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**Mountain River Physical Therapy**

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**1212 Garfield Ave., Parkersburg WV, 26101**

**(304) 865-3600**

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# PARS Osteoporosis Clinic - Coming in 2010

By  
**Cindy Smith, NP**

P A R S  
OSTEOPOROSIS  
CLINIC

Osteoporosis is held to be the most frequently occurring bone disease for the human race. It is defined by the National Institute of Health as “a skeletal disorder characterized by compromised bone strength, predisposing individuals to an increased risk of fracture.”

In humans, maximum bone density is typically reached in the late teens or early 20's. Beginning in the late 30's to early 40's and particularly with the onset of menopause, bone strength starts to weaken. This is due to an imbalance between the build-up and the destruction of bone with destruction becoming more prominent. This ongoing process can be affected by multiple factors including, but not limited to, nutritional, physical activity level, some types of medications, and certain diseases. As bone mass decreases, bone architecture can be destroyed which leads to instability and an increased risk for fracture.

Osteoporosis is held to be essentially symptomless, and many patients with the disease are not aware of its presence until a fracture occurs. Currently, it is estimated that 10 million Americans over the age of 50 have osteoporosis. By 2020, those with the disease, or at high risk of the disease, will increase to 1 in 2 Americans. By 2010, an estimated 2,156,500 men and women, aged 50 or older, in Ohio will have either osteoporosis or low bone mass. In West Virginia, 77.5% of female residents and 44.4% of men, aged 50 or older, will have osteoporosis or low bone mass. After age 50, 1 in 2 women will have an osteoporosis-related fracture, as will 1 in 5 men.

The most common types of osteoporotic-related fractures are vertebral, hip, and distal forearm. The consequences of these fractures can be devastating. Within one year after a hip fracture, 20% of older patients die from health issues brought on or worsened by the fracture. Experts predict by 2010 the number of hip fractures will double or triple in the United States. Vertebral fractures can lead to kyphosis, back pain, diminished vital capacity, and are associated with an increased risk of mortality.

In their work with the spinal system, the neurosurgeons at the Pars Brain and Spine Institute began to be concerned with caring for the support system of the spine. My doctoral work in the field of osteoporosis has given me an appreciation for the complexity and nuances of this disease. These concerns have led to the development of the Pars Osteoporosis Clinic. The mission of the Clinic is to provide the highest standard of personalized care achievable based upon current scientific knowledge for patients with osteoporosis or those at high risk for the disease. The Pars Osteoporosis Clinic will be dedicated to constantly pursuing technical and clinical excellence in the care of all patients and in the field of bone mass measurement testing. The clinic is anticipated to open in early 2010, and we look forward to serving the patients of the Mid-Ohio valley. Please do not hesitate to contact me in regards to this exciting new program (304.865.3600).



*Cindy Smith, FNP-BC, RN, MSN, CCD, is a family nurse practitioner with extensive experience in family practice and women's health. She is a graduate of West Virginia University (AS, BSN, MSN).*

*Cindy is currently in her second year of a three year program for the Doctor of Nursing Practice degree. Her doctoral work has been in the field of osteoporosis, and she has a pending publication with Orthopaedic Nursing regarding osteoporosis education. She recently achieved the designation of certified clinical densitometrist through the International Society of Clinical Densitometry.*



Cindy Smith, NP  
Director,  
PARS Osteoporosis Clinic

# Facet Joint Pain & Treatments

Neck and back pain are common types of chronic pain. Facet joint arthropathy (degeneration of spinal facet joints) can cause pain in the cervical, thoracic, or lumbar spine. Facet joint arthropathy can be caused by chronic degeneration, trauma, or can be related to other conditions such as scoliosis, vertebral compression fracture, or vertebral disc abnormalities.

Facet joint mediated pain can occur on one or both sides of the spine. Pain may worsen with certain movements of the spine and may involve severe muscle spasms. A trial of medications with chiropractic therapy or physical therapy can be utilized to obtain relief. However, patients will often need to have further interventions performed to adequately treat their pain.

Interventional treatments are available for facet joint mediated pain. Anti-inflammatory medication can be injected into the facet joints under fluoroscopic guidance; this is known as an intra-articular facet injection. If a patient does not receive long lasting therapeutic benefit from the intra-articular facet injections, radiofrequency ablation may be necessary. Radiofrequency lesioning of the medial branch nerves, also known as a rhizotomy, supplying sensation to the facet joints is a long term treatment for facet joint pain.

