



by Dr. Avtar S Matharoo

Pain is an inevitable consequence of living. Pain is the most frequent cause of suffering and disability that seriously impairs the quality of life for millions of people throughout the world. Because pain impairs one's ability to have a productive life, pain in general and chronic pain in particular are serious economic & social problems as well as major health issues.

Pain is experienced by all since birth till the last breath of life. Unfortunately, in India and other developing nations, the principles of palliative care are poorly practiced. Present day medicare fails to provide adequate pain relief to our terminally ill patients. It is a matter of great shame that 90 percent of our terminally ill patients die in severe agony. As one of my patients once

mentioned to me, 'I'm not afraid of cancer or death but it is the pain that kills me'.

In 2006, members from 130 countries declared pain relief as a fundamental human right and United Nations referred it as 'Declaration of Montreal'. In continuance, World Institute of Pain took a very big initiative on February 5, 2012 through 'Declaration of Miami'. It requested all to join forces for better pain treatment and promote pain medicine and worldwide access to pain relief.

Interventional pain management, is a new super specialty that treats pain and disability through multimodal approach. Micro or minimally invasive procedures are in vogue worldwide to reduce the pain burden of patients and have saved many from the disfiguring and mutilating surgeries. Neuromodulation, the latest in its armour, holds promise for lots of pains and disabilities and is

about altering the character of offending nervous system without affecting the bodily functions. Spinal cord stimulators and intrathecal pumps are the most favourite treatment modalities in the world presently for difficult to treat pains.

Dr. Avtar S Matharoo, Senior Consultant with Fortis Hospital, Mohali did training in Interventional Pain management techniques from the best in the world, at Delhi, Kolkata, Hungary (Budapest). He has done a certificate course in 'Palliative Care' under the auspices of 'Indian Association of Palliative Care (IAPC)', from PGIMER, Chandigarh.

He has been bestowed with FIPP, i.e. 'Fellowship in Interventional Pain Practice' from World Institute of Pain (WIP), Texas, USA that proudly puts him in an elite class of 810 such physicians the world over. He is affiliated to 'International

Association for the Study of Pain (IASP)', New York, USA. He is also a life member of the 'Indian Society for the Study of Pain (ISSP)'.

He is accredited with performing many latest and indigenous procedures. He performed 'Cervical Nucleoplasty' for the first time in the Indian subcontinent. He has performed the highest number of micro invasive procedures on prolapsed discs, viz. Hydrocision, Transforaminal Endoscopic Discectomy & Coblation etc.

Dr Matharoo has around a dozen publications in his name. He is also involved in many charity programmes for the welfare of poor and down trodden at national and international levels.

You can reach Dr Avtar Matharoo at Fortis Hospital Mohali's 'Pain Clinic', from 11 am to 1 pm.

One can reach Fortis Hospital, Mohali on:

www.facebook.com/fortis.mohali

Don't live with pain - get it treated!