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Valleywise Health Launches Minimally Invasive Pain Management Services at Peoria Location

Non-pharmacologic pain management options now available at Valleywise Comprehensive Health Center – Peoria

PHOENIX, AZ (April 4, 2023) – Every day, at least [two people die](#) from opioid overdoses in Arizona, and the state currently has the 12th highest drug overdose mortality rate in the country. While pharmaceuticals and opioids play an important role in healthcare and pain management, Valleywise Health is proud to announce a new program that provides access to nonpharmacologic interventional pain management treatments that are effective, safe, minimally invasive and evidence-based.

The science of treating pain has evolved beyond an over reliance on medication and surgery, and at [Valleywise Comprehensive Health Center – Peoria](#), patients who are experiencing pain can get the right treatment with the highest standards of safety and patient care.

“Our goal is to offer evidence-based, innovative treatments that provide relief for our patients without putting them at risk,” said [Sarang S. Koushik, MD](#) pain management specialist at Valleywise Health and a [District Medical Group](#) physician. “We are proud to be at the forefront of the pain management movement, offering treatments that are proven to be successful and safe.”

Given all pain is highly dependent on the individual and therefore difficult to diagnose, treatment plans can vary widely. Pain can be a result of injury, illness, aging, stress, grief or depression, and there are often multiple factors working together to create the pain patients experience. With this new service, Valleywise Health pain management specialists are able to work with the patient and their primary care physician to determine the best course of action to manage pain and ultimately heal the core issue.

There are a wide variety of pain management treatments now available through specialists at Valleywise Comprehensive Health Center – Peoria including but not limited to:

- Radiofrequency lesioning
- Spinal cord stimulation
- Peripheral nerve blocks
- Trigger point injections
- Selective nerve root injections
- Epidural steroid injections

- Physical and occupational therapy
- Relaxation training

“While we see patients from all walks of life, we understand that these pain management services are not as widely available to the underserved, or underinsured communities that we serve,” says Michelle Barker, CEO of FQHC Clinics at Valleywise Health. “It was important to us to open up these services to our patient population to allow them the opportunity to manage pain in a minimally invasive way to bring them back to optimal health.”

For more information please visit: www.valleywisehealth.org/services/pain-management

About Valleywise Health

Located in Phoenix, Arizona and named one of the 100 Top Hospitals in the nation by IBM Watson Health in 2020, Valleywise Health (formerly Maricopa Integrated Health System) has a proud tradition of being the community safety net health care system with a mission and commitment to serving the underserved. Valleywise Health consists of Valleywise Health Medical Center, Arizona’s only public teaching hospital, the only trauma center in Maricopa County verified by the American College of Surgeons to treat adults and children. and Arizona’s only nationally verified Burn Center serving the entire Southwestern United States. Other services include the McDowell Healthcare Center, the largest provider of HIV primary care in Arizona, the Refugee Women’s Health Clinic, three behavioral health centers, and 12 community health centers. To learn more, please visit www.ValleywiseHealth.org

About District Medical Group

District Medical Group (DMG) is a nonprofit entity made up of nearly 1000 providers across all major medical and surgical specialties. The largest independent integrated medical group in the Phoenix metropolitan area, DMG staffs three [psychiatric hospitals](#), a 450-bed [acute care hospital](#), two [emergency care centers](#), 13 [community health centers](#), a nationally recognized [burn center](#), and the largest [Multi-Specialty Interdisciplinary Clinic](#) (MSIC) for children in Arizona. In addition, DMG collaborates with community organizations and schools to provide primary care and other programs. With more than 220 residents in nine programs and 60 in affiliated programs, DMG is the largest teaching faculty in Phoenix. DMG is one of the founding partners of the [Creighton University Arizona Health Education Alliance](#), designed to develop new healthcare programs and increase the number of medical providers across specialties in Arizona. For more information, visit DMGAZ.org.

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