

PAIN MANAGEMENT

What is behavioral health?

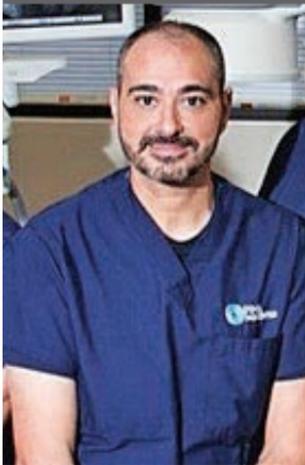
Behavioral health isn't the same as mental health. Mental health refers to conditions like depression and bipolar disorder. Behavioral health includes mental health but much more.

Every behavior affects our health.

The body is an intricate system of connected parts designed to work in harmony. When something in the system goes awry, it can cause disease and pain in other parts of the body.

For example, living under continuous stress can cause high blood pressure, anxiety, depression, weight gain, cardiovascular disease, and

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Dr. Emil Annabi,
 Chief Medical Director,
 Pima Pain Center

on and on. Even addiction. And many underlying health problems can cause physical pain that may seem unrelated. Identifying what's causing your pain or illness is the key

to eliminating it. tions, and focusing on your answers, doctors can get to the root cause of your pain and treat it effectively. When did your pain begin and what were you doing? Have you experienced traumatic life events such as a recent loss or devastating diagnosis? What time of day do you feel most anxious or in pain?

Look beyond the obvious.

Pima Pain Center takes this holistic, behavioral approach to pain of all kinds. Caring medical doctors - in specialties from internal medicine and neurology to psychiatry and behavioral therapy - are waiting to talk with you, to listen, and find solutions. Call us for an appointment at 520-399-6000.

By asking the right ques-