

**ASK THE DOCTOR:**  
Dealing with chronic knee pain



Dr. Neil Thakkar

**Q: I have serious knee pain but I don't want to get a knee replacement yet. What is the best treatment I can do instead?**

**A:** Novocur Pain Management Clinics are the first facilities in the nation to offer a new nerve treatment for patients young and old suffering from osteoarthritis and chronic knee pain. This new nerve treatment can delay or possibly eliminate the need for knee surgery.

The new treatment is Radiofrequency Ablation (RFA) of the genicular nerves, which are the sensory nerves of the knee. During RFA, an electrical current produced by a radio wave is used to heat up a small area of nerve tissue, thereby decreasing pain signals from that specific area. It can also help people who have already had a knee replacement but continue to have pain. Patients love the treatment because it only takes 90 seconds to perform in the office and the resulting pain relief lasts anywhere from 6-12 months.

Patients who are interested in trying RFA for permanent pain relief can find out whether they are a candidate for the procedure by first having a diagnostic block, a block that just uses numbing medication. If they receive good pain relief for the day then the patient is a candidate for RFA.

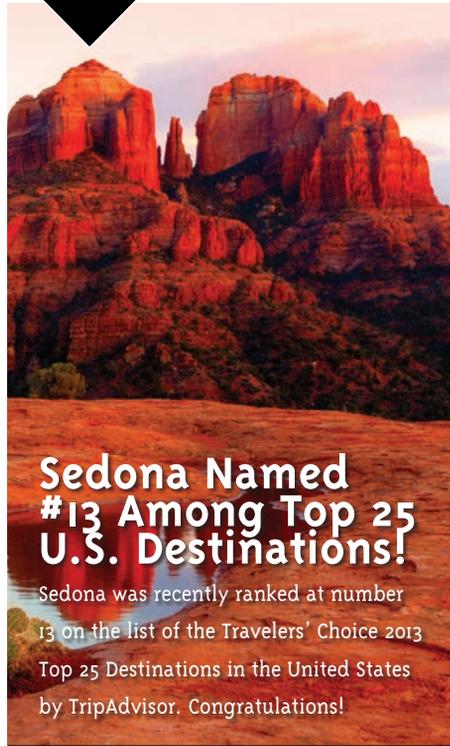
Although this treatment has generally been seen as one undergone by older patients, advancements in the technique ensure it is effective for younger patients dealing with dealing with premature degenerative changes from injury as well those who have chronic degenerative knee pain that cannot be controlled with other treatments.

RFA of the knee is a breakthrough alternative treatment for patients who cannot control their knee pain with medications or steroid injections. Previously, the next step has been knee replacement surgery, but now RFA is a truly reliable alternative. RFA is also a viable option for patients who have already had a knee replacement, but continue to have pain that is only partially managed by pain medications.

RFA is very effective, safe, and delays or avoids the need for total knee replacements and the use of narcotic pain medications.

For patients that have tried various options to address knee pain that haven't worked or have had knee surgery that wasn't successful, RFA is ideal alternative.

**For more information about Novocur and Radiofrequency Ablation visit [novocur.com](http://novocur.com) or call 480.855.6686**



**Sedona Named #13 Among Top 25 U.S. Destinations!**

Sedona was recently ranked at number 13 on the list of the Travelers' Choice 2013 Top 25 Destinations in the United States by TripAdvisor. Congratulations!

**Got Big Files?**

As many frustrated parents, photographers and business owners (as well as the rest of us!) know, it is difficult to show others a large video file. When the file is too large to email, often the only other option is to put it up on YouTube.

Now, Scottsdale company TransferBigFiles.com lets you send files securely that are up to 20 Gigabytes in size—for free. That equals nearly 10 hours of HD video. (FYI—It's the only file transfer provider with this capability!)

Customers without an account can send and keep the files active for five days. (Plans for those who want to keep the files start as low as \$5 a month for 100GB of storage space).

[www.transferbigfiles.com](http://www.transferbigfiles.com).



**Big Local Healthcare News!**

Arizona Center for Cancer Care has partnered with Scottsdale Healthcare to operate the radiation oncology facilities at both the Virginia G. Piper Cancer Center on the Shea campus and Scottsdale Healthcare Osborn campus. As part of the partnership, Piper is undergoing renovations this month to accommodate the expected increased volume of patients and to bring leading-edge cancer care technology to the center.

Upgrades include more than doubling the number of exam rooms in the department and the installation of an iX

Linear Accelerator capable of delivering precision Intensity Modulated Radiation Therapy (IMRT) with daily image guidance therapy. IMRT allows specialists to precisely design the radiation beams to the size and shape of a patient's tumor while avoiding dosing to normal organs. In addition, for the first time ever, RapidArc stereotactic radiosurgery for short courses of high-dose radiation delivered to small brain and lung tumors will be available once the renovation is complete.

—Alison Bailin Batz