



ADVANCED
SPINE AND PAIN

FALL/WINTER 2025

ASAP RECAP

ADVANCED SPINE AND PAIN NEWS

THE VALUE OF Conservative Care

AT ADVANCED SPINE AND PAIN

OSTEOARTHRITIS (OA) OF THE KNEE?

TRY GAE

Genicular Artery
Embolization

The Role of BEHAVIORAL HEALTH

IN PAIN MANAGEMENT

GAE Genicular Artery Embolization

DO YOU HAVE OSTEOARTHRITIS (OA) OF THE KNEE?

GAE MAY BE AN OPTION FOR YOU.

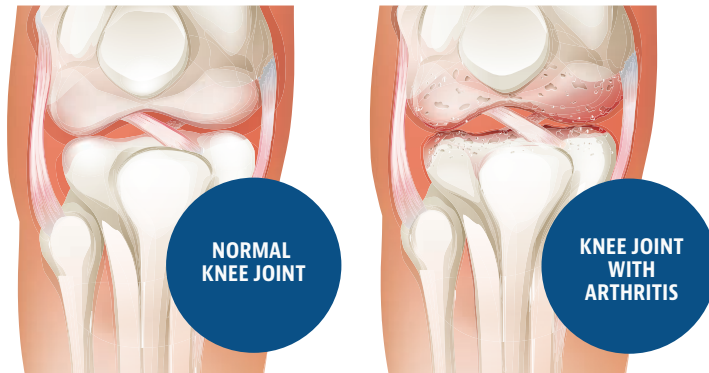
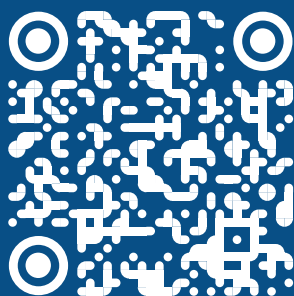
Chronic knee pain caused by osteoarthritis can be one of the most frustrating and limiting conditions a person experiences. Simple daily activities, such as walking the dog, climbing stairs, or getting in and out of a car, can become painful challenges.

For patients who have tried physical therapy, medications, or injections without sufficient relief, Genicular Artery Embolization (GAE) offers a promising, minimally invasive alternative to surgery.



**ARE YOU A GOOD
GAE CANDIDATE?**

Scan to learn more about
Genicular Artery
Embolization (GAE)



What is GAE?

Genicular Artery Embolization (GAE) is a minimally invasive, image-guided procedure that targets small arteries around the knee joint called genicular arteries. In patients with knee osteoarthritis, these arteries can become enlarged and inflamed, contributing to pain and stiffness.

Using advanced imaging, an interventional pain specialist threads a thin catheter through a tiny puncture, usually near the upper thigh, to reach the knee. Microscopic particles are then used to reduce abnormal blood flow and inflammation, easing pain and improving mobility.

Because GAE requires no general anesthesia or incisions, it's performed on an outpatient basis, and most patients return home the same day.

Who is a Candidate for GAE?

GAE may help patients with chronic knee pain who:

- Haven't found relief from physical therapy, medications, or injections
- Wish to delay or avoid knee replacement surgery
- Have persistent pain that limits mobility

Your Advanced Spine and Pain provider will determine whether GAE is right for you after a thorough evaluation.

Benefits of GAE

- Minimally invasive with no stitches
- Quick recovery, often within days
- Reduced pain and inflammation within weeks
- Long-lasting results, often 6–24 months
- No hospital stay or general anesthesia

Many patients also report better sleep, mobility, and quality of life following treatment.

At Advanced Spine and Pain, our interventional specialists proudly offer this cutting-edge option to patients across Arizona. Using precise, image-guided techniques, we provide safe and effective relief to help restore comfort and independence.

THE VALUE OF Conservative Care

AT ADVANCED SPINE AND PAIN



When it comes to managing pain, surgery is not always the first—or best—solution. In fact, the majority of patients find meaningful relief through conservative care, an approach focused on non-surgical, evidence-based treatments that address the root cause of pain while promoting long-term healing.

At Advanced Spine and Pain, we believe in starting with the safest, least invasive options whenever possible. Conservative care may include a combination of physical therapy, chiropractic care, targeted exercise programs, lifestyle modifications, and image-guided injections. These treatments are designed to reduce inflammation, restore function, and help patients move more freely, all without the downtime or risks associated with surgery.

*Start small. —————
Heal strong.*

Conservative treatments like physical therapy, exercise, and lifestyle changes often lead to big improvements without surgery or long recovery times.

Our providers take a multidisciplinary approach, often combining therapies to optimize results. For example, a patient with chronic low back pain might begin with physical therapy to strengthen core muscles, receive targeted injections to calm inflammation, and learn ergonomic strategies to prevent reinjury. Over time, these integrated steps help build stability, flexibility, and confidence in movement.

