

Testimonials from Cache Valley



Rikki White

"I have had severe, frequent headaches since I was 10 years old. After going to numerous specialists and trying every therapy and medication imaginable, I finally accepted that I would struggle with migraines for the rest of my life. In October, my life completely changed. I went to Spring Creek Medical and the doctor performed the Sphenocath procedure for me. It took 15 minutes, and when I sat up I immediately felt a change. It was amazing. I have not had a single migraine since October...Not One! It has changed my entire life. If you struggle with migraines I highly recommend Spring Creek Medical's Sphenocath procedure."



Clair Mendenhall

"I had continuous headaches on the left side of my head for over a year and a half. Dr. Garvert recommended the Sphenocath procedure in an attempt to eliminate the headache issue on the left side of my head. The 10-15 minute procedure was comfortable and quick. The staff at Spring Creek Medical Center were professional and caring. If you have continual headache issues the Sphenocath procedure worked extremely well for me."



Rachel Hamm

"I have been suffering from migraines since I was 16. In the past few years, they have become as frequent as 3 times a week. I had my procedure on November 19, and I haven't had a migraine since. I have my life back, and I have Drs. Garvert and Welter to thank for it!"

ARE YOU A CANDIDATE FOR THE SPRINGCREEK MEDICAL MIGRAINE HEADACHE REHABILITATION PROGRAM?

- Do you have chronic migraine headaches?
- Are you taking migraine headache prescription medications?
- Have you been told that you will have to learn to manage your migraine headaches on your own?
- Have you been to multiple doctors and medical clinics looking for a solution?
- Are you losing hope to solve your migraine headache pain?

If you answered YES to any of these questions, call SpringCreek Medical Center to schedule your appointment.

DOES MY INSURANCE COVER THIS?

YES!

Medicare and most major insurances will pay for some - if not all - of the treatment.

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MEDICAL CENTER**
MEDICAL • CHIROPRACTIC • PHYSICAL THERAPY



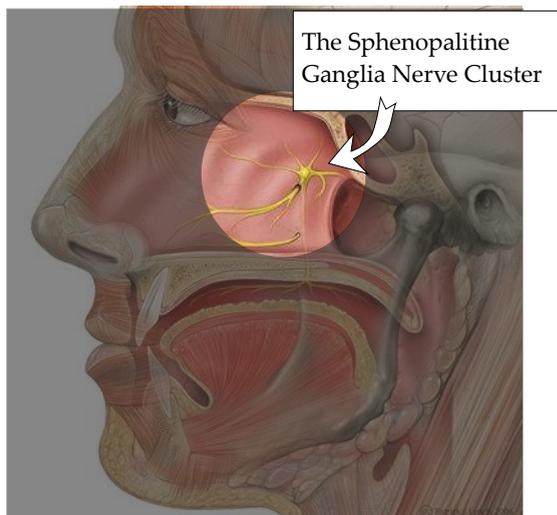
**New Treatment for
Migraine Headache
Relief**

Advancements in Migraine Headache Treatment

If you are a migraine headache sufferer, no one needs to tell you how debilitating migraines can be. In fact, they result in over 150 million work days lost each year, costing Americans over \$10 billion in direct costs annually.

The SPG Nerve Connection

It has long been known that there is a connection between migraine headaches and the Sphenopalatine Ganglia (SPG). Migraine episodes often correlate with chaotic signal impulse conduction in the SPG nerve cluster.



Medical science has attempted to “reset” these chaotic impulse patterns to relieve migraines. When the SPG circuit is “rebooted” with a common local anesthetic

(i.e. 2% Lidocaine), normal autonomic functions are restored and the patient has relief.

However, because of its location deep within the upper nasal tissue, the SPG cluster has been difficult to reach without painful or technically challenging procedures.

A recent innovation, the SphenoCath, makes rebooting the SPG more feasible. This specially designed catheter gives health care providers unprecedented access to the entire SPG circuit with a safe and simple procedure that can be performed without sedation.

The Procedure

With the patient lying on his/her back, the device is inserted into the nasal cavity until reaching the superior aspect of the nasal bone. The inner catheter is then extended and the local anesthetic is delivered. The procedure is repeated in the other nostril, and the patient remains in place for 7-10 minutes to maximize mucosal absorption.



This simple procedure is effective in providing immediate and long-term relief from migraine headaches.

Research studies throughout the United States demonstrate exceptional patient tolerance and success with this procedure.

Side effects are rare. Some patients may notice a metallic taste or experience slight sensory numbness or difficulty swallowing from the Lidocaine shortly after the procedure.

SphenoCath

The SphenoCath is an FDA approved drug delivery device.

For more information about the SphenoCath device and procedure visit www.sphenocath.com.

