

HOUSTON PAIN AND SPINE

Stellate Ganglion Block for Post Traumatic Stress Disorder

What is Post Traumatic Stress Disorder (PTSD)?

PTSD Develops in response to being exposed to extreme stress, serious injury or sexual trauma. Symptoms include nightmares, severe anxiety, insomnia, hyper-vigilance and over reactivity

What does the Stellate Ganglion (sympathetic nerve bundle) involved in PTSD?

The Stellate ganglion is a collection of nerves in the neck that controls the activation of the fear center. Sympathetic nervous system plays an important role in the symptoms of PTSD. It is believed that after trauma nerves in the sympathetic system begin to grow abnormally. This leads to elevated levels of norepinephrine (an adrenaline-like substance) which causes overactivity of the fear center of the brain. This chain of events results in PTSD symptoms that may persist for years.

How do Stellate Ganglion Blocks help with PTSD?

As seen on CBS 60 Minutes, injecting anesthetic into the stellate ganglion can relieve symptoms of PTSD as quickly as 30 minutes. The anesthetic helps reboot the sympathetic nervous system to its pre-trauma state. The relief in conjunction with psychotherapy can allow the relief to last for years. A stellate ganglion block is a low risk procedure that should only be performed by a board certified pain specialist under x-ray guidance.

How successful is this treatment?

Studies have shown an 80% success rate for stellate ganglion blocks in relieving PTSD symptoms. Stellate ganglion block is not a cure but it is a highly effective, well tolerated, fast acting treatment

Does Insurance cover this procedure?

Unfortunately at this time Insurance does not cover this procedure for PTSD. The cost is \$1500 per treatment (this includes physician, facility and anesthesia fees). Call today at 832-436-4040 to see if you are a candidate for this highly effective treatment for Post Traumatic Stress Disorder

Dr Chaudhry is board certified in Pain Management by the American Board of Psychiatry and Neurology. For more information on Dr. Chaudhry and the office, visit www.houstonpainandspine.com.

Bellaire:

5420 W. Loop South #2100
Bellaire, TX 77401

The Woodlands:

3117 College Park Dr. #210
Woodlands, TX 77384

P: 832.436.4040
F: 832,436.4050

www.houstonpainandspine.com



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