

# Western New York Pain Relief and Integrative Wellness Center

*“The doctor of the future will give no medication but will interest his patients in the care of the human frame, diet and in the cause, cure or prevention of disease”*

—Thomas A. Edison.

My name is Dr. Christian Milioto, Owner and lead doctor of Western New York Pain Relief and Integrative Wellness Center. The referenced quote by a well-known Thomas Edison spoke volumes to me as a young child. I can still remember dreaming about one day becoming a doctor and helping my patients heal and restore quality of life. Helping in the elimination of pain medication or needs for surgery. To this day I continue to practice evidence-based medicine in this manner, providing the highest level of customized patient centered care possible.

Many potential and active patients will ask how I learned my trade, or how myself and team of amazing doctors help people heal and eliminate symptoms and conditions that may have seemed impossible to be rid of or have been told by other doctors they were old or must live with it. I hope to bring some light to those wondering in this article.

## What do we treat?

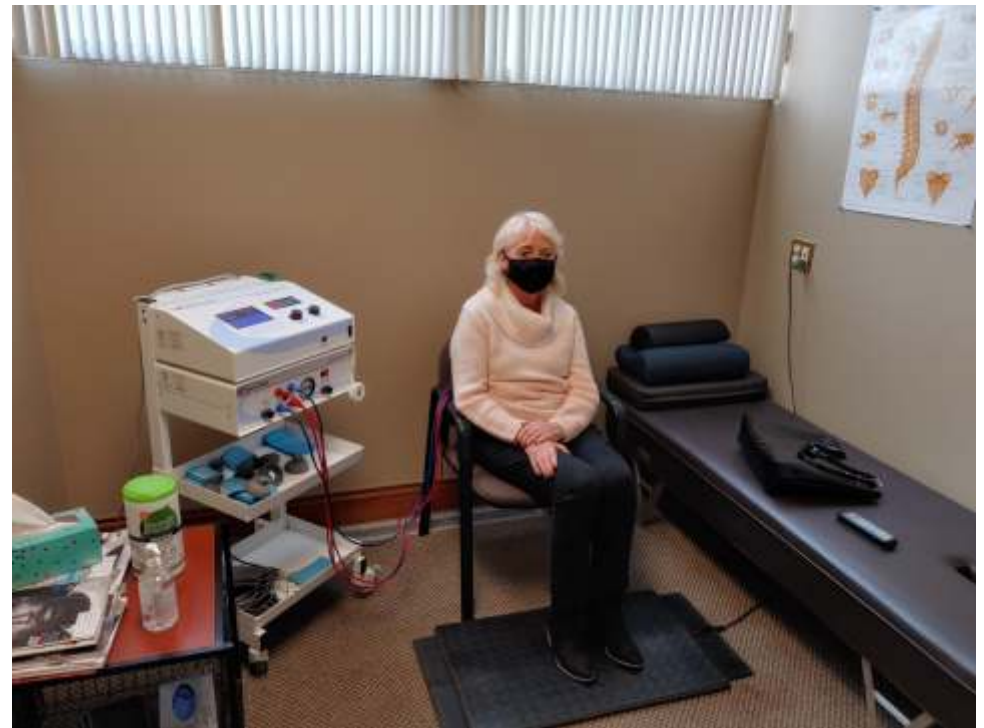
My office helps people achieve their personal goals of healing and pain relief from conditions related to the spine, muscles, and nervous system. These include Stenosis, Sciatica, Arthritis, Degenerative Disc or Joint disease, Bulges, Herniations or Muscle Spasms. We also specialize in a debilitating nerve condition know as Peripheral Neuropathy. Many people who have some of these conditions may have already been diagnosed. For those who



haven't you may be experiencing symptoms including weakness or balance issues, sharp shooting pain, constant dull or deep aches with early or late morning stiffness. You may have burning, numbness, tingling, pins and needles, hot or coldness felt in the hands, legs or feet. These are symptoms and warning signs expressed by your body and Central Nervous System. If any of these symptoms are something you have experienced, then you may be the perfect fit for our office, or it may be time to give us a call at 650-7246 and be properly assessed and diagnosed.

