

File photo



Dr. Dennison's staff invites you to come in and find the solution to your pain.

## Targeted relief for chronic back pain

### Stanley R. Dennison, Jr., MD

It was a gradual onset," says Bob Goen of the back pain that began to bother him in February 2003. "I think it was due to some weight-lifting workouts I was doing. It started gradually and then got worse and worse."

As Bob explains, his pain eventually became unbearable.

"It was a severe, constant pain, down the lower back and into my left hip,"

describes Bob. "I got to the point where there was no position that would relieve the pain. It was so bad, I could barely walk."

Bob saw two different specialists. Try as they might, they were unable to provide long-term relief for his problem.

"It got to the point where I was bedridden," he says.

Bob finally found the path to relief when one of his

doctors referred him to Stanley R. Dennison, Jr., MD.

#### Low-risk option

"When Bob came in, he was in agony," recalls Dr. Dennison. "He couldn't walk or lie down, so he was just miserable."

Dr. Dennison recommended epidural steroid injection therapy. "The objective is to decrease the inflammation and thereby decrease the pressure on the nerve," explains Dr. Dennison.

A lumbar epidural steroid injection, commonly referred to as a cortisone shot, is the injection of a powerful anti-inflammatory agent into the epidural space outside the spinal cord. The epidural space is the area where nerves pass through on their way out of the spinal cord to the rest of the body.

The main goal of treatment is to introduce cortisone directly into the painful area around the nerves, where they may be trapped or pinched. The steroid solution attacks the inflammation, thereby eliminating the pain.

As Dr. Dennison assures, this is a minimally invasive treatment with a low risk of complications. "Because of the low risk and low incidence of any significant side effects, this is felt to be a reasonable first-line treatment and is a common procedure."

#### The procedure

When performed by an expert, an epidural steroid injection is relatively painless. "There is little

discomfort," notes Dr. Dennison. "The procedure itself generally takes just 10 minutes.

"This simple treatment provides a powerful solution for many patients," concludes Dr. Dennison. "I was happy to be able to provide Bob with significant relief so he could return to his normal activities."

Bob is thrilled with both his experience and the results.

"It was absolutely dramatic," says Bob of his improvement. "I'm an avid cyclist, and thanks to these treatments I've been able to get back on the bicycle. I improved noticeably very quickly. It was a life-altering experience. Amazing."

He expresses his deep appreciation to Dr. Dennison and the staff for their compassion and expertise.

"They were very good at working with me on appointment times, and I rarely, if ever, had to wait long to see the doctor," emphasizes Bob. "The staff is outstanding, and Dr. Dennison ... well, he's the one who got me back on my feet. He's my hero!"

FHCN—Michael J. Sabno



Stanley R. Dennison, Jr., MD, is a diplomate of the American Academy of Pain Management. He served his internship at Wayne State University in Detroit and completed his residency in anesthesiology at The Medical College of Ohio Hospital in Toledo. Dr. Dennison completed a fellowship in pain management at the University of Kentucky, Lexington. He is a past director of the Pain Clinic at Shands at the University of Florida, Gainesville, and a member of the American Society of Anesthesiologists, American Society of Interventional Pain Physicians, Florida Society of Anesthesiologists, and Hillsborough County Medical Association.

### RADIATION ONCOLOGY

Larry Gandle, MD, is a board-certified radiation oncologist. He received his undergraduate degree in biology from Tulane University College of Arts and Sciences, New Orleans, LA, where he graduated cum laude and went on to complete his medical degree at Tulane University School of Medicine. He served his internship in general surgery at Montefiore Hospital, where he also completed residencies in general surgery, urology, and radiation oncology. He is a member of the American College of Radiology, Radiologic Society of North America, and American Medical Association.

### Florida Cancer Institute

Larry Gandle, MD  
Sawsan G. Bishay, MD

Sawsan G. Bishay, MD, is a board-certified radiation oncologist. She completed her undergraduate degree and received her medical degree from the Alexandria University School of Medicine. She served her internship in internal medicine at the Methodist Hospital of Brooklyn and went on to complete a residency in the radiation oncology department. Dr. Bishay was chief resident in the radiation oncology department of the New York Methodist Hospital and is a member of the American Society for Therapeutic Radiology and Oncology.

## Where would *your* doctor go for cancer treatment?

Retired primary care physician Dr. Kevin O'Brien had a health challenge.

"In May of 2005, I had some stomach problems," he explains. "I went to my primary care provider in Zephyrhills, who did a battery of tests, all of which were negative except for a slightly elevated PSA test of 4.2.

"The normal range for men of my age is 0 to 4, so I wasn't terribly alarmed, because that can happen with aging," he adds. "I never had any symptoms, and no one ever found anything suspicious other than an enlarged prostate, which most men my age have."

Dr. O'Brien's physician referred him to a urologist, who ultimately performed a series of a dozen biopsies.

"One out of the 12 was positive for cancer," says Dr. O'Brien. "The urologist then referred me to Florida Cancer Institute."

#### Common problem

"Prostate cancer is the most commonly diagnosed cancer among men and the second leading cause of cancer mortality among men," says Sawsan G. Bishay, MD, of Florida Cancer Institute.

"The PSA test is the most important tool for early diagnosis," adds Larry Gandle, MD. "The test is highly sensitive for prostate cancer and can detect cancer in the stage before there are any symptoms. We typically recommend that men over 50 have an annual PSA as part of their routine physical exam. If there is a family history of prostate cancer, annual screening should begin at age 40."

"There are multiple options for managing prostate cancer," says Dr. Bishay, "and over the years, with the introduction of intensity modulated radiation treatment (IMRT), we are able to deliver a higher radiation dose and spare the surrounding normal tissue.

"Consequently, patients experience less side effects during and after treatment. It spares the organs and tissues surrounding the prostate, so that helps the patient to tolerate the treatment course much

better and decreases the chances of developing long-term side effects.

"Most importantly, early detection may often be accomplished, and lives saved, through the simple utilization of a regular PSA test."

"I have confidence in them"

IMRT turned out to be the right solution for Dr. O'Brien.

"I started my treatment in November 2005, and it ran until January," he says. "I live in Dade City, and the treatment was in Zephyrhills, so it was only about 15 minutes away. It takes more time to go to Winn-Dixie than it took to go there," he adds with a chuckle.

"It's been over a month since my last treatment, and I'm glad in retrospect that we found the cancer and did something about it."

Above all, he appreciates the professional, courteous care he received.

"The technicians were great: friendly, respectful, and delightful. We had a lot of laughs, actually. It's never fun knowing you have cancer and that you're having radiation, but I have a lot of confidence in that team. I felt everything was going to turn out okay, and it has." FHCN—Michael J. Sabno



"The technicians were great: friendly, respectful, and delightful," says Dr. O'Brien of the staff at Florida Cancer Institute.

FHCN photo by Neissa Johnson

### Please visit the Florida Cancer Institute location most convenient for you.

ZEPHYRHILLS  
38010 Medical Center Ave.  
(813) 783-1676

NEW PORT RICHEY  
8763 River Crossing Blvd.  
(727) 842-8411

The Staff of FCI invite you to visit them on the Web at [www.floridacancerinstitute.us](http://www.floridacancerinstitute.us).

**Yes!** Please send me information about prostate cancer.

Name

Address

City  State  Zip

Phone

Mail to: Florida Cancer Institute, P.O. Box 5562, Spring Hill, FL 34611 Attn: Vince Vanni