



Accurate Clinic

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Eric Ehlenberger MD

Introducing Accurate Clinic

Overview

Thank you for your support in the management of my patient's chronic pain and other conditions. Accurate Clinic is a unique academic *integrative* medical practice that focuses on the management of acute and chronic pain, but other conditions as well. We have been fully licensed by the state of Louisiana as a pain clinic since 2009 and we also offer Non-Opioid and Acute Pain Management Programs.

The Nature of Accurate Clinic

- Empathetic and knowledgeable staff. Dr. Ehlenberger is Board Certified in Addiction and Advanced Certified in Pain Management with more than 17 years of full time experience in Pain Management.
- Patients are assessed and educated by Dr. Ehlenberger on every visit, with average one-on-one interactive visits of 15 minutes. He does not engage Physician Assistants or Nurse Practitioners.
- Acute and Chronic Pain management programs are offered (Opioid and Non-Opioid)
- Monthly visits are required for chronic opioid pain management
- Excellent patient satisfaction and patient reviews
- Extraordinary patient trust and loyalty with a majority of patient management durations at Accurate Clinic that are greater than five years and many greater than 10-15 years
- When requested, patients are provided with Dr. Ehlenberger's personal cell phone and given access to his consultation 24/7

Safety Management

- Initial, annual and PRN brief Safety and Compliance reviews (S&C's) that include extensive screening for every potential safety concern associated with the use of opioids, including evidence-based industry standard assessments as well as custom assessments designed by Dr. Ehlenberger.
- Lammico, Louisiana's premier malpractice insurance provider, has on multiple occasions described Dr. Ehlenberger's practice as "*Setting the standard for other pain management practices.*"

In-House Services

Patient Education

- **Our website**, www accurateteclinic.com, has extensive patient education sections that provide more information relative to pain management than any other pain management practice in Louisiana. These materials are provided for both physician and patient levels of education and include thousands of relevant journal publications available for download directly from the website.
- Educational handouts are provided in the clinic and may be downloaded from [accurateteclinic.com](http://www accurateteclinic.com)

Physical Therapy

- On-site physical therapy is provided without charge to our chronic pain patients by a licensed physical therapist, with emphasis on education of home exercise programs
- Dry needling provided free of charge when appropriate for the management of myofascial pain.

Traditional Chinese Medicine (TCM), provided on-site, including acupuncture, acupressure massage and herbal medicine by an MD fully trained in China, including a PhD in Traditional Chinese Medicine. TCM is offered for treatment of pain, anxiety and depression as well as many other conditions.

Pain Management

Opioid Management - Safety Monitoring

- Extensive screening of patients applying for chronic opioid management, sometimes including criminal background checks.
- Opioid risk education and provision of naloxone products
- Selective opioid class prescribing, emphasizing safer non-traditional opioids when appropriate, affordable and available. This includes buprenorphine products, tapentadol and levorphanol
- Emphasis on abuse deterrent opioid formulations when affordable and available
- Morphine equivalency graphic (ME graph) monitoring with regular review of a patient's ME history dating back a minimum of six years prior to the patient's start date at Accurate Clinic and going back to 2008 in many patients.
- ME Graph reviews are reviewed for patterns of dose escalations or other potential safety concerns.
- Adjunctive OTC nutraceutical and prescription medications including gabapentinoids, antidepressants effective for pain, muscle relaxers and topical medications, including custom compounded topical medications to reduce reliance on opioids for the control of pain.

Opioid Management - Education and Treatment

- Patient. education emphasizing assessment and management of central sensitization, systemic inflammation and oxidative stress and their role in both chronic pain and the diseases of aging.
- Assessment and management of opioid-induced hyperalgesia (OIH) and opioid analgesic tolerance (OAT), including assessment of endogenous opioid tone, pain tolerance testing and cold pressor testing (CPT)
- Protocols for management of OIH and OAT in patients on low dose *and* high dose opioids
- Micro-dose rotation to buprenorphine protocols
- Low dose naltrexone (LDN) and Ultra Low Dose naltrexone (ULDN) protocols

Complementary and Alternative Medicine (CAM)

- **Nutraceuticals and natural herbal medications** - extensive patient education regarding evidence-based nutraceutical supplements and other CAM treatments for pain and other conditions.
- **Mind-Body Integration** techniques, including Virtual Reality training for low back pain
- **Medical Cannabis**
 1. Emphasis on educating and monitoring patients regarding the safest and most effective selection of cannabis products, terpene profiles and THC dosing
 2. Screening for risks of cannabis use disorder (CUD) prior to initiation of cannabis treatment
 3. Patient education regarding cannabis withdrawal syndrome, CUD and treatment of CUD
- **Aromatherapy** - Extensive education regarding the use of evidence-based essential oils, including coupling aromatherapy with cannabis therapy
- **Nutrition, Dietary and Nutraceuticals Guidance**

Extensive nutritional assessment along with patient education regarding the anti-inflammatory diet, nutritional and nutraceutical supplements and their role in the management of Oxidative Stress, Systemic Inflammation and Central Sensitization, the major contributors to chronic pain
- **WeightL Loss Program**
 1. Assessment of Body Composition Analysis
 2. Calculation of an individual's caloric needs
 3. Management of subcutaneous vs. visceral fat
 4. Patient education regarding diet and exercise

