

The role of alternative and degenerative medicine in chronic pain management

Marcus Mina Gurgius

Tasmanian Pain Clinic, Australia

Chronic pain management remains to be one of the most challenging areas in modern medicine. Pain chronicity can easily be poorly understood and overlooked. As such, it is usually poorly managed, with subsequently poor overall outcome. Furthermore, pain medicine is not much focused on in the curriculum of most Medical Schools worldwide. Analgesics/co-analgesics usually have limited efficacy or they may have significant adverse effects. It is crucial to apply the benefits versus risks when recommending any medical treatment and this should apply for pain management options.

Alternative and regenerative medicine have high potential to become the future for better pain management outcomes. With active patient self-care becoming crucial in successful chronic non-cancer pain management, we shall aim to promote the body healing process rather than just masking chronic pain. There is good growing scientific evidence for acupuncture, low-level laser therapy, patient pain education programs, some pain procedures and interventions, platelet-rich plasma injection and multidisciplinary management of pain. I would like to discuss in my presentation the current evidence for these alternative treatment modalities (their role, their limitations, their contraindications and their potential adverse effects/risks).

It may be a good time to think outside the box and explore alternative but yet safe pain treatment options.

Biography

Marcus Mina Gurgius is an Australian-based Pain Medicine Specialist, currently consulting from St Helen's Private Hospital Consulting Suites in Hobart CBD. He also has admission rights to Hobart Private Hospital, St Helen's Private Hospital, Calvary Hospital and St John's Hospital in Hobart. He obtained his primary medical degree from the University of Alexandria/Egypt (MBChB). On moving to Australia, he initially worked in Emergency Medicine in West Gippsland Hospital and he completed the Australian Medical Council Examinations (AMC Cert).

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