

REGENERATIVE MEDICINE TODAY

IS SURGERY
WORTH THE
COST?

> PG 21

BONUS:
HOW TO
EMPLOY
AT - HOME

PAIN
MANAGEMENT
TECHNIQUES

> PG 28

EXCLUSIVE:

REDUCING
"TOTAL LOAD"
THE KEY TO
EFFECTIVE
TREATMENT

> PG 58

CORTICOSTEROID
INJECTIONS:
**THE SHOCKING
TRUTH**

*Doctors Don't Want You
To Know About*

> PG 12

DR. ROBERT G. SCHWARTZ'S
MOTHER DRIVES HIM TO WORK

> PG 6



DR. ROBERT G. SCHWARTZ'S MOTHER DRIVES HIM TO WORK



A defining experience in Dr. Robert G. Schwartz's life was watching his mother struggle with persistent pain. He was with her every step of the way and at her side every time she had to endure back surgery. However, her illness ultimately became too unbearable and she passed as a result.

The memory of what she went through is what led Dr. Schwartz to a career in pain management and drove him to open his own clinic, Piedmont Physical Medicine and Rehabilitation, PA in 1984.

"It left a mark on my life," he recalls. Sharing in his mother's emotional pain changed him, leaving him determined to find better pain treatments for those suffering. His love for her drives him to work hard every day, and to do everything he can to improve the lives of the people he treats.

Educational Drive

Dr. Schwartz's began his doctoral journey at the University of Michigan, where he earned a Bachelor of Science degree.

After that, he received his MD from Wayne

State University School of Medicine in Michigan. He completed his residency in Physical Medicine and Rehabilitation at the University of Texas Health Science Center in San Antonio, Texas. His dedication to his patients and his desire to end their pain has also led him to several board certifications. He is currently certified by:

- ▶ The American Board of Physical Medicine and Rehabilitation
- ▶ The American Board of Electrodiagnostic Medicine
- ▶ The American Academy of Pain Management
- ▶ The American Academy of Thermology
- ▶ The American Academy of Orthopedic Medicine

In addition, Dr. Schwartz is a Fellow of the Society for Vascular Medicine and Biology. For Dr. Schwartz, education is not a thing of the past. His drive to figure out how to eradicate pain has led him to embrace the spirit of innovation. As a practicing physician, ongoing research and study keep him at the forefront of

pain management.

Emotional Drive

One thing that keeps Dr. Schwartz pushing forward with his research is the compassion he feels for his patients. His experience with his mother's illness taught him that dealing with chronic pain is much more than a physical trial. He takes a holistic view on pain management for that reason. "Your mind and your spirit are also part of the equation" when it comes to pain, he points out. "It's your whole life that is changed."

Dr. Schwartz's mission is to find the best possible way to treat pain at its source. His commitment to his patients is to treat every aspect of their pain – whether it be one condition or multiple conditions.

Keeping his patients at the center of what he does is important to Dr. Schwartz. And that can be a challenge, he admits, in today's medical and insurance environment. But it's also why he started his own clinic, so he could at least try to improve upon the patient experience – striving to ensure that they receive the kind of treatment that can truly help them heal.

The Drive to Heal

All doctors face the challenge of trying to explain medically complicated concepts and procedures to patients who have no medical training. To complicate matters, sometimes the way a patient explains what is going on is worse than what is actually going on. That makes listening and learning more difficult.

As a result, Dr. Schwartz tries to make it a priority to speak to each patient about the big-picture view of their lives. He also focuses on something he calls "total load." That's the number of things that prevent a patient from getting well. In some cases the load might consist of an injury or disease as the primary cause of pain; however, things like constant infection, a family history of inflammatory disease, clotting disorders, environmental toxicity, fatigue, depression, and a host of other issues may be contributing factors as well.

When Dr. Schwartz talks to his patients, he lets them know that his goal is to reduce their pain using a variety of non-surgical and non-invasive interventions; they are all directed toward helping patients find their way back to a healing path. Dr. Schwartz can't cure everybody – no doctor can – but his goal, he says, is to do everything he can for those with chronic, complex pain, so that a year from now, after the initial visit to him, they will recognize that their life is noticeably better than it was before. We asked Dr. Schwartz what feedback he gets from his patients. In reply, he recalls some of the responses he has received, "periodically I'll stop and ask a patient 'how much worse do you think your condition would have been if you had not received the care we offer?' It surprises me how often I hear, 'I would be in a box.'"



That kind of response is what keeps him pushing forward. He knows that the presence of a doctor who cares and has his patients' best interests at heart can make a big difference in their total load – and in the way they feel about their pain.

