

Healthy Pain Management

Pain, Opioids & Integrative Care

Co-sponsored by NWH and the KSG – November 6th, 2018

For more information: 914-923-4346

Overview:

There is an opioid epidemic in the Western World.

This workshop looks at *traditional and alternative ways* to manage pain, find meaning in suffering, and move forward. No one is denying that some pain needs medical intervention, but can we do better...even much better?

Can non-pharmacological approaches like Cognitive Behavioral Therapy, acupuncture, energy healing and other techniques help?

Who Will Benefit:

This presentation is important to those in pain, or with children or parents in pain. We will be talking to the medical community and the general public. Everyone these days is concerned that Opioids are over-prescribed and at times, abused. Yet there is a legitimate role for pain management; hence the conversation.

- The workshop will be publicized as an effort to move past the pain/medicine paradigm to something more complete.

We will involve the audience, hear ideas and stories, and demonstrate some healing technologies. Pain management involves relief of suffering, avoidance of addiction, promotion of health and a purposeful concern about the whole person.

- There is more to helping those in pain than just a prescription.

Panel: Marla Koroly, MD, Chief Medical Officer NWH; Rich Catanzaro, MD, Chair Department of Psychiatry NWH; & Penny Cohen LCSW

Moderated: Mark Banschick, MD

Demonstration:

- **Guided Imagery:** Penny Cohen, MSW/Cindy Blum
- **Reiki Pain Sessions:** Ellen Lamonoff, RN & Amy Kaufman
- **BEMER Pain Sessions:** Bonnie Rogers

Bios:

Marla Koroly, MD, FACP, MBA

*Chief Medical Officer & Senior VP, Medical Affairs
Northern Westchester Hospital*

Marla Koroly, MD, has oversight of the quality and delivery of care at Northern Westchester Hospital as Chief Medical Officer and Senior Vice President — positions she has held since 2004.

Dr. Koroly joined the Medical Staff of Northern Westchester as an attending physician in 1990. From 1993-2004, she was the medical director of Beth Israel Medical Center's DOCS/Continuum Medical Group. She also had served as Beth Israel's associate medical director before taking the leadership role at Northern Westchester. She has been the principal investigator in several clinical trials focused on diabetes and hypertension.

Dr. Koroly received a bachelor's degree from the University of Pennsylvania, where she was a member of the Phi Beta Kappa honor society and graduated summa cum laude. She attended medical school at New York University School of Medicine, with membership in the Alpha Omega Alpha medical honor society, and completed her internal medicine residency at New York University Medical Center. A diplomate of the American Board of Internal Medicine, Dr. Koroly has been an active member of the American College of Physicians (ACP), serving two terms as council representative for the Hudson Valley regions and district president of the Hudson Valley South District. She is currently the chair of the Quality & Patient Safety Committee of the ACP's New York chapter.

Richard P. Catanzaro, MD

*Chairman, Department of Psychiatry
Northern Westchester Hospital*

Richard Catanzaro, MD joined the Medical Staff of Northern Westchester Hospital in December of 2014. He received his medical degree at SUNY Downstate and completed his psychiatry residency training as well as an administrative fellowship at Montefiore Medical Center.

Dr. Catanzaro is Diplomate of the American Board of Psychiatry and Neurology. Prior to joining us as the Chairman of Psychiatry and Medical Director of Northern Westchester Hospital's Behavioral Health Unit, Dr. Catanzaro worked for several years as an Attending Psychiatrist and Unit Director at Montefiore Medical Center and was the Medical Director of the Admissions Units at Rockland Psychiatric Center.

Penny Cohen, LCSW is a leading edge transformational psychotherapist, relationship expert, life coach, and author and speaker. She has been counseling, lecturing and conducting workshops internationally at professional conferences, universities, and organizations for the past thirty years. Her focus is on personal, relationship, communication, and meaningful careers. Her specialty is transforming trauma, depression, anger and anxiety to stress free meaningful living. She also integrates spiritual development and Kabbalah when requested.

