



COMPREHENSIVE PAIN CENTER

A Letter From Our Founder

Thank you for putting your trust in us here at Comprehensive Pain Center (CPC) to help you in managing your pain. We at CPC, are dedicated to a core philosophy, which is unique in the industry. As a family owned private practice, it has always been our mission to provide excellence in patient care with quality of life and daily function being the end goal. We have developed a patient focused practice philosophy, which relies on some simple beliefs, expectations, and values.

Since 2005, we have been able to help thousands of our patients manage their pain and have allowed them to gain functionality to carry on with their everyday lives. In order for us to have achieved this, we have been headstrong on some core beliefs. This is what makes the CPC difference.

We believe that only you can understand your pain. It is individualized and your unique experience. Only you can determine what therapies work or don't work. We understand that your perception of pain is influenced by your previous experiences, your genetics, pharmacology, anatomy, sociological and cultural emotional factors, and your medical history. CPC strives to not only treat the pain, but to treat the patient with the pain. It is vital that we convince you, to not just deal with your pain, but to manage it... before it manages you.

We strongly believe that we have a big "toolbox" for you to manage your pain. We believe in a multidisciplinary approach, and suggest MANY "tools." We seek to provide a balanced approach using medications, physical therapy, mental health, interventional procedures, implants, acupuncture, Cold Lasers, TENS, or even marijuana/CBD, all in the hopes of improving your quality of life and daily function. It is also crucial to not allow dysfunction during the relationship with CPC, and to treat your pain as a "symptom" of a disease, like high blood pressure with Hypertension, or neuropathic pains with Diabetes. We need you to be the "Spearhead" and CPC will generate the momentum for you to navigate yourself through the complicated maze of pain management. This is your pain, your body, you need to be the most informed person about your pain. You must educate yourself on your toolbox, your medications, and the potential unwanted side effects of these controlled substances.

Although there may be side effects to the treatment we prescribe, there are far too many negative side effects of not taking action and not managing your pain... Increased heart rate and blood pressure, lack of sleep, stress, anxiety, depression, muscle tension, decreased social outlets, isolation, mental deterioration, loss of work, loss of family time, etc. That is why we believe it is vital for you to learn and educate yourself on all your options and what your CPC toolbox contains. Do your research and know what your options are. You need to make informed decisions on your pain management. You cannot let the pain deteriorate your quality of life and daily function any longer.

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We realize that the cost of not managing the pains often outweighs the risks of being on these dangerous substances. We will always follow the medical recommendations to prescribe minimal doses, and to “Start LOW and go SLOW.” We are practicing safe medicine and being cautious. You the patient need to realize that every prescription we write, we are putting our license to practice in your hands. With prescribing these medicines, CPC has to uphold our own responsibility to monitor our prescriptions, as per the DEA, CDC, State Boards, and Medical Societies. That is why it is imperative that you use them only as directed, as your misuse, could put our relationship in jeopardy. This is teamwork. The CPC team will work with you, your family, friends, and other medical providers, insurance companies, attorneys, etc, and exchange medical information as you request.

Once you the patient feel comfortable enough to know that you are at a point where you feel like you are managing your pain and not allowing it to manage you, that is when we know we are on the right track. We are required to see all of our patients who are being prescribed medications at least once every month. For those who have found that ‘sweet spot’ with their treatment regimen, CPC offers “FAST TRACK” appointments that you may be invited to participate with. We have a saying, “If it ain’t broke, don’t fix it!” Our ongoing care will include continued reminders of the dangers of the controlled substances, drug monitoring through random urine toxicology screens, and reminders that you still have a responsibility as a patient of our practice. As much as we love seeing our patients, our goal is to get you to the point where you don’t feel the need to come see us anymore. That means we have done our job.

Welcome aboard.

We encourage you to ask questions, there are no “Stupid Questions.” Communication is crucial in this relationship and we encourage you to be in touch with our staff about your care as much as you need.

WHAT’S IN YOUR TOOLBOX ?

Sincerely,

Mark Matsunaga, MD
Founder and Director of the Comprehensive Pain Center

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