

What should you know about...

Shingles & Post-Herpetic Neuralgia

Shingles is an extremely painful syndrome seen in the elderly, cancer patients and in patients whose immune system is compromised. The symptoms are burning, stabbing, shooting pain involving areas which are often so painful, the patient cannot touch them. It is caused by the same virus (varicella) which causes chicken pox. It results in blistering lesions which develop along areas of the neck, chest and trunk. Less common are the legs. These blisters usually last 4-6 weeks and eventually heal sometimes with scarring. However, if the initial infection is not treated aggressively, the patient may develop Post-Herpetic Neuralgia, an extremely painful burning like syndrome of the affected area.

Shingles and Post-Herpetic Neuralgia should be treated aggressively with anti-viral agents and special pain medications designed to treat nerve pain. Sometimes nerve blocks are performed to assist in this process.

Epidural Blocks

For patients who are in severe pain or resistant to oral medications, an epidural block may be performed. A tiny catheter is placed temporarily in the epidural space near the spine. Medication is then administered through the catheter for 1 week while the patient is home. The catheter is then removed and the pain is usually eliminated or substantially reduced.

Advanced Interventional Pain Medicine

Dr. Sanford M. Silverman is a board-certified Pain Specialist who can treat your pain with many different modalities. A combination of procedures, some more advanced, together with medication and physical therapy usually provide relief of pain.

Sanford M. Silverman, M.D.

**Comprehensive Pain Medicine
Spinal Diagnostics and Therapeutics**

100 E. Sample Rd. Suite 200
Pompano Beach, FL 33064
Tel: (954) 545-0106 • Fax: (954) 545-0107

www.cpmedicine.com