

# Living Pain Free

## Special Accident Report

### The Five Most Common Mistakes To Avoid After An Accident!

*Every Year Millions of Americans Suffer Needlessly Because They Fail To Avoid The Five Common Mistakes Most People Make After An Accident...Don't Let This Happen To You!*

*Inside My Life Changing FREE Report You'll Learn:*

- ✓ *The Truth About Delayed Onset Pain Syndrome. Discover Why Not Being Evaluated Immediately After Your Accident At a Hospital or By a Doctor Trained At Treating Traumatic Injuries Can Hurt You More Than You Think!*
- ✓ *What are "Hidden Injuries" and Why Using Home Remedies or Over The Counter Medications To Treat Your Accident Related Injuries Instead of Undergoing a Treatment Program With a Physician Could Lead To Years of Pain, Suffering, Even Arthritis!*
- ✓ *Why All Doctors Are Not Alike When It Comes To Treating Accident Related Injuries and What You Should Know To Help You Make The Right Decision In Choosing a Doctor!*
- ✓ *The Accident and Injury Evaluation. Discover How a Proper Evaluation and Treatment By An Injury Specialist Can Make the Difference Between True Recovery and Lingering Pain.*
- ✓ *And More*

Attention Accident Victims:

**Did You Know That One In Ten People Are Involved In A Serious Auto Accident Each Year? With These Alarming Statistics, Chances Are High That You or Someone You Love Could Experience An Auto Accident!**

**Continue Reading Now To Learn What Could Very Well Be The Most Important Piece of Information You've Seen All Year!**

## **Common Mistake Number 1**

### **Not Being Evaluated Immediately After Your Accident At a Hospital or By a Doctor Trained At Treating Traumatic Injuries!**

Understandably, after an auto accident many thoughts and emotions fly through your head, ranging from anger to concern over who is going to pay for your car repairs. Because of the adrenaline rush that surges through your body after an accident, sometimes you don't feel immediate pain.

What mistakenly happens next is there is a tendency to decline immediate medical attention and to just go home. However, the next morning, or in the days that follow the pain often appears.

This is so common there is a medical term for it, known as "*Delayed Onset Of Pain.*"

Similar to how a boxer might look and feel okay during the post-fight interview, the next day the swelling and the pain really begin. This is why boxers are seen for a medical evaluation after a fight in the emergency room or by a doctor in the locker room.

Now, I know it may appear that a motor vehicle collision is not as severe as being in a boxing match, but the forces the body is subjected to during even a low speed collision of just 5 miles per hour is strong enough to cause hidden injuries, such as hairline fractures of bone or microtearing of muscles and ligaments. This is why a post-traumatic evaluation is crucial immediately after an accident.

At my office I not only have the equipment but also the training to diagnose and treat these "hidden injuries". I am also located right here in the neighborhood and offer convenient office hours.

If you are in need of my services and would like to be seen for a pain evaluation, call my office at (480) 347 - 0941 and one of my staff members will be happy to schedule you for an evaluation!

#### **Important Note To Remember**

Hospitals are for treating life-threatening emergencies and not for evaluating hidden, delayed onset injuries. So, if after your accident you are told there is nothing broken but you still feel pain, you should follow up with a doctor trained in diagnosing and treating "hidden injuries". This can be the difference between living in pain or living pain free!

## **Common Mistake Number 2**

### **Using Home Remedies or Over The Counter Medications To Treat Your Pain Instead of Undergoing a Treatment Program With a Physician!**

Pain should not be ignored or covered up. You see, pain is our body's natural way of signaling us that something is wrong. So, while home remedies such as pain relieving gels and over the counter medications can help alleviate the pain, they should not act as a substitute for medical treatment. Remember, if the cause of the problem is not being addressed the condition will worsen, making it more difficult to correct as time goes on.

