

Our Clinic Offers:

- Compassionate multidisciplinary care
- Health and Wellness Programs
- Pharmacological Pain Management
- Comprehensive functional restoration program since 1979
- Team approach to safety monitoring
- Physical Therapy
- Biofeedback-assisted relaxation training
- Programs for a wide range of chronic pain conditions: low back, orthopedic injuries, CRPS/RSD, migraines, fibromyalgia, pelvic pain, and more

Our Clinic: Past, Present, and Future



Daniel M. Doleys, PhD
Clinic Director

From November 1979 through today, The Doleys Clinic has maintained its emphasis on treating not just the pain but the person *behind* the pain. We still offer our original day treatment program where patients participate for up to 4 weeks for a non-pharmacological approach to chronic pain management. Consistently, patients completing the program report over 50% improvement in pain, mood, daily function, socialization, and coping confidence.

Over time, we have expanded the types of pain conditions that we treat and now work with a variety of insurance companies. We provide the opportunity to explore a variety of pharmacological pain control

agents. The participation and involvement of the patient remains a critical component of our team approach. The requirements of pain self-management classes, periodic consultation with a pain psychologist, and assessment by our physical therapist help to promote a more comprehensive approach to chronic pain management. When appropriate, interventional therapy such as epidural blocks can be incorporated into the treatment model. In some cases the use of neuromodulation including spinal cord stimulation and intrathecal drug delivery can be of significant benefit. Our clinic was one of the first in the country to explore intrathecal drug delivery for chronic pain management with the implantation of our first intrathecal drug delivery system in 1986.

With the emergence of the concept of chronic pain as a manageable "disease" not unlike diabetes, the future will focus on honing time-honored and well-known evidence

based therapies of the past. Even greater emphasis will be placed on "participatory medicine", which highlights patient and family involvement in the decision-making and therapeutic process. Advances in the understanding of brain mechanisms, endocrine, and immune system changes in chronic pain has reinforced our philosophy of treating the "whole person" and leading us to develop some new, and hopefully more efficient, approaches to pain management. Medications will likely continue to be a part of pain management but will be used in a judicious fashion and where there is evidence of their contribution to improved quality of life for the patient. For many, unfortunately, treatment must be adjusted to meet the insurance and economic status of the patient. Our clinic always has, and will continue to strive to provide the most effective and efficient pain management to our patients.

Contact Information:

The Doleys Clinic
2270 Valleydale Road
Birmingham, AL 35244

Phone: (205) 982-3596
1-(877) 559-7246

Fax: (205) 982-4483

Website:
www.doleysclinic.com

Email: dmdpri@aol.com
or lrrpri@aol.com

We're Loving Our New Home!

We moved into our new two-story office space on August 1st. The change to Valleydale Road means no-hassle parking, a bright and spacious waiting area, increased efficiency with several exam rooms, more functional clinical and medical office space, our own gym equipment, and a more modern ambience.

Many thanks to the following companies who helped us with the move:

- Moiz Foulad and Parade Home Builders for architectural design and property management
- McCorquodale Transfer for seamless office furniture moving
- Business Interiors for space layout and new furniture choices
- Wide Open Signs for our monument and inside entrance signs
- The Logo Company for our new colorful clinic logo



Would you like to receive our quarterly newsletters and/or announcements about our CME pain seminars, community seminars, or new programs?

Sign up by sending an email to lcianfrini@gmail.com and we'll keep you in the loop!

Did You Know?

- “Breakthrough pain” can have several causes (e.g., weather fronts, over-activity) and does not necessarily have to be treated with more opioids. Use rest, stretching, heat, ice, or relaxation to ride out the flare-ups.
- Safe car or air travel includes carrying your medications in separate, original bottles. You can ask your pharmacist for travel bottles with current and accurate labels.
- “I am.” is the shortest complete sentence in the English language. Learn to love and appreciate who you are today.

Quote of the Month:

“We must be willing to let go of the life we have planned, so as to have the life that is waiting for us.”

- Joseph Campbell

Meet One of The Doleys Clinic Family

Ms. Maureen Crocker has been a licensed physical therapist in Alabama since 1975. She is one of the original staff members of our clinic since 1979 at Brookwood Hospital.

Her primary focus with her patients is functional restoration through appropriate goal-setting,

proper body mechanics, and regular exercise.

Outside of work, Maureen enjoys spending time with her family and friends, hiking, and volunteer work through her church and a variety of community programs.

Look for her smiling face at your next visit and say hello!



Maureen Crocker, PT

New Health and Wellness Programs Coming in 2012

We’ve got some great new programs on the horizon. We have plans to offer:

- A 6-week weight management program incorporating nutritional and exercise education
- New smoking cessation seminars

- Continued outpatient classes for self-management of sleep, stress, depression, and pain with possible online access options through our website
- A cognitive compensatory skills group for individuals with mild traumatic brain injury

- A “Wellness Store” to promote easier onsite access to treatment recommendations for massage, supplements, physical therapy modalities, and relaxation boosters
- Expanded biofeedback program for stress, anxiety, PTSD, ADHD, and pain

Currently Recruiting for 3 Research Studies

1. Opioid-Induced Constipation

Recruiting adult patients receiving stable opioid medications for chronic pain who have constipation (<3 BMs per week without laxative use) for a randomized, placebo-controlled 12-week trial of medicine.

PI: Robert C. Doekel, MD
Sleep Disorders Center of AL

2. Sleep-Disordered Breathing

Recruiting 21-70 year old males and females on stable opioids who are **not** currently on CPAP or continuous oxygen therapy, and who do not have COPD for possible trial of treatment with BiPAP therapy.

PI: G. Vernon Pegram, PhD
Sleep Disorders Center of AL

3. Cognitive Functioning

Recruiting patients ages 19-65 who either: a) have chronic pain but take no opioids; b) have pain and take short-acting opioids only; or c) have no chronic pain.

Study involves a 2.5-hour session of paper-and-pencil and computer testing to examine thinking abilities. You are paid \$40 for participating and receive a free confidential feedback session with the study supervisor (Leanne Cianfrini, PhD).

Contact: Cady Block, M.S. at (757) 718-2007 or cblock@uab.edu

For either of these studies, contact:
Wes Booth at (205) 599-1020 ext 122

Our Next Community Seminar is Saturday, November 12th from 10:00 am to Noon

The Holidays: Friend or Foe? (It’s Up to You!)

\$15 seminar fee donated to The Shelby Women’s Center

Learn about holiday stress & super-charge your coping skills in time for the Winter Holiday Season.

Call 982-3596 to sign up (space is limited to first 25 registrants)

