



Harold J. Cordner, MD



Harold J. Cordner, MD, is board certified in anesthesiology and in Pain Management by the American Board of Anesthesiology. He completed his undergraduate studies at Boston College and received his Medical Degree from St. George's University School of Medicine. Dr. Cordner completed an internship in General Surgery and his residency in Anesthesiology at Monmouth Medical Center, Long Branch, NJ. He is a member of the American Society of Interventional Pain Physicians, Florida Academy of Pain Medicine, Society of Pain Practice Management, International Neuromodulation Society, International Spinal Injection Society and numerous national and international pain societies.



Mark says he can't get over the difference since Dr. Cordner gave him the Spinal Cord Stimulator.

Spinal cord stimulator "a lifesaver"

Severe, intractable pain is a debilitating condition that can lead to loss of hope for a normal life. Often, people who suffer from this kind of chronic pain are told they are just going to have to learn to live with it. Fortunately, that's usually not true.

For Mark Timblin, chronic pain entered his life twelve years ago.

"I fell at work and injured my knee," recalls Mark. "I had several operations, but it just kept getting worse and worse."

Eventually, the Pennsylvania native was diagnosed with Reflex Sympathetic Dystrophy (RSD), also known as Complex Regional Pain Syndrome (CRPS), in his back and legs. This painful condition can develop after a fall, failed surgery or other trauma, and is characterized by the kind of unbearable pain that can keep the sufferer from being able to work or even walk.

"I was on oral analgesics and had to inject painkillers as well," says Mark. "I got to the point where I had to give myself an injection eight to ten times a day."

Mark's condition deteriorated to the point where an implantable morphine pump was recommended as a way to keep continuous medication flowing to the source of his pain. Unfortunately, in addition to the ongoing expense incurred, the pump's effectiveness diminished over time. Mark needed his situation re-evaluated.

"I'm a co-founder of my local RSD support group, and one of the guys in the group had seen Dr. Cordner and had nothing but good things to say about him," Mark recalls. "I went to see him in October of 2001."

Finding a solution

Harold J. Cordner, MD, is board certified in pain management and anesthesiology.

"Mark was very uncomfortable when his wife brought him in for his initial consultation," says Dr. Cordner. "He was not only in pain, but he also had faced some challenges with previous caregivers. I needed to first make sure I understood his concerns and talked to him about the best treatment options for his RSD."

"People who have permanent nerve injury," explains Dr. Cordner, "are almost always told there's nothing that can be done about the associated chronic pain, but we have something to offer that's very effective: the spinal cord stimulator (SCS). The SCS is probably the most effective treatment available for RSD. It is also used for neuralgias, pain from failed back surgery, peripheral neuropathy or any other conditions that may cause intractable pain. It is especially effective with occipital headaches, and arm or leg pain."

"Dr. Cordner came in and talked with us for almost an hour," recalls Mark. "I'd had a really bad experience with another doctor, but Dr. Cordner allayed my fears. I was skeptical about the spinal cord stimulator, too, but he just suggested I check out one of the websites and make my own evaluation. I spent about five or six hours online, and because they had so

much good information about it, I decided to give it a try."

With SCS treatment, says Dr. Cordner, a stimulating electrode is placed in the epidural space that overlays the pain fibers in the spinal cord: "We position that electrode very precisely over the portion of the spinal cord that covers the area where they have pain," he explains.

As Dr. Cordner notes, the SCS is about the size of a half-dollar piece. Because the device is so small and flat, it is completely invisible once implanted. This is of particular importance to patients who may have cosmetic concerns.

"The simplicity of this device is one of its best features," Dr. Cordner continues. "Before anything gets implanted, we have the patient try it for a week. It's very easy to use. There are no medications involved, and even if the patient later decides to try something else, it's completely reversible. Patients can use the SCS for many years without any side effects whatsoever."

Outstanding results

Mark's trial with the SCS began on January 24th. "By the twenty-sixth, I was up and around, and it was the best I'd felt in months," recalls Mark. "It was like a fog had lifted."

As Dr. Cordner notes, patients can choose to have the SCS implanted permanently after a successful trial. "We implant the electrode and then a small pacemaker-like

device under the skin, so that the patient can control his or her level of stimulation."

Mark elected to have the SCS implanted permanently and has been extremely pleased with the results.

"The SCS is so cool! It has a little antenna that secures to the implant site," explains Mark, "and then there's a manual control that looks like a small pager. There are a whole series of different things I can do to

"He's an absolutely wonderful man ... very down to earth. He talks to you, not at you. He explains everything to you."

"I'm glad Dr. Cordner had the foresight to suggest I take a look at the information on the SCS."

"Everybody I see or talk to, I say, 'Go see Dr. Cordner.' I'd estimate that one third of my RSD support group is now seeing him. For anybody who needs anything neurological, Dr. C. is the man!"

For more information on the Spinal Cord Stimulator, visit Advanced Neuromodulation Systems at www.ans-medical.com or Medtronic, Inc., at www.medtronic.com.

FHCN—Michael J. Sabno

Make a note...

Pain management allows individuals who experience chronic pain to enjoy life and get back into the swing of things. Dr. Cordner treats a variety of painful conditions, some of which include: arthritic back pain; cancer pain; whiplash injury; arthritis; bursitis; vascular disease; reflex sympathetic dystrophy; herpes zoster (shingles); intercostal neuralgia; sacroiliac joint arthropathy; failed back surgery syndrome; post-laminectomy syndrome; scoliosis; diabetic neuropathy and headaches. Dr. Cordner welcomes your questions about pain management. To schedule a consultation, please call Florida Pain Management Associates, located at 13837 U.S. Hwy. 1 in Sebastian, at (561) 388-9998.

increase or decrease the level of stimulation.

"It's been an absolute lifesaver," he declares. "I'm alert, and I can get out of the house a little bit each day. I'm not mean and nasty all the time from so much pain, like I was before. Now, I can actually spend time with my kids."

"Everybody who knows me says, 'You look great, Mark. Your color's better, you sound better. You're not plodding along.' I can't get over the difference in me personally."

"The SCS is more than I could have hoped for," Mark says. "I can't say enough about it."

Mark can't say enough about Dr. Cordner, either:

There are many causes of pain that other physicians may not have the experience to fully appreciate but that usually can be diagnosed by a pain specialist. "You do not have to live with your pain," assures Dr. Cordner. "I encourage anyone who has chronic pain to seek help from a Board Certified Pain Specialist."

YES! I'd like to know more.

Please send me additional information about pain management.

Please contact me to schedule an appointment with Dr. Cordner.

Name

Address

City State Zip

Phone

Mail to: Florida Pain Management Associates, 13837 U.S. Hwy. 1, Sebastian, FL 32958

*The American Board of Anesthesiology is the only Pain Management Board recognized by the American Board of Medical Specialties (ABMS) for certification in Pain Management.