## Evidence Based, Patient Centered Care

Many are unaware that they can eliminate most if not all the above-mentioned symptoms and diagnoses. However, many have also tried creams and rubs, therapy, chiropractic, injections, surgery, and pain meds with little to no relief. My office is comprised of FDA approved, advanced clinical and evidence-based treatments and guidelines. This means that every therapy in the office is solely designed to truly eliminate pain and symptoms, restore function and quality of life, and most importantly provide true healing, not just temporary relief. When a patient first comes to the office, they immediately see the office is different and



unlike anything they have seen. I have brought the most advanced therapies under one roof with the goal of meeting patient needs to eliminate their pain and inflammation, restore balance and strength, quality of life and overall health.

During residency and schooling, I was lucky enough to shadow and learn from some of the best doctors of all different trades and medicines. I knew the value of what I was given as each doctor's specialty and trade has its own unique qualities to patient care. I shadowed and learned from spinal surgeons, neurologists, radiologists, chiropractors, physical therapists, and pain management doctors. I trained at

ECMC, DENT Neurologic and many other private clinics. As I learned I began to develop my own trade and what now became my niche and goal for my patients. Providing advanced individualized care to each person, targeting their root cause of inflammation, reduce or eliminate pain medication and give them their lives back.

I began reading books and studying research articles on advanced clinical medicine and treatment guidelines. I specialized in spinal and neuromuscular disorders and began to bring treatment therapies and guidelines under one roof to provide everything someone would need to eliminate

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their pain. I studied how acute and chronic inflammation begins, with or without injury and why it is so difficult for the body to heal on its own. I then added the most important detail, YOU. The patient is the key to healing. Each person's pain is unique, regardless of their diagnosis or injury and it must be addressed that way. Once all the pieces were assembled, I felt prepared to open my doors. This is how Western New York Pain Relief and Integrative Wellness Center was founded.

## How to determine your individual care?

The therapies provided in the office may not apply to every patient. Each care plan is unique to the patient's needs. The office however is comprised to be an all-encompassing clinic designed to provide the patient with everything they need under one roof, providing the best care possible and eliminating the need to venture to several different doctors or practices.

Each patient that comes to the clinic will sit down with myself and review their case history. This means first and most importantly listening and talking to you, understanding what happened and how the condition, pain or diagnosis came about. We will then review your medical history, including co-morbid conditions, diagnostic test and studies and pertinent imaging to your issue. After that evidence based orthopedic assessment and testing may be done to target your pain, what joint, nerve or muscle is damaged and then from there create your treatment plan and goals to

healing. In all you will spend about an hour with me educating me about your body and pain. My goal is to be there for you, understand your pain and what we need to do to eliminate it.

## Technologies and treatments

**DRX-9000 decompression therapy:** Many have heard of decompression therapy for neck and back pain. The gold standard for herniations, bulges, stenosis and sciatica and many other ailments. WNY pain relief utilizes it unlike anyone else in the city. It is also safe for any age or individual. We are also the most affordable decompression office in the city.

**Electroanalgesia Therapy:** A very special procedure known as electro-medicine. This therapy will eliminate any numbness, burning or tingling you may be experiencing. This therapy is used to heal the damaged nerves and muscles. Providing relief and breaking your chronic pain symptomology.

**Class IV therapeutic LASER:** This therapy addresses inflammation, nerve and joint damage, blood supply and circulation. WNY Pain Relief has the only LASER in the city that has a specific protocol for Neuropathy, spinal conditions and circulation.

