



COMPREHENSIVE
Pain Management Center
Defining Excellence in Pain Management

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Dear Colleague,

The Comprehensive Pain Management Center is committed to offering cutting edge diagnostic and therapeutic Pain Management to your patients in a professional and caring environment.

Pain is a silent epidemic in the United States. According to a National Pain Survey (American Pain Foundation) conducted in 1999, one in four American suffers from chronic pain and one in ten takes prescription medicine to manage it. Despite the use of medications, 2/3 of the chronic pain sufferers, approximately 13.6 million Americans state they cannot perform their routine tasks because of chronic pain.

The Comprehensive Pain Management Center recognizes the need of a well rounded and comprehensive strategy to tackle this giant burden and offers a full complement of Pain therapies from highly specialized interventional procedures to most sophisticated medication management and interdisciplinary pain treatment plans. We also offer acupuncture, physical medicine and rehabilitation and physical-behavioral management with an emphasis on relieving pain and maximizing quality of life.

We treat patients with the painful conditions including cervical, thoracic, lumbar spine pain, complex regional pain syndrome, cancer pain, cervical dystonia, myofascial pain, visceral or pelvic pain, post herpetic neuralgia and other neuropathic syndromes. We also offer pre-operative medication optimization and diagnostic interventions including selective nerve root blocks and discography followed by continued post-operative pain management support.

Our physician at Comprehensive Pain Management Center, **Annu H. Navani, MD** has several years of experience in diagnosis and management of painful conditions and is considered an expert in interventional and comprehensive pain management. Dr. Navani is fellowship trained and board certified in Pain Medicine. After completing her training she served as Clinical Assistant Professor at Stanford University where she spearheaded Spine Care program in collaboration with the Department of Neurosurgery. She is well published in peer reviewed journals as well as sits on the editorial board of the Journal of Cancer Pain. She is the recipient of the 2001 "Honorable Mention Award" at the Postgraduate Assembly, New York. Currently she practices in San Jose as well as serves as an Adjunct Clinical faculty of Anesthesia and Pain Management at Stanford University.

The Comprehensive Pain Management Center is committed to making a difference in the lives of people with pain by providing them with tools to manage their pain and empowering them to take control of their lives.

We would be pleased to assist you in the care of your patients. We have enclosed a few referral forms and business cards for your reference. Please contact us for further information at 408-356-5292.

Sincerely,

The team at the
Comprehensive Pain Management Center