As mentioned earlier, if right after an accident you are evaluated at the emergency room but find that the next day the pain persists or worsens, follow up with a doctor trained in the diagnosis of post-traumatic injuries and pain management techniques to treat the cause of the your pain.

This is why, at my office, I put all of my focus on reducing your pain by treating the root or source of the problem. This approach to pain management has helped thousands of people get well again, even those who felt it was hopeless after being treated without success by other doctors!

### **Common Mistake Number 3**

#### **Failing To Choose A Doctor Who Is Trained In Pain Management Procedures Which Could Effectively Treat Post-Traumatic Injuries!**

Okay it's true; most doctors know how to treat back and joint pain. But not every doctor knows how to treat *traumatically induced* back and joint pain!

This is why it's not easy finding a physician that is not only trained in the science and techniques of pain management but has the experience and knowledge on how to apply those techniques when it comes to treating even the hardest trauma cases.

At my office I offer non-surgical pain relief techniques to treat post-traumatic muscle and joint injuries to help reduce your pain while simultaneously correcting the cause of the problem.

### **Common Mistake Number 4**

#### **Not Following Through With The Doctor's Recommendations!**

This usually happens after the initial symptoms of pain begin to diminish. Because it's our nature to seek treatment only when we are in pain, once the pain lessens or goes away, quite often we are fooled into thinking the problem is gone as well.

Unfortunately, pain isn't always a good indicator for when something is right or wrong. That's why in my office a condition specific treatment plan is given the moment you begin care, and you are periodically evaluated to determine not only the status of your pain but the improvement of your condition as well.

### **Common Mistake Number 5**

#### **Knowing What To Do After An Accident But Not Doing It!**

This is probably the worst mistake I see every day in my practice. As I mentioned before, lately I've noticed an increased number of trauma victims entering my office.

What I also mentioned was that I found that an alarming number of these patients were coming to me weeks, even months, after their accidents and had been suffering needlessly. What was even more shocking to me was during the initial consultation, most would state that they were told to go to the hospital or see a doctor by their spouse or close friend, but did not.

Consistently, each of these types of patients I saw regretted not getting the problem taken care of sooner.

This is why I am now on a mission to inform every resident of our community, whether an accident victim or not, about what should be done after an accident occurs. This information can prevent a life of pain and suffering, as well as provide a means of getting their injuries taken care of in the unfortunate event that an accident happens.

## **This Is Why If You, a Family Member or a Friend Have Been Involved In An Accident You Should Contact Me For a Timely Accident & Injury Evaluation!**

### **Allow Me To Now Introduce Myself.**

For those of you who don't already know me, my name is Dr. Demitri Adarmes and I am a physician practicing right here in town. My office is located at 4840 E. Indian School Rd, Suite 104; Phoenix, AZ 85018. In fact, my office is probably just a short walk or ride from your home.

In addition to Internal Medicine, I also have advanced training in non-surgical pain management techniques that are helping local residents just like you once again live *pain free!*

If I can be of any assistance or if you have any questions, please call my office anytime at **(480) 347 – 0941**. Remember, nothing is more important than your health. So if you or someone you know have been (or in the future gets involved) in an accident, take action and give me a call so we can get the problem solved immediately!

Sincerely,

*Demitri A. Adarmes, M.D.*

*Board Certified in Internal Medicine  
Board Certified in Physical Medicine and Rehabilitation*

P.S. Many people have heard about my expertise and consult with me on a wide range of problems. If you've experienced any discomfort or health problems in the last 24 months, you should seriously consider scheduling an exam. I have had great success treating all sorts of injuries and health problems.

Remember, I focus on finding the cause of the problem and offering a solution, which is usually a non-surgical answer. Call me if I may be of assistance. Again, I can be reached at **(360) 352-3361**.

*The information provided in this report is meant as a general source of information only and should not be substituted for sound medical advice. If you are considering one of these procedures, you should consult further with a medical professional for complete information on the benefits and risks of all treatments described in this report.*