Conservative care also allows our providers to better understand how a patient's pain responds to different treatments. This insight helps refine the diagnosis and ensures that, if more advanced or interventional options become necessary, they are tailored precisely to the patient's condition and goals.

In many cases, conservative care can delay or eliminate the need for surgery altogether, particularly when patients commit to consistent follow-up and lifestyle support. Even when surgery eventually becomes necessary, those who begin with conservative treatment often experience better outcomes and faster recoveries because their bodies are stronger and more prepared.

At Advanced Spine and Pain, our goal is not just to treat pain—it's to restore function, confidence, and quality of life. Through compassionate care, careful monitoring, and personalized treatment planning, we help our patients take control of their pain and return to the activities that matter most.

*Up to 90% of back
pain cases improve
without surgery.*

The Role of BEHAVIORAL HEALTH

IN PAIN MANAGEMENT

Chronic pain affects more than your body, it impacts how you think, feel, and live each day. It can disrupt sleep, concentration, and enjoyment of daily activities. Over time, this strain can take a toll on your emotional well-being. At Advanced Spine and Pain, we recognize that managing pain means caring for both body and mind.

The Mind-Body Connection

Persistent pain activates the body's stress response, often leading to fatigue, irritability, and greater pain sensitivity. Likewise, anxiety or depression can heighten the perception of pain, creating a difficult cycle.

Research shows that behavioral health support, such as counseling, mindfulness, or cognitive behavioral therapy (CBT), can significantly improve pain control and overall well-being. Addressing the emotional side of pain helps patients build resilience and regain quality of life.

Integrating Behavioral Health into Pain Care

At Advanced Spine and Pain, we partner with behavioral health professionals to ensure comprehensive treatment that supports physical, emotional, and psychological needs. Your care plan may include:

- **CBT:** Replace negative thought patterns with practical, pain-coping strategies.
- **Mindfulness and relaxation:** Reduce stress and muscle tension.
- **Lifestyle counseling:** Improve sleep, nutrition, and activity habits.
- **Emotional support:** Address anxiety or depression to enhance recovery.

A Holistic Path to Healing

Pain is personal—and so is recovery. By combining behavioral health with advanced interventional and conservative treatments, our team helps patients take control of their pain and move toward lasting relief.

If you're struggling with chronic pain, remember: your mental health is a vital part of healing. Talk to your Advanced Spine and Pain provider to learn how behavioral health can support your treatment plan.



Introducing **Dr. Awnik Sarkar,** Interventional Pain Specialist

Awnik Sarkar, DO is a double board-certified specialist in

Anesthesiology and Pain Medicine with advanced fellowship training from the University of Virginia. He is dedicated to helping patients restore function, reduce discomfort, and improve quality of life through personalized, evidence-based treatment plans.

Dr. Sarkar offers a full spectrum of care, from conservative therapies and lifestyle-based approaches to advanced, minimally invasive procedures, always tailoring treatment to each patient's unique needs. Known for his compassionate and collaborative style, he prioritizes patient education and long-term wellness in every plan of care.

Dr. Sarkar is seeing patients at our **Surprise** and **Peoria** locations.

Call your nearest Advanced Spine and Pain location to schedule an appointment.

Call or text 480.573.0130

Avondale (Coming Soon)

1690 N. 95th Ave.
Phoenix, AZ 85037

Biltmore

7201 N. Dreamy Draw Dr., #100
Phoenix, AZ 85020

Deer Valley

2525 W. Greenway Rd., #125
Phoenix, AZ 85023

Gilbert

2563 S. Val Vista Dr., Ste. 101
Gilbert, AZ 85295

Goodyear

13555 W. McDowell Rd., #207
Goodyear, AZ 85395

Mesa

4566 E. Inverness Ave., #205
Mesa, AZ 85206

Payson (Banner Partnership)

807 S. Ponderosa St.
Payson, AZ 85541

Peoria

13128 N. 94th Dr., Ste. 100
Peoria, AZ 85381

Prescott Valley

2820 Glassford Hill Rd., Ste. 101
Prescott Valley, AZ 86314

Queen Creek

22719 S. Ellsworth Rd., Bldg. C, Ste. 101
Queen Creek, AZ 85142

Sun City

9949 W. Bell Rd., #100
Sun City, AZ 85351

Surprise

15571 N. Reems Rd., Bldg. D
Surprise, AZ 85374

ASAP / Banner Central ASC

3525 N. Central Ave.
Phoenix, AZ 85012

ASAP Surgery Center - North

2525 W. Greenway Rd., Ste. 100
Phoenix, AZ 85023

ASAP Surgery Center - Peoria

13128 N. 94th Dr., Ste. 100
Peoria, AZ 85381

ASAP Surgery Center - Premier

2563 S. Val Vista Dr., Ste. 101
Gilbert, AZ 85295

ASAP Surgery Center - Prescott Vly.

2820 Glassford Hill Rd., Ste. 106
Prescott Valley, AZ 86314