

River Cities Interventional Pain Specialists

Since 2004 Dr. Randall P. Brewer has been in clinical private practice in Shreveport, Louisiana and maintains academic appointments at Duke University and Louisiana State University, where he routinely lectures in the areas of Pain Medicine and clinical Neuroscience in the Department of Neurology and the Medical school. He is board certified by the American Society of Anesthesiologists, the American Board of Pain Medicine, and the American Board of Psychiatry and Neurology.

Dr. Brewer and his multi-disciplinary team of highly skilled nurses and physician extenders provide comprehensive pain management treatment solutions to treat chronic pain disorders. The team works collaboratively with patients and area providers to develop individualized treatment plans and attainable goals. . These strategies help patients to effectively address a wide range of chronic pain disorders.

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TOP TEN QUESTIONS ABOUT...



OBESITY AND CHRONIC PAIN

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1. I am overweight and I have low back pain. Will losing weight help my pain?

Weight loss, specifically, has not been definitively proven to cure low back pain. There are many other reasons to lose weight that will improve your general health.

2. What are the health benefits of weight loss?

Research has shown that weight loss can improve diabetes, elevated blood sugar that leads to diabetes, high blood pressure, and even heart disease. Weight loss may help to reduce joint pain from OA.

3. Can my primary doctor prescribe medications to help me lose weight?

Your primary doctor will very likely perform a detailed history and physical examination to determine the cause of your weight gain is not related to a specific, treatable medical condition. An example of a treatable condition is thyroid disease. Weight loss medications, or “diet pills”, have certain risks and should only be carefully considered as part of a medically supervised weight loss program.

4. I have tried to exercise to lose weight, but my pain keeps me from being able to exercise. What can I do to get started with exercises?

This is a common problem with coexisting chronic pain and obesity. Your doctor may elect to use specific treatments or medications to allow you to improve your exercise tolerance. Many doctors prescribe physical therapy or supervised exercise that combines specific treatments for pain (such as medication dosed an hour before exercise) with a graded exercise program.

5. My doctor advised walking, but I also have pain in my hips and knees in addition to my low back. What should I do for exercise?

A number of exercise options are available when pain is present in multiple locations. Many patients chose to get started with aquatic therapy (exercises in a pool) to lower the stress on their joints. A tailored program under the direction of your doctor and qualified physical therapist will be helpful in determining a program that is right for you.



6. I have tried many diets in the past, and I don't feel like I eat very much. But, I can't seem to lose weight, what should I do next?

After your medical evaluation, your doctor may recommend that you see a dietitian which specializes in persons with obesity. With a dietary evaluation, the exact number of calories you need per day will be compared with the number of calories that you consume.

7. Should I consider weight loss surgery?

Weight loss surgery is becoming a very popular option for persons with obesity. The advantages include rapid weight loss, well-being, and improvements in medical conditions. Prior to the consideration of surgery, you may wish to discuss with your primary care physician to determine if you are a good candidate. Most forms of mild or moderate obesity can be successfully managed with a comprehensive diet, behavioral, and exercise program.

8. Which diet is the best for losing weight?

Certain diets become popular and can help people lose weight fairly quickly. Most of these diets restrict calories and can involve rather dramatic changes in your lifestyle. Again, your work with a dietician will be able to identify your “trouble areas” to help you plan your meals and food intake to achieve your goals.

9. Isn't exercise the best way to lose weight?

This is one of the largest myths out there regarding weight loss. Unfortunately, there is no single method for losing weight that is effective on its own. Exercise is very good for your long-term health, and it will improve your overall sense of well-being. However, exercise should be combined with a dedicated plan for moderating the types of food you eat and your eating behaviors.

10. I generally have good eating habits. However, when I am stressed I tend to overeat. I tend to get stressed out a lot! How can I lose weight if I can't seem to reduce my stress?

Stress is a very powerful trigger for eating. When we are young, eating is a tremendous source of comfort. Even as adults, that instinct can return and lead us to “crave” foods to seek comfort from stress. In some people, eating disorders can develop. Examples of eating disorders include Anorexia Nervosa (associated with too little bodyweight), Bulimia (compulsive bingeing and purging), and Food Addiction (obsession with food and compulsive overeating). You may wish to talk to your doctor or seek referral to a mental health professional with your concerns about your stress and its effects on your weight.