

One*Month*MD

Low Back Pain

Lesson 1: Foundations

1.3 Medicines



Dr. Mark Moran
INSPIRED WELLNESS

Lesson 1.3: Medicines

Four Main Type of Medicines to Consider: *(in order of trial)*

- Anti inflammatory / steroids
- Muscle relaxants
- Lots of other meds:
 - Anxiety meds
 - Anti depressants
 - TCAs
 - Cymbalta
 - vitamins and supplements
- Nerve calming medicines
- Narcotics



Medicines

Anti-inflammatory

- Prescription anti inflammatory:
- Ibuprofen/naproxen
- Celebrex (Celecoxib)
- Mobic (Meloxicam)
- Indocin (Indomethacin)

Steroids

- Strong anti-inflammatory properties
- Too much is bad
- Side effects

Lesson 1.3: Medicines

Muscle Relaxants

- Baclofen / Lioresal
- Skelaxin / Metaxalone
- Tizanidine / Zanaflex
- Carisoprodol / Soma
- Cyclobenzaprine / Flexeril
- Robaxin / Lorzone
- Methocarbamol / Robaxin

Lesson 1.3: Medicines

Narcotics

- Buprenorphine - Belbuca, Butrans
- Codeine- Tylenol 3, Tylenol 4, Fioricet
- Tramadol - Ultram
- Hydrocodone - Vicodin
- Hydromorphone - Dilaudid
- Morphine
- Oxycodone - Percocet, Oxycontin
- Tapentadol - Nucynta
- Methadone
- Fentanyl

Lesson 1.3: Medicines

Narcotics

- Side effects: constipation, sedation, nausea
- Morphine Milligram Equivalents (MME)
 - Like comparing the dollar to the pound
- Filling prescriptions
 - Insurance/ Pharmacies/ Physicians
 - When allowed to refill
- Prescription Monitoring Program (PMP)
- Highly addictive
- Research has shown NOT as effective as nsoids for pain and can slow down recovery after surgery/ injury
- Little evidence narcotics are useful in chronic pain, and can make worse

Lesson 1.3: Medicines

Narcotics

- Short acting vs Long acting

Lesson 1.3: Medicines

Other

- Anti-anxiety
- Tri cyclic antidepressants
- Vitamins and supplements
- Anti-depressants
- Cymbalta

Lesson 1.3: Medicines

Rules for use

- Verify correct medicine, dose, number of pills with each pick up
- Always read the script to make sure instructions haven't changed
- Always give a complete list of meds so doctors can make sure no drug interactions
- Always monitor for new side effects and report
- Always take as written - when, with/without food/water
- Never share with anyone
- Always possible side effects - monitor for changes
- Don't confuse possibility with probability

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Lesson 1.2: Causes of Low Back Pain

- **Bones:** Vertebral bodies, sacrum, pelvis
- **Discs:** protrusions, bulges, herniations, extrusions, discogenic
- **Nerves:** compression, irritation
- **Joints:** Facet, SI joint, hip
- **Muscles / Ligaments / Tendons:** sprains, strains, bursitis
- **Diseases / Other:** any body part, cancer

Lesson 1.1: Anatomy and Definitions

- Disc / Disc Bulge
- Epidural
- Facet / Hypertrophy
- Foramen / Foramina / Transforaminal
- Lamina / intralaminar
- Lumbar
- Medial Branch Block (MBB, block)
- Nerve / Nerve Root
- Nerve Burning / RF
- Sacroiliac Joint / SI Joint
- Sciatica
- Spinous Process
- Stenosis
- Transverse Process
- Vertebral Body



Meet Dr. Mark Moran

Dr. Moran is dedicated to San Antonio after growing up here and living in SA for 40 years. He is the son of an Air Force Veteran of 25 years and a school teacher of 35 years. After graduating from Southwestern University, he obtained a Master's degree in Biochemistry before going to the UT Health Medical School in San Antonio. He then trained in Anesthesiology before completing his fellowship in Pain Management. He has been practicing Pain Management since 2006.

Dr. Moran obtained his MBA from West Texas A&M in May 2023. His favorite hobbies include all sports and competitions, coaching/teaching, and spending time with his family. He met his wife in the fourth grade and has two children who mean the world to him. He is actively involved in his community, frequently volunteering his time and contributing to the growth and future of San Antonio.



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