Penny earned her Master's degree from Columbia University, is a licensed psychotherapist; hypnotherapist; EMDR, Energy Psychology and Imago Relationship Practitioner. She is the author of *Personal Kabbalah: 32 Paths to Inner Peace and Life Purpose* and she conducts Training workshops on integrating spirituality and psychotherapy using the Kabbalistic Tree Of Life. Her practice is in Pound Ridge, NY and she works with individuals, couples, and groups in her office or onsite, and on the phone. Contact info: Penny@PennyCohen.com call: 914-764-1708 or see her Web: PennyCohen.com

Overview

<https://www.vox.com/science-and-health/2018/9/25/17327976/opioid-epidemic-painkiller-prescriptions>

<https://www.vox.com/science-and-health/2018/8/16/17698204/opioid-epidemic-overdose-deaths-2017>

<https://www.ncbi.nlm.nih.gov/pubmed/28582659/>

<https://www.vox.com/science-and-health/2017/5/8/15454832/fentanyl-carfentanyl-opioid-epidemic>

<http://www.nationalacademies.org/hmd/Reports/2011/Relieving-Pain-in-America-A-Blueprint-for-Transforming-Prevention-Care-Education-Research.aspx>

<https://www.vox.com/policy-and-politics/2017/8/8/16049952/opioid-prescription-us-europe-japan>

<https://www.vox.com/science-and-health/2018/3/6/17082590/opioids-tylenol-chronic-pain-study>

<https://jamanetwork.com/journals/jama/fullarticle/2673971>

<https://jamanetwork.com/journals/jamasurgery/article-abstract/2644905>

<https://www.vox.com/science-and-health/2017/8/4/15929484/chronic-back-pain-treatment-mainstream-vs-alternative>

Integrative Medicine Programs

Johns Hopkins:

https://www.hopkinsmedicine.org/psychiatry/specialty_areas/pain/index.html

Mayo Clinic:

<https://www.mayoclinic.org/departments-centers/pain-rehabilitation-center/overview>

Research – Integrative Medicine

Complementary Treatments for chronic pain include acupuncture, cognitive behavioral therapy, meditation, bio-feedback, massage, yoga, herbs etc. Since we cannot focus on all treatments, we will instead provide insight on a few including Reiki, stress management and a new technology called, BEMER.

Reiki & Pain

<https://iarp.org/reiki-and-chronic-pain-can-reiki-help-heal-the-chronic-pain-epidemic/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4147026/>

<https://www.ncbi.nlm.nih.gov/pubmed/29551623>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4147026/>

http://www.scielo.br/scielo.php?script=sci_arttext&pid=S0104-07072014000401032

https://www.reiki.org/reikinews/reiki_in_hospitals.html

<https://www.reiki.org/reikinews/rn970109.htm> Reiki

Ellen Lamonoff, MS, RN, NC-BC - Director of Nursing, the Arc Westchester

Opioid Crisis and Neuro-epigenetics

<https://neuroepic.mcdb.lsa.umich.edu/wp/topics/16-the-opioid-crisis-and-neuroepigenetics/>

<http://theconversation.com/why-genetics-makes-some-people-more-vulnerable-to-opioid-addiction-and-protects-others-92000>

[Alternative Medicine: Stress Management and Opioids Use](#) – Crimson Publications

Pain Management & BEMER Technology

[Bio-Electro-Magnetic-Energy-Regulation \(BEMER\) for the treatment of type I complex regional pain syndrome: A pilot study.](#)

[Pulsed electromagnetic field therapy in the treatment of pain and other symptoms in fibromyalgia: A randomized controlled study.](#)

[BEMER Therapy Combined with Physiotherapy in Patients with Musculoskeletal Diseases: A Randomized, Controlled Double Blind Follow-Up Pilot Study.](#)

BEMER VIDEO <https://www.youtube.com/watch?v=QWp-307NegM>

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