The Pacifica Approach. We consider the patient from a broad health perspective, not just a limited chronic pain perspective. We consider the interaction of chemical, psychological and physical factors in the development of *chronic pain syndrome* which leads to addiction, illness, and disability. We attempt to unravel the "knot" of problems this interaction creates. Our emphasis is on self-management and functional restoration achieved through education and practice provided by a multidisciplinary team.

Introducing a different and better environment to treat chronic pain:

Cold Springs

A tranquil and peaceful setting, on a 20-acre estate in the heart of Napa Valley. Our tudor-style facility provides private rooms, high staff ratios, chef-prepared organic diet, apple orchard, herb and vegetable gardens, meditation labyrinth, walking trails, heated pool/spa and other amenities to make your stay comfortable while undergoing complete detoxification, counseling, and strengthening.

Our six-week functional restoration program begins with an out-patient evaluation and then a three-day hospital team evaluation, where a variety of doctors, therapists and healthcare providers work together to develop an individualized program of care for each resident. Each care plan is updated regularly and our team meets weekly to review and discuss each case. Once back home, exercise evaluation, pain management, counseling, and stress management continue for one year to help achieve success.

Our treatment is effective because of our:

- Intensity and frequency of individualized care
- Detoxification: *drugs, diet,* and *behavior patterns*
- Reducing narcotic caused pain (hyperalgesia)
- Seclusion from life circumstance
- Self-management and adaptation
- Cognitive-perceptual change
- Strength development and pacing
- Truly multidisciplinary treatment team
- One year of follow-up aftercare

Our treatments are aimed at functional restoration, pain reduction, detoxification, and mood management. This includes correct medications, learning skills, techniques, functions, and abilities to manage pain while undergoing physical strengthening, stress reduction, and correct nutrition in a supervised, confidential and very private and serene environment.

Scientific research suggests that long term use of narcotic medications can actually worsen pain. This is called *opioid induced hyperalgesia* which can be reduced or eliminated by combining slow and careful detoxification with various cognitive, perceptual, self-regulation, and physical exercise regimens. At Pacifica, we've been providing such care for more than a quarter of a century.

Specialized care is usually necessary to effectively treat *chronic pain syndromes.* Typical symptoms of a chronic pain syndrome include:

- Persistent pain
- Spread of pain
- Failed surgery
- Failure of narcotics to resolve pain
- Medication addiction
- Insomnia
- Muscle wasting
- Weight gain depression
- Decreased sex drive
- Loss of employment
- Relationship problems

There *is* hope.

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Pacifica Pain Management *Services, Inc.*

Pacifica Pain Management *Services, Inc.*

And a better place to treat it.