood flow and lead to vascular disease. Many people with dangerous vascular disease don't have any warning signs. Vascular disease primarily affects people over 55.

Important things you can do to protect yourself are stop smoking, eat healthy, exercise, keep your cholesterol and blood pressure in check and have a vascular screening so problems can be identified and treated before causing harm. For questions or to make an appointment with Dr. Wehling call the Specialty Clinic at (641) 446-2285.

**Do you have leg pain, wounds that won't heal or varicose veins?**

## Join us Tuesday, January 13 at 6:00 pm

Dr. Edwin Wehling will discuss vascular health and help you determine your risk for disease. If you are over 55, or caring for someone who is, you shouldn't miss this opportunity. [An RSVP to 641-446-2285](tel:641-446-2285) for this free program and screening is appreciated but not required. Pizza and refreshments will be provided.

### January Provider Schedule

Jay Brewer, CRNA, Pain Services	Monday 1/19
Joel From, MD, Cardiology	Every other Monday (1/12 and 1/26)
Brian Gallagher, MD, Urology	Tuesday 1/13
Stephen Griffith, MD, ENT	Tuesday 1/20
Randy Metzger, DPM, Podiatry	Thursdays
Anne Nelson, PA-C, Dermatology	Tuesday 1/20
Curtis Pargeon, HIS, Hearing Aid Specialist	Thursday 1/22
Robert Shreck, MD, Oncology/Hematology	Wednesdays
William Stanley, DO, General Surgery	Thursdays and every other Wednesday (1/14 and 1/28)
Edwin Wehling, DO, Surgery/Vascular	Tuesdays, Fridays, every other Wednesday (1/7 and 1/21)