Evidence of facet joint degeneration (arthropathy) may not appear on MRI and X-ray imaging studies for several years. Therefore if you or someone you know continues to have back pain of an unknown cause, whether it is in the neck, middle, or low back, it is important see a pain specialist familiar with diagnosing and treating spinal pain. Facet joint mediated pain treatments are done on an outpatient basis and often provide long-term relief for patients with chronic spinal pain.



Cox Family Pharmacy is a full service, independent retail pharmacy with prescription service, over the counter products, and free delivery service to Parkersburg, Mineral Wells, Vienna and Belpre. The Pharmacy mission is to partner with health care professionals to ensure that the most appropriate medication is selected for each diagnosis. Along with a state-of-the-art computer system, our Pharmacist's screen for potential drug therapy problems, and actively engage in counseling patients about medications to facilitate optimal patient care.

Cox Family Pharmacy is located on the first floor of the PARS Brain & Spine Institute, and at the south side Foodland in Gihon Village, Parkersburg WV. It is locally owned and operated by Pharmacist Michael Cox.

"In today's pharmacy world where large chains are the norm, it is challenging yet extremely rewarding to own an independent pharmacy. We believe it benefits our patients, and the community, that I am the owner and the Pharmacist," said Michael Cox. "It is important to me to take the best care of people that I can, and to give back to the community wherever possible." Cox Family Pharmacy was the only Parkersburg pharmacy to participate in the recent Mission of Mercy free dental clinic and is a partner in the Good Samaritan program for indigent patients.

*- Here to serve the community, medical professionals, and patients from the PARS Brain & Spine Institute*

The specialty of Cox Family Pharmacy is taking care of the individual needs of each patient, from assisting with the best Medicare D plan choice to offering free delivery every week day. Excellent service is a top priority and includes:

- No long wait times
- Most insurances accepted
- Competitive prices – includes matching \$4 lists
- Direct access to the Pharmacist for both patients and physicians
- Refill reminders for patients who need assistance with medication compliance

Cox Family Pharmacy welcomes walk-in patients, patients of PARS, surrounding offices, and hospitals.

[www.coxfamilypharmacy.com](http://www.coxfamilypharmacy.com)

304.865.7600



# PARS BSI Spine Seminar - Fall 2009

## Metastatic Spine & Brain Tumors

The fall 2009 PARS Brain & Spine Institute Spine Seminar will address the theme of Metastatic Spine & Brain Tumors, and will include presentations and discussion regarding related diagnosis & treatments. A special guest presentation will also be made regarding treatments for high-grade gliomas.

Date: Thursday, 19 November 2009 - 6:30pm to 8:45pm

Location: PARS Brain & Spine Institute, 1212 Garfield Ave, Parkersburg WV

Attendance: For Mid-Ohio Valley physicians, other medical professionals & guests

RSVP: Call (304) 865-3612 if you are a medical professional interested in participating, or e-mail [tdavis@parsbsi.com](mailto:tdavis@parsbsi.com) - Dinner will be provided

### Speakers

Timothy Ryken, MD (Neurosurgeon, Iowa University)  
Updates on Treatments of High-Grade Gliomas

Srini Vasam, MD (Radiation Oncologist, Marietta Memorial Hospital)  
Radiosurgery for Spinal Metastases

Gregory Scott Meyers, MD (Medical Supervisor, Health Bridge Imaging Center)  
Medical Imaging for Metastatic Spine Tumors



Join us for an evening of education and fine dining, with catering by the Lui Lui Restaurant

## Clinical Research At PARS BSI

Spinal Cord Stimulation (SCS) is a proven treatment for chronic pain, but additional clinical study data evaluating the safety and efficacy of SCS devices is needed. Abdi Ghodsi, MD, participated in the design and implementation of a prospective, multi-centered study designed to evaluate the effect of an SCS device in patients experiencing chronic pain.

### Conclusion

Data from the study showed improvements in pain relief, stimulation coverage, patient satisfaction, and multiple QOL parameters from baseline to 1-year post implant. SCS using a re-chargeable IPG and a tripole array of percutaneous leads or surgical leads showed favorable long-term results. Final study data will be analyzed to confirm these interim results.



Abdi Ghodsi, MD,  
presents poster  
of results from  
spinal cord  
stimulator study

## PARS Soccer Complex

The new PARS Soccer Complex is a combination of both indoor and outdoor soccer fields, located at the new ELITE Sports Center, in Parkersburg WV. For more information about the PARS Soccer Complex, please visit the ELITE Sports Center website:

[www.theelitesportscenter.com](http://www.theelitesportscenter.com)

