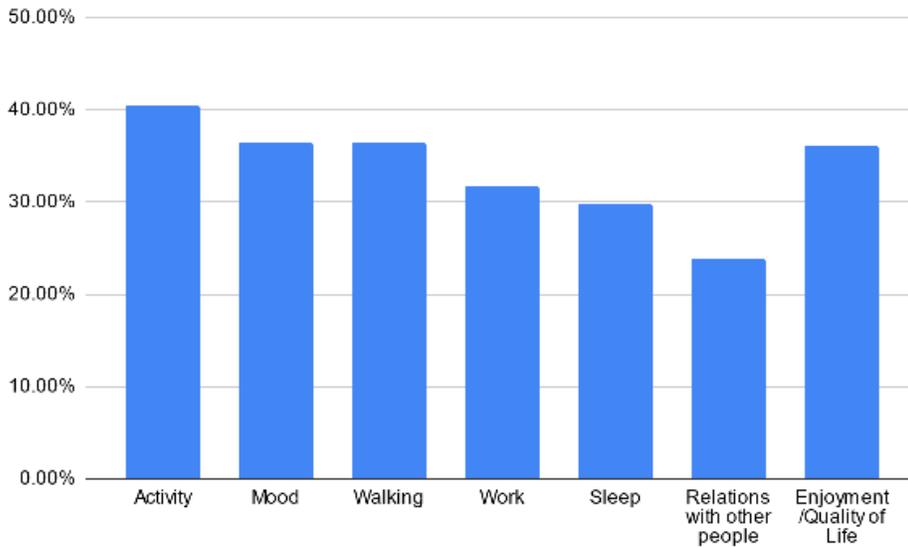




PATIENT OUTCOMES SUMMARY: RADIOFREQUENCY ABLATIONS (RFA) & EPIDURAL STEROID INJECTIONS

Patients Underwent X-Ray Guided RFA or ESI @ BPS	PAIN-FREE DAYS / MONTHS / YEARS Follow-Up Data for the Last 6 Months
PAIN-FREE DAYS:	8,685
PAIN-FREE MONTHS:	289.5
PAIN-FREE YEARS:	23.79

% of Patients with Significant Improvement in QoL (BPI scale)



What Radiofrequency Ablation (RFA)?

RFA is an OHIP-covered procedure that uses radio waves to heat up and melt down the nerve endings or nerve branches that plug into our arthritic joints or painful muscles to effectively “unplug” them, so that they cannot send signals of pain to the brain. Pain relief usually lasts 6-12 months until the nerve branches grow back, and it can be repeated safely again and again.

What is an Epidural Steroid Injection (ESI)?

ESI is an injection of a corticosteroid, an anti-inflammatory medication (newer safer cousin of cortisone), into the space between nerves and discs in the spine, which is called the epidural space.

How is RFA Different than a Cortisone or Epidural Steroid Injections (ESIs)?

- RFA treats neck or back pain, and ESIs are more so for arm or leg pain.
- RFA does not use cortisone and is safe for those with osteoporosis (weak bones)
- RFA can be repeated safely many times if needed.



Which Patients are Candidates for RFA?

- Neck Pain from Arthritis
- Combined Neck Pain and Headaches
- Whiplash Injuries
- Mid Back Pain
- Low Back Pain
- Arthritic Back Pain
- Sacroiliac Joint (SIJ) Pain
- Degenerative Disc Disease
- Broken Ribs/Chronic Rib Pain
- Nerve Pain
- Back and Neck Muscle Pain

Which Patients are Candidates for ESI?

Patients with one of the following:

- Sciatica
- Spinal Stenosis
- Pinched nerves
- Herniated or Bulging Discs
- Degenerative Disc Disease
- Nerve Pain
- Shingles Pain (Post-Herpetic Neuralgia)

Advantages of RFA

- Long-Lasting Pain Relief (many months)
- No cortisone. No bone density concerns.
- Can be repeated safely many times.
- Safe procedure, used for pain since 1973!

Who Performs RFA Procedures?

- Only Sub-Speciality Trained Anesthesiologists, Physiatrists, or Radiologists. **Bloor Pain Specialists Physicians** also teach other doctors how to do RFA as University Professors.

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