

# Smart, Safe Pain Management

Central States Pain Clinic reduces suffering through compassionate, innovative care.

Opioid medications offer temporary relief from pain, but their addictive nature has created a far-reaching epidemic. The dangerous qualities of these pain medications have made people with chronic pain conditions nervous about seeking treatment.

Chronic pain is a symptom—it's the body's way of saying that something is wrong. That's why instead of using highly addictive drugs to treat symptoms, the expert physicians and professional staff at Central States Pain Clinic focus on identifying and treating the root causes of pain.

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Alison Weisheipl, MD  
Medical Director  
Central States Pain Clinic  
Fellowship-Trained and Board-Certified  
Interventional Pain Specialist



“I feel like I play a role in this opioid crisis in terms of being able to offer evidence-based, non-opioid options that really help people,” says Dr. Alison Weisheipl, a Harvard-trained physician with Central States Pain Clinic. “It's a unique position to be in, and it's good to be making a difference.”

## Fully Devoted to Pain Management

Central States Pain Clinic is Des Moines' only medical practice exclusively devoted to pain management. Its expert physicians are supported by a team of professional physician assistants, nurse practitioners, and behavioral health specialists, all dedicated to helping patients improve their well-being and quality of life.

Pain can be caused by a wide variety of conditions, such as arthritis, degenerative disc disease, and pinched nerves, to name a few. Pain conditions often start off as something small, but when left untreated, become more severe over time. The intensity of the pain gradually limits mobility, which can prevent people from taking part in the activities they enjoy.

“If someone feels like their pain is interfering with what they want to be doing, I think that's a good time to seek an evaluation,” says Dr. Weisheipl. “If pain prevents someone from playing with their grandchildren, working, being active, or being at a healthy

weight, it can really start to impact patients' mental health. Pain can lead to depression and anxiety, which in turn can worsen the pain.”

Central States Pain Clinic performs a comprehensive evaluation of each new patient to identify the root cause or causes of their pain. The clinic's providers devise personalized treatment plans tailored to each patient's individual requirements and needs. The clinic offers a range of procedures, such as injection therapies, nerve blocks, and nerve ablations, as well as medication management and behavioral healthcare. Central States' physicians work closely with referring physicians, surgeons, and physical therapists to determine the best treatment modality for each of their patients.

The goal is always to eliminate the cause of each patient's pain and restore full function. That isn't possible for everyone, but patients who require ongoing care can expect compassionate, high-quality, innovative pain care.

“If we are unable to eliminate your pain, we will work with you to help manage it,” Dr. Weisheipl says. “Our ultimate goal is to work with patients to improve function and well-being.”



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