



SEPTEMBER 2018 NEWSLETTER

Non-opioid Pain Management

Opioids are not the only way to feel better, but instead going the route of pain management. Leaving the addiction life behind you and living a life that is pain-free.

An article on WebMD.com reviews the life of a young woman who had long-term pain but was able to wean herself off of opioids and live her best life. Cindi Scheib injured her neck on Labor Day 2014, which was an exacerbation of an injury she sustained prior but worsened through that weekend while celebrating. Specifically, she suffered an injury to her cervical spine that required surgery. However, to make matters worse, the doctor operated on the wrong part of her spine.

Because of this, Scheib lives with neck pain and sensations throughout her body, including, electric shocks, buzzing, vibrating, burning sensations, ringing in her ears, and sensitivity to usual noises. These symptoms worsened to the point where she no longer wanted to live. However, something changed, and no longer wishes for her life to end but to live her life to the fullest. After she decided enough was enough, she stepped off the well-trodden path of lifelong prescription painkillers and took the less traveled road of pain management. She utilized a combination of pharmaceutical and non-pharmaceutical treatments that gave Scheib her life back.

This is just one instance of an estimated 100 million Americans living with long-term pain. There are treatment options available to help patients overcome their addiction treat pain and help them live their best life. Though the evidence that opioids work for long-term pain is lacking, Americans use more prescriptions medications than the citizens of any other country in the world. The prescribing epidemic has led to a national crisis of opioid misuse, overdose, and death.

An estimated 100 million Americans living with long-term pain

Drugmakers are creating medications that are nonaddictive or easy to abuse, which ultimately should help decrease deaths related to overdoses. Physicians can work with the patients to set realistic goals for easing their pain, with an emphasis on making the bodywork better rather than eliminating pain itself. The U.S. Department of Health and Human Sciences released an article that called for an approach to treatment that would include mental health, social and work concerns of the patient, and alternative therapies.

Some of the alternatives to lifelong prescription medications that cause addiction are listed below. Exercise, physical therapy, and talk therapy have proven benefits in the areas of function, or making the body work better, and coping. Health care providers should approach long-term pain with a combination of those treatments.

It was a varied approach that helped Cindi Scheib get her life back.

Aria's new investment in customer support personnel, online and written instructional tools

Aria Diagnostics has invested in further customer support. With more staff, as well as online and written instructional tools to help you through the processes, it will be easier to use our lab.



Our greatest asset is our staff. Providing fast, accurate, and secure results require highly qualified professional lab personnel. In the field, we rely on our professional and motivated team of client service specialists to help you navigate testing needs. They can help answer technical questions, provide logistical support for sample collection and transport, ensuring timely delivery of high quality and accurate results.

All of this information can be found on Aria Diagnostic's new website: www.ariadx.com. The website provides information about Aria and what we do, along with helping you get the help you deserve. On the website there is a resource tab, which provides education about toxicology, informs you of any updates about Aria, as well as offering articles about news in the industry. There is also a FAQ portion of the resource tab, which you can go to if you have any questions regarding the process. Also, you can contact us at Tel: 317-733-9454, Fax: 317-733-9451, and Email: labsupport@ariadx.com.

Sex	<input type="radio"/> Female	<input type="radio"/> Male
Age 16-45	<input checked="" type="radio"/> No	<input type="radio"/> Yes
History of preadolescent sexual abuse	<input checked="" type="radio"/> No	<input type="radio"/> Yes
History of depression	<input checked="" type="radio"/> No	<input type="radio"/> Yes
History of ADD, OCD, bipolar disorder, or schizophrenia	<input checked="" type="radio"/> No	<input type="radio"/> Yes
Personal history of alcohol abuse	<input checked="" type="radio"/> No	<input type="radio"/> Yes
Personal history of illegal drug abuse	<input checked="" type="radio"/> No	<input type="radio"/> Yes
Personal history of prescription drug abuse	<input checked="" type="radio"/> No	<input type="radio"/> Yes
Family history of alcohol abuse	<input checked="" type="radio"/> No	<input type="radio"/> Yes
Family history of illegal drug abuse	<input checked="" type="radio"/> No	<input type="radio"/> Yes
Family history of prescription drug abuse	<input checked="" type="radio"/> No	<input type="radio"/> Yes

Opioid Risk Tool (ORT) for Narcotic Abuse

Opioid risk tools (ORT), can be used to find out how susceptible you are to addiction from opioids. By answering several survey questions, a quick check is available. You can access this ORT at: www.mdcalc.com/opioid-risk-tool-ort-narcotic-abuse