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Pain Medicine

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Towards a new understanding of chronic pelvic pain

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Chronic Pelvic Pain (CPP) affects 15% of women between the ages of 18 and 50. From bladder symptoms of frequency, urgency and dysuria to gynecologic complaints of dyspareunia and vulvodynia, multiple organ systems can frequently be involved. The associations with prior conditions are myriad and many practitioners have been left “chasing their tails” treating anatomic bases that don’t pan out. Only by understanding the neurobiology of chronic pain, can we hope to effectively treat what amounts to be upwards of 20 million women (in the US alone). In stepwise progression, Dr. Spiel walks the listener through the associated diagnoses, important facts, key hypotheses, requisite neurobiology and the mechanisms of chronic pain so that the attendees can visualize what goes on within the body and the nervous system. With numerous audiovisual aids and diagrams, Dr. Spiel lays the groundwork necessary to understand the algorithmic approach he utilizes. By comparing CPP with another well known chronic pain entity, his theories are substantiated by similar treatment protocols accepted the world over. Case studies of treated patients are introduced to emphasize and elucidate many of the key points. Finally, a novel product is demonstrated allowing prolonged neural blockade which could not be successfully performed without it. The lecture will offer doctors and other professionals hope, while offering patients an opportunity to regain their lives. An eye-opening, sentinel presentation which will change the way CPP is managed from now on.

Biography

Douglas J Spiel, MD, a Board Certified Radiologist, was the first radiologist in the country to become a Diplomate of the American Board of Interventional Pain Physicians. He currently serves on the executive board of ABBIP and also holds certification as a fellow of Interventional Pain Practice (FIPP). As a member of the editorial board of Pain Physician, he frequently reviews publications prior to submission in this international peer reviewed journal. His practice covers the continuum of interventional pain – including simple procedures utilizing needles, probes, and catheters and more complex surgeries utilizing endoscopes, lasers, burrs and fusion materials. For five years he was the team physician for a professional baseball team and continues to see professional athletes in his private practice. He credits his unique background and medical-cross training as the keys to his “out of the box” practice of pain medicine.

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