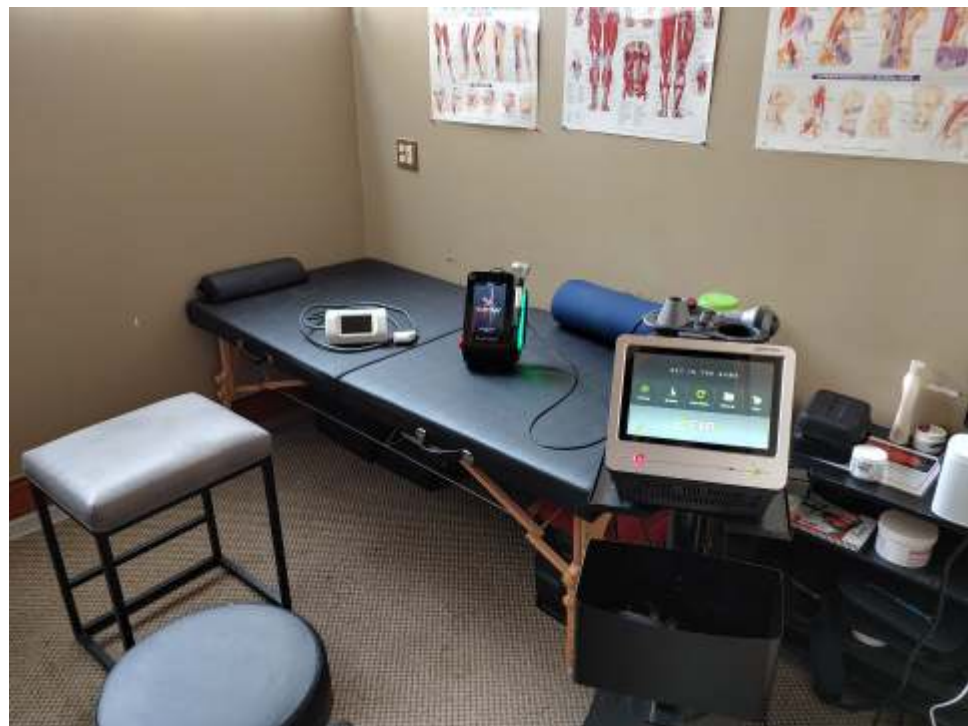
**Physical Therapy:** With the addition of a new level of care, Dr. Sarina Milioto, PT DPT has entered the clinic to bring functional, individualized hands on therapy for those who need further assistance with balance strength and range of motion.

**Lymphedema therapy:** Used to increase circulation and reduce edema associated with circulation or lymphatic issues.

**Whole Body Vibration Therapy:** a gentle and safe yet effective therapy for balance disorders, weakness in the back legs and feet.

## Nutrition and Weight Loss: Reduce or Eliminate Blood pressure, Cholesterol and Diabetic medication

I also battled obesity for most of my



life. I struggled to lose weight and keep it off. I tried every fad diet you could think of with little to no results. At one point I found myself at 300 pounds facing high blood pressure, cholesterol, and borderline diabetes. I knew I needed to make a change. I learned how to lose weight effectively and healthily and lost 100 pounds in just a few months. The importance is nutrition and wellness.

I have created a nutritional program for those looking to lose 35-50 pounds in 6 weeks, without the gym or fad pills. A program that will even provide meals of your choice, delivered right to your doorstep. A natural way to eliminate medications for diabetes, cholesterol, and high blood pressure. It is safe and effective for any age. I have helped many people decrease and eliminate medications for blood pressure, cholesterol and diabetes. My team has founded Med Prep Meals, a medical meal program for those looking to lose weight, eat healthy and take control of their life and may not understand how to properly eat.

## Take the next step

I welcome you to give my office a call at 650-7246, schedule a consultation with myself or attend one of my upcoming educational seminars. My educational seminars are once a month to help you understand neuropathy, spinal conditions, medications you may be taking and most importantly how you can take control of your life, avoid medication or surgery, and find your natural solution to pain relief. It is an honor to help patients heal, and there is no greater gift than being able to help you achieve your health and wellness goals.

You may see some of our patient testimonials, review our technology or learn more about my practice from our webpage [buffalopainrelief.com](http://buffalopainrelief.com)

Take the next step toward total rehabilitation, with WNY Pain Relief. Schedule your free consultation or attend an educational Seminar. Call 650-PAIN (7246) and check out the testimonials and webpage at [buffalopainrelief.com](http://buffalopainrelief.com)