The Drive to Acceptance

"Helping people accept their condition when the best we can do is manage [it] rather than cure it can be one of the hardest things to accomplish. At the same time helping someone realize that they have pain instead of it having them can be one of the most fulfilling things in health care."

Dr. Schwartz also points out that it's a challenge sometimes to help patients understand what their part in the healing process is. "Getting well means a commitment is required to be a part of the treatment team," he says. Sometimes patients expect a magic bullet, or think that just doing what they are told is enough. When it is not, that can be frustrating."

Occasionally, he has to deal with a patient's leftover anger from other doctors and providers who have treated but failed to satisfy them. Living with chronic pain takes a toll on the psyche. "The anger just contributes to total load." He works with those patients to help them let go of their anger and embrace their role as part of the solution to their pain.



" Helping someone realize that they have pain instead of it having them can be one of the most fulfilling things in health care. "

- Dr. Robert G. Schwartz



HEAR WHAT PATIENTS HAVE TO SAY ABOUT DR. SCHWARTZ!

"Dr. Schwartz has helped [my daughter] go from a wheelchair, to crutches, to a cane, and now she is walking on her own. He has given her life back along with the rest of the family. We are so grateful for him. His sincere, kind, and genuine caring for my daughter (and my husband and I) has been overwhelming. We live in NC about 3 hours from his office but it was well worth the drive."

– Sandy

"I have met Dr. Schwartz and talked with him, but not as a patient of his. I've been very impressed with him and he's volunteered his time in offering to come to Columbia to speak for us. I know of a good many of his patients, and have seen first-hand, what good results so many of them have received! If you are looking for a knowledgeable and caring doctor for your RSD, look no further than Dr. Robert Schwartz! Thank you!"

– Debbie Lewis,
President of the RSDSA of the Midlands

"With Dr. Schwartz's help, I have now been able to rise above almost all of the pain and discomfort. All the odd symptoms that other physicians gave me more pills for or even told me it was in my HEAD—are all behind me now!"

– Barb

"Dr. Schwartz, I just want to thank you for helping my granddaughter Melanie H. You are truly special. Our prayers are with you. She is truly a special girl to us. I hope this is the beginning of a recovery for her. Thank you and God bless."

– Mrs. Hillman (New York)

The Drive to Success

For Dr. Schwartz, the thing that is most rewarding is the fact that he can help patients reclaim their lives after years of living with pain.

"The typical patient that comes to our practice is looking for something more than pills or surgery," he says. Dr. Schwartz and his team work closely with their patients to arrive at solutions that provide them with the relief they need. A look at the reviews on Dr. Schwartz's website reveals that his patients understand how special the treatment he provides is.

One female patient mentioned the fact that Dr. Schwartz did more than reduce her pain. He also restored mobility that she hadn't had for years. "I am so thrilled," she writes. "I can now cross my arms and touch my shoulders without any pain. I could not do that last year."

Another patient who lived with serious pain for decades wrote, "I got more relief from Dr. Schwartz than I have in the last 20 years."

It's that kind of review that keeps Dr. Schwartz going. He knows that the work he does with his patients genuinely helps them. He can do more than relieve pain. His treatments, delivered with an intense focus on helping others get well can change lives for the better, beyond just improving their physical condition. That's all the reward he could ask for.

Driving toward the Future

Dr. Schwartz is happy to know that he can revitalize his patient's outlook on life, but he's always thinking about how he can do more. Pain is a common problem, and he's not willing to stop pioneering or implementing new treatment approaches that might help people even more.

"I am blessed to be able to teach at medical institutions around the world," he says. By helping to bring information about his innovative

treatments to other doctors, he knows that he has the best possible chance of making a difference.

Looking ahead, he would like to add an associate to his practice. "The foundation we have created can continue to grow into the future," he notes with pride. "By bringing in new talent, new ideas, and rubbing shoulders with world leaders, we can help assure that the most innovative treatments for pain, weakness, and numbness will be available to our patients for a long time to come."

Underneath everything he does is the memory of his mother and the experience of watching her cope with complex and debilitating pain. He might not be able to go back and relieve her suffering, but that doesn't mean that he can't help others.

There is no doubt that Dr. Schwartz's mother would be proud of the work he is doing to help his patients. In the end, that provides all the motivation he needs.

If you would like to learn more about Dr. Schwartz and the work he does at Piedmont Physical Medicine and Rehabilitation, please visit his website at piedmontpmr.com.

Robert G. Schwartz, MD, is the founder of Piedmont Physical Medicine and Rehabilitation in Greenville, South Carolina. He specializes in Physical and Regenerative Medicine and Rehabilitation.

To learn more about Dr. Schwartz, inquire more about treatments, or to schedule a consultation, please contact Piedmont Physical Medicine and Rehabilitation at 1-864-235-1834.

