



SEPTEMBER IS PAIN AWARENESS MONTH: DOWNRIVER HEALTHCARE PROVIDERS AND SOUTHGATE SURGERY CENTER LEADING PAIN EDUCATION EFFORT

Sept. 23, 2011, Southgate, Mich.: According to the June, 2011 Institute of Medicine study, pain is a public health problem and a cultural transformation is necessary to prevent, assess, treat and understand it. The IOM asserts that leadership and education is needed to make that transformation possible.

At our state-level, Governor Rick Snyder declared September Pain Awareness Month. "We encourage the people of this state to learn more about the issues and to respect the conditions of those living with chronic pain." In our state alone, he says, "It is estimated that under-treated and untreated pain costs Michigan citizens as much as \$16 billion annually in lost wages, health care expenses and related medical complications."

Taking the lead in the Southeast Michigan Downriver community, a group of multi-specialty healthcare providers are collaborating to educate the public. At 5:30 p.m. on Sept. 29, 2011 at [Southgate Surgery Center](#), anesthesiology and pain management specialist, Dr. Daniel Mekasha, podiatrist, Dr. Daniel Zahari, and certified social worker and therapist from The Guidance Center, Diane Hartmann will make pain management and prevention presentations within their respective areas of expertise—pain management, podiatry, emotional health. Also participating in the public awareness event are experts representing chiropractic, massage and physical therapy. Alternative therapies like aromatherapy, stress management and diet are in the spotlight as well. Free samples of anti-inflammatory, pain management foods will be provided to attendees.

"Pain management requires a broad approach to care, and educating our community about the methods is a top priority. Collaboration, knowledge-sharing and opening our doors to the public is the best way we can achieve greater awareness," states Linda Philips, R.N. and administrator of Southgate Surgery Center.

List of Participating Pain Awareness Healthcare Providers:

Daniel Mekasha, M.D., MAC Pain & Spine Institute
Daniel Zahari, D.P.M.
Dianne Hartman, M.S.W., L.M.S.W., A.C.S.W., The Guidance Center
Inder Thawany, P.T., R.P.T., Amber Home Health Care
HealthQuest, Official Chiropractors of the Detroit Lions
Maria Orlando, Kneaded Relief Massage Therapy
Barbara Owens, Aromatherapist



About Southgate Surgery Center:

Serving Southeast Michigan and the Downriver community since 1976, Southgate Surgery Center specializes in ophthalmology, gastroenterology and pain management outpatient procedures. Southgate Surgery Center offers patients efficient, quality, personal care with lower co-pays and an exceptional customer satisfaction rate. Visit: <http://www.southgatesurgery.com> and connect with us on [Facebook](#), [LinkedIn](#) and [Twitter](#).

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