



Accurate Clinic

2401 Veterans Memorial Blvd. Suite 16
Kenner, LA 70062 - 4799
Phone: 504.472.6130 Fax: 504.472.6128

www.AccurateClinic.com

Eric Ehlenberger MD

Accurate Clinic's Integrative Medicine Program

Accurate Clinic provides a unique **Integrative Medicine** approach to pain management that is unlike any other program offered in Louisiana. Our program is a patient-centered approach to managing chronic pain that combines conventional medical treatments with complementary therapies, including acupuncture, acupressure massage, nutraceuticals, dietary counseling and aromatherapy synchronized with medical cannabis therapy.

We consider the whole person—mind, body, and spirit—and focus on a personalized plan for healing, health promotion, and illness prevention. Our approach is evidence-based, engaging current research in the field of pain management. Recognizing that opioid management of pain remains a key element of returning a patient's functionality and quality of life, we make every effort to emphasize their appropriate use by focusing on the safest options with close monitoring of doses.

Key aspects of our Integrative Medicine program

Education: We excel all other pain management programs by providing the most extensive education to our patients for all aspects of their health, not just relative to pain. We provide one-on-one instruction to our patients as well as comprehensive handouts to inform our patients regarding every option of alternative management of chronic pain in order to limit reliance on opioids as much as possible.

www.AccurateClinic.com: Our website provides the most extensive source of education regarding pain management compared to any other pain practice.

Holistic approach: We addresses all factors that influence health, wellness and disease, including physical, emotional, social, spiritual, and environmental needs.

Evidence-based: We provide therapies that have been scientifically studied and proven safe and effective, working with conventional medicine rather than replacing it.

Collaboration: We coordinate care with other practitioners managing our patients to maximize safety and quality of care. For example, we do not offer benzodiazepines to our patients but we work closely with other providers to facilitate tapering their use by providing alternative therapies and personalized guidance for their discontinuation.

Nutritional Assessments: We place great emphasis on the nutritional health of our patient with thorough laboratory evaluations and use of evidence-based nutraceuticals to not only treat chronic pain, but also promote general wellness.

Examples of Our Complementary Therapies

Traditional Chinese Medicine (TCM): We offer acupuncture, acupressure massage and traditional Chinese herbal medicine by an MD fully trained in China, with a PhD in Traditional Chinese Medicine. TCM is offered for treatment of pain, anxiety and depression as well as many other conditions.

Nutraceuticals: We provide an extensive, comprehensive approach to the management of chronic pain through the use of evidence-based protocols for the use of nutraceuticals. Our protocols offer a unique, groundbreaking 4-Domain approach to the management of chronic pain that focuses not simply on pain conditions but also on pain processing.

Our protocols direct treatment of the 4 forces that contribute to the chronification and magnification of chronic pain: systemic inflammation, neuroinflammation, oxidative stress and mitochondrial dysfunction. By focusing on these four domains, we are able to address the underlying processes that result in central sensitization, which manifests as excessive severity and intolerance of pain as well as other sensory experiences including cold weather, light and sound.

Prevention and Treatment of Opioid Analgesic Tolerance and Opioid-Induced Hyperalgesia:

We offer innovative approaches to the management of these two conditions that complicate and impair effective management of pain with opioids. In addition to selected nutraceuticals for this purpose, we also offer a new treatment of opioid-induced hyperalgesia: microdose rotation of full mu opioid agonists opioids to buprenorphine as a means of gaining safer and greater pain control.

Medical Cannabis: We provide extensive education and monitoring of patients regarding the safest and most effective selection of THC-based products and THC dosing for the management of chronic pain, anxiety, muscle spasm, and insomnia, as well as other conditions. Emphasis is placed on directing patients to the most effective choices of terpenes for specific therapeutic benefits.

Aromatherapy: We introduce the use of evidence-based essential oils for aromatherapy for the management of insomnia, anxiety, and pain. Additionally, we guide patients in how to couple aromatherapy with cannabis therapy to synergize these treatments to improve therapeutic responses.

Benefits of our integrative approach to the management of chronic pain and other conditions

Improved patient confidence and treatment compliance: By providing a personal interest in the patient well-being, as demonstrated by the integrative approach to a patient's concerns, a clinician is more likely to engage the patient's compliance in their management. Building confidence in the therapeutic relationship between the clinician and the patient is an important variable that impacts the success of treatment. This extends to the patient's self-confidence in their ability to manage their chronic pain and other symptoms which can also have a tremendous impact on therapeutic outcomes.

Reduced incidence of substance abuse and addiction: When there is a successful relationship between a clinician and a patient regarding the management of chronic pain, there is less likelihood of the patient turning to controlled substances to deal with their problems. The integrative approach provided by Accurate Clinic improves the likelihood of such a successful relationship. This reduced likelihood of substance abuse has been demonstrated by Accurate clinic's status as having one of the best compliance with appropriate urine drug screens in the state, as documented by Millenium, the company providing drug screen services to Accurate Clinic.

Addressing root causes and improving a patient's overall health: By investing in the whole person, we address the underlying issues contributing to poor health outcomes. By improving our patient's quality of life we achieve safer and greater success in the management of their chronic pain and their overall health.

