

living

MAGAZINE

The Looks Issue

JULY 2017
THE
WOODLANDS
EDITION

Sprintz Center for Pain and Recovery

Helping you break free from
the prison of chronic pain

**FAIR
WEATHER
FARE**

Pleasing provisions

PLUS!

*Local
happenings,
community
events, and
more...*

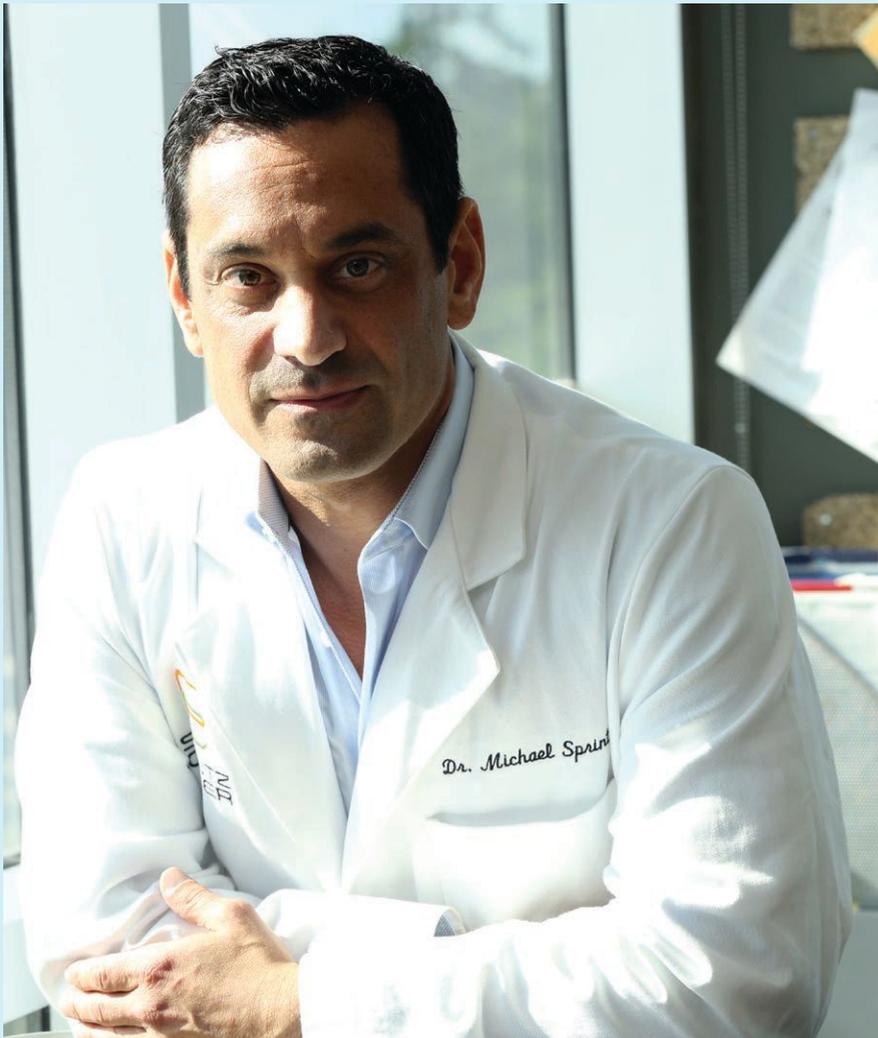
**DO SOME
HOME WORK**

Refresh the residence

**GRAND
GETAWAY**

Sights of the Canyon

Dr. Michael Sprintz



Sprintz Center for Pain and Recovery

Helping you break free from the prison of chronic pain

BY CLARE HEKIN LYNCH PHOTOGRAPHY BY MM PHOTOGRAPHY

Sprintz Center is transforming pain care one patient at a time. “We help patients get relief from both their physical pain and from the emotional and psychological suffering that magnifies their pain,” said Sprintz Center for Pain and Recovery Founder and

CEO, Michael Sprintz, DO, FASAM. “You’re not one-dimensional and neither is your pain. You’re a whole person and should be treated like one.”

With approximately 116 million Americans suffering from chronic pain, healthcare providers and pain man-

agement specialists are overwhelmed with patients—many of whom feel unheard. In turn, a patient feels more despair and thus more pain. “Many chronic pain patients struggle to find a high-quality pain management doctor who really listens. A great doctor knows that chronic pain can rob one of their dignity and self-esteem,” said Dr. Sprintz. “It strains our relationships with friends and loved ones, as we find it incredibly challenging at times to remain present and connected with the constant gnawing of chronic pain. Patients often find themselves taking more medication in order to cope, and some patients find themselves dependent on addictive medications that were helping at first, but now are only a roller coaster of numbness, pain, and fear.”

