



## DR. DWAYNE JONES: PATIENT-FOCUSED INTERVENTIONAL PAIN MANAGEMENT

BY DEBORAH EAKIN OSBORNE

Everyone jokes about having something (or someone) in their life that's a pain in the neck. But when the pain is real and the neck is your own, it's no laughing matter. Take Kathy Belvill for example. For many years, Belvill held a high-stress job that included spending hours upon hours in front of a computer.

She left that job about a year and a half ago but it seemed as though the job had not left her. "I started noticing neck pain in August," Belvill says. "I thought it was a combination of stress due to my years of working at a computer and tripping over our 100-pound golden retriever as I was moving a plant from the front porch to the back deck."

When she went to Denver in the fall, the pain continued. This time, Belvill assumed it was the result of having slept in the wrong position or suspected it might be related to some unresolved dental issues. Finally she'd had enough and decided it was time to take action.

Belvill visited her primary care provider, who took an X-ray and MRI and recommended cortisone shots and several weeks of physical therapy. Despite the shots and therapy, Belvill's pain continued. Her physician suggested she meet with a neurosurgeon.

The neurosurgeon advised a myelogram to rule out a hernated disc and also suggested a cervical discogram, a procedure that would pinpoint exactly where the pain was coming from. For this procedure, he specifically recommended Belvill see Dwayne E. Jones, MD, a Kansas City physician specializing in interventional pain management. Dr. Jones explains that often the imaging studies such as X-rays and MRIs are not sufficient to diagnose the problem of whether surgery will relieve the patient's pain condition.

"When I first met with Dr. Jones in January, I was not prepared emotionally to do the discogram or pursue surgery," Belvill admits. So when Dr. Jones said he was hopeful he could relieve the pain through nerve block treatments, Belvill agreed to give it a try.

Diagnostic blocks may themselves give enough temporary relief so that corrective surgery can be delayed, Dr. Jones says. Patients can then determine whether there are other nonsurgical options that may relieve their pain condition.

For patients with chronic pain, he says it is difficult to determine when spinal surgery will be most effective. "Diagnostic blocks of either the spinal nerves or into the disc can also help localize the problem area so that the success of surgery to relieve the patient's pain will be increased," he says.

Dr. Jones performed cervical radiofrequency ablation on each side of Mrs. Belville's neck, which provided her with adequate relief, but only for a limited time. When the pain returned, Dr. Jones and Belvill agreed that a cervical discogram was necessary to pinpoint her problem area. Ultimately, surgery became the best option to eliminate Belvill's pain permanently.

"Collaboration with the patient and, in Mrs. Belvill's case, the referring surgeon, allowed for a more optimal surgical solution to her chronic pain problem in a much more methodical approach," Dr. Jones explains. "This results in a better outcome in the long run for both the patient and physician, which is the desired goal."

Belvill admits she had never before done pain-management and was an "impatient patient" with unrealistic expectations of the process. "Most of the tests are done without any pain medication administered, and the physical pain was the most difficult part of this whole journey for me," she explains.

Dr. Jones practices interventional pain management at Blue Valley Hospital and also has an office-based pain management practice in Lee's Summit. In addition, he provides pain-management services at the hospital-based pain centers at Lee's Summit Medical Center and North Kansas City Hospital.

"My husband and I value Dr. Jones' knowledge and expertise, and would encourage anyone dealing with chronic pain to seek his advice and treatment," Belvill says. "He's outstanding and a true professional."

For more information about Dr. Jones, the services he offers, a specific location, or to make an appointment, visit [dejonessmd.com](http://dejonessmd.com) or call 816.268.6395.