

Dr. Mindy Dai Offers Patients Alternative Pain Management Options

By C.J. Franz
Staff Writer



Dr. Mindy Dai

Working in an emergency room for more than six years, I have seen first-hand the devastating effects of hopeless addiction to pharmaceutical painkillers. Vicodin, OxyContin, Darvocet, morphine and codeine

are all dirty words in my vocabulary that render otherwise strong, healthy, honest, hard-working individuals into addicts that will risk their jobs; their

homes, their families, and their reputation, all for another fix. This is why I have taken a special interest, as a writer, in the multi-disciplined approach to chronic pain management offered by Dr. Mindy Dai.

Dr. Dai, a licensed acupuncturist and member of the prestigious Valley Neurological Medical Group in Burbank, offers her clients alternative relief from chronic pain without

the dangerous side effects of pharmaceutical drugs. Using a multi-disciplined approach, she is able to help patients suffering from migraine headaches, neck and back sciatic pain, arthritis, fibromyalgia, tennis/golf elbows, shoulder and knee pain, PMS and menopause, chemotherapy side effects and much more.

Long ignored by traditional medicine is the simple fact that painkillers are not designed to treat the source of pain, only the symptom. "My goal," says Dr. Dai, "is to not only pinpoint the source and causation of pain, but to give the patients body what it needs to heal itself."

Many people who suffer from chronic pain never seek help because they think that it is just a normal part of aging. But often times, this is not the case. "Common sources of pain for my

patients are stress, repetitive motion, inactivity, or a long ignored strain or injury that has knotted the muscles or tendons around the joints. Left untreated, these problems get worse and the

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patient may lose complete range of motion," explains Dr. Dai.

Dr. Dai's decision to start her own practice stems from her desire "to do more." "I respect Western medicine and use high technology in my practice," she says, "but I felt that [alone] was not enough...to simply diagnose a patient and put them on medication. I wanted to empower them with lifestyle training, dietary knowledge and alternative treatments that would allow them to have control over their treatment. If someone is taking medication to prevent pain, they are rendered helpless. My practice allows me to get to the source of the pain and treat from there. I then help them make dietary choices and lifestyle changes that will speed the healing process. If they are open to alternative medicine, there are a variety of treatments including

Chinese herbs. My philosophy is that the best approach to treatment is the combination of western and eastern medicine."

Dr. Dai's success rate with her patients is due to her extensive knowledge and accreditation in multiple disciplines. She obtained an MD and MMS in medical imaging in China, her master's of science in oriental medicine in California, three years of post-doctoral training at USC, a MRI fellowship at Providence St. Joseph Medical Center, and is a licensed acupuncturist and herb practitioner.

She uses her skill and expertise in reading x-rays, CT and MRI scans, and her desire to offer her patient's alternative treatments using manual acupuncture or with electrical stimulation, acupressure, Chinese massage (Tui-Na), moxa, cupping and prescribing Chinese herbs. Dr. Dai offers a unique opportunity for patients seeking relief from chronic pain or wanting to reduce or alleviate their dependence on pain medications.

To schedule a consultation, Dr. Mindy Dai can be reached by phone at (818) 842-8177 or on her cell at (818) 216-4887. Her office is located at 2601 W. Alameda Ave., Ste. 402 in Burbank.