

Dr. Dwayne Jones

BY KATHLEEN M. KRUEGER | PHOTOGRAPHY BY MOLLY STAMBAUGH



Medicine definitely runs in the gene pool of the Jones family. Dr. Dwayne Jones graduated in 1987 from the Meharry Medical College in Nashville, Tennessee, as did his grandfather in 1931, his father in 1954 and his brother in 1977. Dr. Jones' specialty is one that is fairly new in the many specialty areas of modern medicine—interventional pain management. Dr. Jones was among the first graduates from an accredited interventional pain management fellowship program, having done so in 1991 at the Oregon Health Sciences University in Portland, Oregon.

Dr. Jones not only treats patients dealing with chronic pain issues, but he also lectures and trains other physicians on several methods of pain management. He is passionate about discovering and utilizing the newest technology and information available to help patients manage their pain levels so they can lead productive lives.

One of the most exciting new procedures Dr. Jones has been utilizing in the treatment of patients with back pain is called the mild® (minimally invasive lumbar decompression) procedure. This therapeutic procedure is being used to treat patients whose back pain is caused by lumbar spinal stenosis (LSS), which is an age-related condition.

LSS is caused by a narrowing of the area within a person's spinal column called the spinal canal which houses the spinal cord and delivers nerve transmissions between the various areas of our body and our brain. When the spinal canal narrows in certain areas as we age due to bone or tissue growth, the spinal cord can get pinched, sending pain into a person's back and down their legs. The pain from LSS is often described as a dull ache, numbness or a tingling "pins and needles" sensation. Patients with LSS have a difficult time walking or standing. Bending forward, lying down and elevating the feet can bring temporary relief.


The mild® procedure is a minimally-invasive, quick, outpatient procedure. This means that there is very little disturbance of tissue, and patients are able to go home the same day as the procedure. Pain is relieved by using specialized instruments to remove the tiny pieces of tissue and bone causing pressure on the spinal canal. The image-guided procedure is extremely safe and effective. After the procedure, space is restored in the spinal canal, reducing pressure on the nerves, decreasing pain and increasing mobility.

Virginia Skelton is one of Dr. Jones' patients. She had the mild® procedure performed to alleviate her pain in May 2012. This is what she had to say almost six months later. "I have had back problems for years and I have taken all kinds of treatments and shots. I finally found an orthopedic doctor that detected the source of my problem and sent me to Dr. Jones. The mild® procedure lasted about 30 minutes. All I felt was pressure, no pain. I would recommend this to anyone."

The mild® procedure is just one of many treatment options available to patients suffering from chronic pain. Dr. Jones works with many patients and their referring physicians to help them discover the root causes of their pain. Once the true source of the pain is discovered, Dr. Jones can assist the patient in developing a treatment plan.

Dr. Jones sees patients with a wide variety of pain complaints from shoulder, neck and hip pain, to sciatic radiating from the lower back down into the legs and feet. His methods of treatment for these various areas and causes of pain vary as well. Dr. Jones performs steroid injections, discography, radiofrequency, kyphoplasty, spinal cord stimulation and many other interventional treatment options. Regardless of the method used, the goal remains the same—to bring the pain down to a manageable level.

Although many patients come to Dr. Jones after years of suffering with chronic pain, when Dr. Jones was asked by Jeanie Erwin of *MD News Magazine* at what point a person should seek out a pain management specialist, he had this to say: "Patients and physicians often have the misconception that they must be in pain for a certain period of time before seeing a pain management specialist. The truth is, early intervention and treatment in complex pain situations are just as important as early intervention and treatment in cancer, heart disease, diabetes or any other medical condition."

As our understanding of the causes of pain increases, our ability to relieve pain and manage pain also increases. With new treatment options available, simply medicating the pain is not necessarily the best option. Whenever possible, it is the goal of pain specialists to treat the root of the pain rather than depending on pain medication as a long-term treatment since it simply controls the symptoms of an underlying problem. 

Dr. Dwayne Jones practices Pain Management at North Kansas City Hospital, Lee's Summit Medical Center, Centerpoint Medical Center and Liberty Hospital. Call 816-268-6395 to schedule an appointment or to speak with Virginia about her experience. For more information about Dr. Jones and his interventional pain management services, visit his website at dejonesmd.com.

