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*For more information  
contact:*

## MEDIA RELEASE

*For Immediate Release*

**Michael Mazza**  
Chief Executive Officer  
519 245-5295 ext. 5592

### *A new clinic for the treatment of pain is now available at Middlesex Hospital Alliance, Strathroy site*

The Pain Clinic will be led by Dr. Richard H. Tilsworth, an anesthetist and former acting director of the Pain Clinic at Victoria Hospital in London. "The goal of this clinic is to assist patients with a variety of conditions to lead more comfortable and productive lives," Mike Mazza, CEO of Middlesex Hospital Alliance, says.

"The clinic is primarily for the treatment of chronic pain, such as low back pain and leg pain," Dr. Tilsworth says. He will also offer treatment for some forms of acute pain, such as pain resulting from shingles.

Another, and often complex, type of pain that Dr. Tilsworth that will be treating is myofascial pain. Myofascial pain is caused by hyperactive areas in a muscle or its associated fascia (connective tissue). These areas are referred to as myofascial trigger points. Myofascial pain syndromes cause weakness, restriction of motion, acute (sudden) pain, and chronic (long lasting) pain. They can be felt as numbness, burning, tingling or aching. The pain typically varies with physical activity, changes in weather, quality of sleep and emotional stress.

"Following a consultation, I will make suggestions for treatments that can include exercise, medication, epidural, nerve blocks or myofascial trigger point injections," Dr. Tilsworth says. "In treating a patient, I work in partnership with a family physician, especially in treatment requiring medication or modification of patient medications."

The Pain Clinic will be available from the Ambulatory Care Department at the Strathroy site once a month to start, and then more frequently as referrals require. People who want to access the services of this new clinic will require a referral from their family physician.