

Revolutionary Approach for Chronic Pain and Alzheimer's Dementia

Enbrel®, a prescription drug FDA approved to treat five lifelong inflammatory diseases, is now producing amazing results for patients with either chronic pain or dementia.

John Clawson says he was in terrible pain. “My lower back was giving me a lot of trouble,” confides the retired chief executive of DuBois Chemicals in Ohio. “It disrupted my sleep; I couldn’t move around well.”

Persons suffering from chronic pain often describe their pain as unbearable. It can interfere with their lives to the point that their sleep is disturbed, causing fatigue, depression, declining participation in work and leisure activities, and disruption of family life.

For help, John says he turned to his pain management physician, M. L. Richardson III, MD, a diplomate of the American Board of Anesthesiology and a diplomate of the American Academy of Pain Management. Dr. Richardson, who served as medical director and chief of staff at Indian River Memorial Hospital Ambulatory Surgery Center for 15 years, is now medical director and a co-owner of Grove Place Surgery Center in Vero Beach, where he spends approximately 50% of his time with his anesthesiology practice and the other half of his time serving his pain management patients.

“It is very satisfying to help patients and provide them some measure of relief from their pain,” relates Dr. Richardson.

According to Washington University School of Medicine, chronic pain can lead to loss of employment and income, to depression, fear, isolation, and anxiety. Marital and family dysfunction can result. The University of Utah Health Sciences Center reports that chronic pain affects about 80 million Americans and is the third leading cause of impairment in the United States, after cancer and heart disease.

“Chronic pain is so debilitating,” observes the doctor, “that when you bring a smile to your patients and their families, it is deeply fulfilling.”

John notes that Dr. Richardson was initially his anesthesiologist: “I had him for both a knee and an elbow surgery, and he was great.

Dr. Richardson, seen here with Dr. Edward Tobinick, uses patented treatments with Enbrel to help his patients with Alzheimer's disease and chronic pain.



PHOTO COURTESY OF DR. RICHARDSON

GROVE PLACE SURGERY CENTER

M. L. RICHARDSON III, MD

To learn more

For further information or to schedule an appointment with Dr. Richardson, please phone Grove Place Surgery Center at **(772) 778-3113** for their location at **1325 36th St., Suite B, Vero Beach.**

“Then when my back became so troubling, I was referred to him by my primary care physician and Dr. Richardson began giving me cortisone shots, which worked for a number of years.”

An epidural steroid injection, commonly referred to as a cortisone shot, is the injection of corticosteroids, a powerful anti-inflammatory agent, into the epidural space outside the spinal cord. The epidural space is the area where all the nerves pass through on the way out of the spinal cord to the rest of the body. The main goal of the treatment is to deposit the steroids or cortisone directly into the painful area around the nerves where the nerves may be trapped or pinched. The steroid solution attacks the inflammation, thus eliminating the pain, and may also help remove or *flush out* inflammatory proteins from around the structures that may cause pain.

“John is a long-time patient of mine,” supports Dr. Richardson. “Initially, his epidural steroid injections for back and leg pain were effective. However, their effectiveness had diminished over time, so when I told him about a gentle, rapid, off-label method for chronic pain relief

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- Dr. Richardson

that takes only minutes and is done in my office, he insisted on being my first patient to receive this treatment.”

Enbrel® for dementia

Enbrel® is a prescription medicine used to treat various long-term inflammatory diseases, including rheumatoid arthritis and plaque psoriasis, informs Dr. Richardson: “As a medication grouped within a class of medications called biologic response modifiers, it works on the immune system, blocking proteins that contribute to the disease process.”

Dr. Richardson relates that, while looking for an alternative for epidural steroid injections for his back and neck pain patients such as John, he learned about Dr. Edward Tobinick and the Institute for Neurological Research in California: “Dr. Tobinick, an assistant clinical professor of medicine at the David Geffen School of Medicine at UCLA, has invented patented methods for using Enbrel to treat chronic back, leg, arm, and neck pain, as well as various forms of dementia, including Alzheimer's disease. When I read about the results he was having [see www.nrimed.com], I thought it was too good to be true, so, skeptical that I am, I went out to California to see it with my own eyes.”

He says he was overwhelmed by what he saw: “Regarding dementia patients, I spoke with not only his patients, but also with their caregivers, who were amazed at the improvements the Enbrel-based treatments were providing [see www.nrimed.com/AD.videos.html]. While this is not a cure for Alzheimer's disease or other dementias, many of those patients were enjoying a much higher quality of life and were continuing to function at much higher levels than before the treatments began.

“I saw patients coming from all over the world to be treated, and I feel very fortunate to have become one of less than a handful of physicians trained and licensed in the state of Florida in Dr. Tobinick's patented methods, enabling me to use these treatments in the care of my patients here in the Vero Beach area.

“I have to admit that this is the most fascinating development I've seen in medicine since becoming a doctor in 1980.

“I have begun treating patients with Alzheimer's disease and other forms of dementia, and it is the only medication I'm aware of that prevents the progression or slows the progression of these diseases and actually improves the patient's quality of life.”

Enbrel for chronic pain

John says that in April 2010, Dr. Richardson gave him a treatment with Enbrel: “Since then, I've been pain free. I can move around again.

“I'm eighty-seven years old and have all the things that come with it, but now I move around very well. I'm much better. I sleep better. Everything is better.

“What else can I say? This treatment really works, and Dr. Richardson is wonderful.” **FHCN—Kris Kline**



M. L. Richardson III, MD, is a diplomate of the American Board of Anesthesiology and a diplomate of the American Academy of Pain Management. This board certified physician earned his undergraduate degree from the University of Mississippi and his medical degree from Louisiana State University Medical School in New Orleans. Dr. Richardson served his internship in the Department of Surgery at David Grant Medical Center, Travis Air Force Base, CA, and his residency in anesthesiology at Wilford Hall Medical Center, Department of Anesthesiology, Lackland AFB, TX. He is trained and licensed by the Institute for Neurological Research in the

patented method of using prescription Enbrel for chronic neck and back pain and for Alzheimer's and other dementia diseases. Dr. Richardson is a member of the American Society of Anesthesiologists, the Society of Ambulatory Anesthesiologists, and the American Academy of Pain Management, among other professional associations.