

AS SEEN IN

GOOD HOUSEKEEPING

woman's day

CHICAGO METRO HEALTHCARE PROFILES

TREATING PATIENTS IN PAIN

Midwest Anesthesia and Pain Specialists puts quality and compassion at the forefront of its comprehensive pain treatment program.



Midwest Anesthesia and Pain Specialists (MAPS) is a full-service pain management practice with the goal of achieving and maintaining the highest level of medical care in pain medicine in the Midwest. Co-founded in 2014 by industry-leading practitioners Thomas Pontinen, M.D., and Darrel Saldanha, M.D., MAPS has rapidly evolved into the largest pain practice in the Chicago area.

Drs. Pontinen and Saldanha attribute the practice's rapid growth in part to its team's extensive qualifications. Across its seven locations, MAPS's physicians are double board-certified in interventional pain medicine and anesthesiology as well as fellowship-trained—the highest achievable distinction awarded by the American Board of Anesthesiology in the fields of anesthesiology and interventional pain medicine.

"Being double board-certified requires both written and oral examinations and participation in lifelong recertification requirements," says Dr. Pontinen. "This means that we're able to treat every patient with the latest medical technology, practices, and techniques available."

TREATING THE WHOLE PERSON

The practice's specialty lies in diagnosing and treating conditions that often require a multifaceted treatment plan. Upon the first visit, a patient will undergo a comprehensive exam with one of MAPS's physicians to discuss their symptoms, conditions, and medical history.

"We try to help people avoid surgery," says Dr. Saldanha. "Instead of addressing the problem with a single treatment, we take a multimodal approach." Pain management solutions include FDA-approved treatments such as injection therapy, interventional pain medicine, and minimally invasive

procedures combined with holistic and comprehensive therapy modalities, including physical rehabilitation, chiropractic, and alternative therapies.

Pain affects not only the body, but the mind, attitude, and psychology of the sufferer, which is one reason why MAPS doctors approach pain management with a combination of treatments. "More than half of people with a diagnosis of chronic pain also have chronic depression, sleep disturbances, or generalized anxiety disorder," Dr. Pontinen says. "We have some excellent psychologists in our network whom we refer patients to. And because we handle scheduling for these appointments, they're made more accessible and convenient for our patients."

Working with all major insurances, the practice has an efficient system in place that expedites paperwork, which allows more time with the patient. "What sets us apart from other clinics is our level of dedication to care that our patients have come to know and expect," says Dr. Saldanha. "We take the time to acknowledge and recognize our patients as individuals who entrust our team to help them through difficult, painful injuries and conditions. At our clinics, you aren't just a patient. You're a unique individual whom we will do everything in our power to help."



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Locations in Chicago, Des Plaines, Hazel Crest, Franklin Park, Woodridge, and Schererville