

# Better LIVING

THE OFFICIAL PUBLICATION OF DR. ROBERT MARINI AND JERSEY REHAB/PAIN MANAGEMENT

Spring 2015

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## Coming Out of the Winter Doldrums – How Your Attitude Affects Your Pain

Everyone you speak to these days is glad to see the winter weather go: plummeting temperatures, snow storms, and icy roads have kept folks inside far too long, glued to the weather reports with the hope of that first 50° day.

The good news is that the mercury has started to rise and warmer days are here!

However, during those winter months, we always see an increase in worsening conditions. Following long periods of limited movement and outside activity, patients are complaining of stiff joints and muscle aches. This leads to further inactivity and even depression in some people.

While it's true that the cold, wet winter weather may not be the kindest to our aches and pains, it's our mental attitude that also affects the degree of discomfort we feel. If you think you can't do any physical activity, then you probably won't even try. If you wake up every morning and focus on your pain and its limitations, you set the tone of the day.

In controlled testings, studies show that when two sets of patients were given the same drug but instructed that their results would be different

(one would feel relief and one would not), the outcome was exactly what each expected, rather than the actual effects. In other words, even though both groups were given the same drug, the group that expected relief, experienced relief. The group that heard the suggestion that the drug may NOT help, found no relief.

With Spring on our doorstep, it's the perfect time to try to adjust your attitude - and your pain.

Instead of thinking of all of the things you can't do, concentrate on the things you **CAN do**. Turn your attention to the healthy parts of your body and use those parts. Even minimal, gradual activity will help.

To perk up your state of mind, try **Music**. Listen to some of your favorite songs. Create new playlists. Research some of favorite hits and see if there are new artists that may fit into your favorite genre. And, if the music moves you, get up and dance! Dance down your hallway. Dance in your living room. Dance while you brush your teeth. You can even dance while you're sitting down! It's a great way to get yourself moving and feeling good at the same time.



JR  
Spotlight:



*Virginia Ilie, RN, APN*

Virginia Ilie recently joined our Bronx office medical staff as the Nurse Practitioner.

Virginia is a Board-Certified Adult Nurse Practitioner and a licensed Registered Nurse. Additionally, she has published in *Arthritis & Rheumatism* (Nov 2006), regarding the effects of cortosteroids on patients with Systemic Lupus Erythematosus.

Not only does Virginia hold two Bachelors Degrees - one in Nursing and one Liberal Arts - she also earned her Masters of Science in Nursing and completed the Adult Nurse Practitioner Program at New York University.

In her down time, Virginia loves to travel. She also enjoys reading, hiking, and following the wonderful exhibits at various museums throughout New York. She is a member and volunteer at the Medical Reserve Corp.

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Robert A. Marini, M.D.

## Innovative Techniques In Pain Management

At a recent seminar in West Orange, N.J., Jersey Rehab's Dr. Robert Marini addressed a group of internists, general practitioners and family medicine physicians on new alternatives in Pain Management.

Focusing on Regenerative Techniques, Dr. Marini discussed Platelet-Rich Plasma injections and Stem Cell Therapy, as interested peers asked questions and brought out lively, informative discussions on the topic.

Dr. Marini began with a discussion on Platelet Rich Plasma (PRP) injections, a newer form of therapy and considered a regenerative treatment for soft tissue, muscle, ligament or tendon injury. The procedure involves blood components taken from a person's own body and used to treat the damaged or injured tissue. The blood platelets and white blood cells work together to promote healing in a more natural way. The growth factors released by platelets help stimulate healing and tissue growth.

Dr. Marini followed up this discussion by providing keen insight to several other Stem Cell therapies which are rapidly gaining popularity in the Pain Management field.

The seminar was presented in conjunction with Drug Scan toxicology laboratory. Drug Scan representatives Charles Weimer and MaryEllen Ford-Elliott were also in attendance. Mary Ellen's husband, John Elliot, the well-known CBS Weatherman, also stopped by to say hello and shake hands.



*CBS Weatherman John Elliot (right) stopped by to say hello to Dr. Robert Marini before he began his presentation.*



*The evening was an intimate social gathering as colleagues came together to catch up with each other and to listen to the latest trends in Pain Management.*



*Drug Scan representative Mary Ellen Ford-Elliott was on hand to add her support and pick up some important information from Dr. Marini's presentation.*

Coming Out of the Winter Doldrums –  
**How Your Attitude Affects Your Pain**  
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While we tend to “nest” in Winter, Spring is usually a time to purge. Try a little **Spring Cleaning** to clear the clutter in your mind and your closets. Start the new season fresh by getting rid of old clothes (especially those we wear in cold weather!), reorganizing coat closets, linen closets, and undersink cabinets.

Catch up with **Friends**. Make plans to get together - out of the house. After you commiserate on the horrible winter you've shared, talk about your plans for Spring or your upcoming vacation. Join a book club. Start a rotating monthly card game.

Set **Goals**. Even small ones. Maybe it's as simple as walking to the end of your entry way. Then to the end of your driveway. Then to the corner. Park at the far end of the parking lot. Make at least one of your daily meals a healthy one. If you start out small, you feel incredibly satisfied as you achieve each of your simple goals and, eventually, your renewed confidence will lead you to try new, more healthy approaches to living your life.

**Visit our new and improved website!**  
 Learn about symptoms, treatment options, request an appointment or sign up for IQHealth.

**PainGoneTomorrow.com**