

About the *BCH Center for Mind Body Medicine*

Patient Information	
Mission statement	Empower patients by giving them tools to eliminate or significantly reduce the severity of chronic pain, and other hard-to-treat health problems that have not responded to traditional medical therapies. Help to change the understanding of pain in our community by educating patients, medical providers and insurers about new theories in neuroscience regarding how the brain and body interact.
Can <i>Mind Body Treatment</i> help you	<p>You might be a candidate for <i>Mind Body Treatment</i> if you:</p> <ul style="list-style-type: none"> ○ Suffer from chronic pain of any kind, or some other chronic health problem that has not been easy for your doctor to diagnose and treat. ○ Have had many interventions - shots, procedures, medications, maybe even surgery - yet you still have physical symptoms. ○ Have tried or are thinking about acupuncture, changes in your diet, energy work or other “alternative” forms of therapy because you have a problem that just won’t go away.
The research	<p>The <i>BCH Center for Mind Body Medicine</i> uses new neuroscience theories to teach patients how to change their brain’s response to chronic, debilitating symptoms in illnesses such as back pain, migraines, irritable bowel syndrome, fibromyalgia and many more. Our goal is not pain management, but pain cure.</p> <p>More health care dollars in the US are spent trying to treat chronic pain (e.g. back pain, pelvic pain, fibromyalgia, gastrointestinal issues, headaches, arthritis) than diabetes, heart disease or cancer! But most of those dollars are spent without a clear understanding of what is actually causing the pain. Why does one person with a bulging disk have severe pain, while another person with the same problem has no pain? Where do migraines come from? Why are irritable bowel symptoms so bad one week and then not so bad for the next two weeks?</p> <p>New studies using MRI and other techniques are starting to unlock the puzzle, showing that pain can happen without tissue damage or nerve irritation. In fact, new theories suggest that our brain creates all our experiences, including pain. Many chronic pains and illnesses are very real, but they are not physical, meaning they are not actually damaging the tissue. They are also not psychiatric, which is why psychiatric drugs and psychologic interventions often do not help.</p> <p>The <i>BCH Center for Mind Body Medicine</i> works under the idea that the brain and the body are one unit and that many chronic, hard-to-treat health problems are persisting because this is just a normal part of how brains and bodies work. We also believe that the “cure” is more likely to come from within you than from some outside expert or procedure. Our job is to teach you about how pain happens, and then give you the tools to “rewire” the pathways your brain is using to send the sensation of pain. This is another major new concept in neuroscience, called neuroplasticity.</p>

	<p>Specific therapy with a personal treatment plan is tailored to your needs, but might include:</p> <ul style="list-style-type: none"> ○ Medical evaluation for diagnostic purposes ○ Education that will allow you to start getting better ○ Mindfulness-based stress reduction ○ Pain reprocessing therapy to reduce fear ○ Yoga ○ Massage ○ Physical therapy based on the “Explain Pain” model ○ Psychotherapy and/or writing exercises to explore how emotions are being sent through the body as pain or discomfort
<p>Our focus</p>	<p>Our focus is not on medications: We are happy to see patients who are already being treated with medications of any type. We know the value of medications to help manage symptoms for many patients, but they do not cure chronic pain, and are not a part of our practice.</p> <p>What we do not treat: We do not claim to be able to treat cancer, heart disease, stroke and other diseases where clearly there is tissue damage or deterioration. There is no evidence that rewiring your brain will change these diseases, and we suggest biomedical treatment for this type of problem.</p> <p>What we do treat: We are happy to consult on any medical problem, to determine whether it is right for <i>Mind Body Treatment</i>. Dr. Fanestil is a board-certified Internal Medicine doctor, and we can do diagnostic testing to rule out more serious diseases when needed, and then guide you on treatment options for your particular problem.</p> <p>Most of our patients will already have undergone tests and evaluations - often by several other doctors - and are consulting us because current therapies are not helping. Below is a list of problems that often improve or resolve with <i>Mind Body Treatment</i>:</p> <ul style="list-style-type: none"> ○ Chronic back or neck pain ○ Fibromyalgia ○ TMJ syndrome ○ Irritable bowel syndrome ○ Chronic headaches ○ Migraines ○ Chronic pelvic pain (men and women) ○ Chronic joint or muscle pains ○ Foot pain syndromes ○ Vulvodynia ○ Piriformis syndrome ○ Functional dyspepsia ○ Chronic tendonitis ○ Paresthesia ○ Interstitial cystitis