“This doesn’t always mean that they are addicted,” said Sprintz. “Sometimes physical dependence and tolerance occurs, while other times patients overuse their medication to briefly escape or numb various life stressors or self-treat depression, anxiety, and sleep disorders.” However, there are times a person has a family history or genetic risk for addiction, yet personally never had a problem with drugs or alcohol. “These patients find themselves unwittingly trapped in the web of prescription drug addiction after being exposed to such powerful pain medications for a legitimate pain problem. It is a complex issue; one with few physicians having the necessary training needed to accurately, compassionately, and effectively help patients find relief. It doesn’t matter how you got here,” continued the doctor, who is himself in recovery from addiction for over 16 years. “What matters is how we can safely help you off the roller coaster.”

Dr. Sprintz and his team of medical and behavioral health experts take a multifaceted approach to treating their patients using a wide variety of pain management treatment tools. “We treat pain by focusing on the whole pa-

tient—not just the physical parts, which includes helping patients struggling with chronic pain and dependence effectively treat their pain in ways that doesn't keep them chained to their pills. It means focusing on the psychological, emotional, spiritual, and even cultural parts of pain. It's an integral, biopsychosocial philosophy," shared Dr. Sprintz. "Our team incorporates strong and effective pain medications, cutting-edge interventional procedures, psychotherapy and counseling, clinical hypnosis, physical therapy, as well as holistic and complementary medicine, including acupuncture and massage therapy. We've seen better patient outcomes in terms of improved function and quality of life with our integrative approach than with any one-dimensional pain treatment alone."

About Sprintz Center

Dr. Sprintz is triple board-certified in pain medicine, addiction medicine, and anesthesiology and lectures nationally on issues relating to managing chronic pain, dependence, and substance abuse. Additionally, Dr. Sprintz uses his expertise to work with private insurers and industries to develop patient-focused, cost-effective treatments for persons with chronic pain and/or substance dependency.

As a consultant to the FDA, Past-President of the Texas Society of Addiction Medicine, and multiple ASAM national committees, Dr. Sprintz's insight, experience, and resources are extensive. His comprehensive approaches allow his team to compassionately and effectively care for patients with chronic pain in all its forms. "At the core, it's about treating the pain AND changing the beliefs we have about ourselves," he said. "Until we truly, in our heart, mind, and soul, believe that we can heal, recover, and lead happy lives, we will forever be enslaved by that negative voice in our head that says, 'It's hopeless.' But there is always hope."

Dr. Sprintz works alongside fellow doctor and Medical Director, Kenneth Wu, MD, and Maggie Dickens, MS, LPC,



LCDC, the center's Clinical Director of Behavioral Health Services. "In addition to expertly treating low back, neck pain and headaches, Dr. Wu, our Medical Director, is one of the nation's experts in treating Complex Regional Pain Syndrome (CRPS). He brought his world-class ketamine-infusion program for CRPS and other conditions to the Center," shared Dr. Sprintz. "Augmenting the Sprintz Center's medical services is Maggie Dickens, MS, LPC, LCDC, the Clinical Director of Behavioral Health Services. Ms. Dickens is a nationally recognized lecturer for her specialized training in chronic pain, substance use, and clinical hypnosis. She uses this knowledge as well as her background in cognitive behavioral therapy to help patients develop their own skills to manage symptoms of chronic pain syndrome and substance abuse and dependency which includes depression, anxiety, and sleep dysfunction."

"It's our entire team that makes Sprintz Center such a warm, friendly and comforting place for comprehensive chronic pain care," continued Dr. Sprintz. "Kaedy Stallings, our Director of Operations, ensures each patient receives compassionate, timely, and professional attention that begins at the first phone call."

"Let's face it, chronic pain is relentless and isolating—a prison without walls. Our mission at Sprintz Center is to make sure we stand beside you on your path to recovery."

Why the Sprintz Center?

"Because we 'get' it—all of it, not just the physical pain," said Dr. Sprintz. "We treat the physical pain head-on, but we understand you're a complete person with feelings and experiences and hopes—many of those core joys in life that are stolen as chronic pain settles in. Sprintz Center understands the need to address all of a patient's concerns quickly and with clear, expedited communication." Their unique and innovative model allows for medical and behavioral health practitioners to easily and expeditiously work with each other to create a truly individualized care plan for each patient. Sprintz Center's staff listens and empowers each patient to be an active member of their treatment and their lives.

"If you've been suffering, it's time to invest in yourself," says Dr. Sprintz. "This is the chance to feel better, treat your pain, improve your life, and do the most for yourself and your family. There are a lot of other things that you can commit to, but what is more important and rewarding than improving your quality life on the inside and out? We can help you get there."

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