

- ▶ CHOO NAMED MDC COMMUNITY CHAMPION. 1
- ▶ VIEWMEDICA OFFERS GLIMPSE AT PROCEDURES . . . . . 2
- ▶ PCET "PACK THE CRIB". 2

# *Pain Talk*

VOLUME 3 | ISSUE 1 | 2019

## Choo Named MDC Community Champion

Dr. James Choo was presented with the Metro Drug Coalition’s “Commitment to Service” award at their 6th Annual Community Champions Award luncheon in early December.

The event, hosted at The Foundry at World’s Fair Park, recognized community leaders striving to make Knoxville and the surrounding area a safer and healthier place to live.

The “Commitment to Service” Award is presented annually to a person who is dedicated to giving back to the community, whether through their profession or volunteerism.

In presenting the award to Choo, Knox County District Attorney General Charme P. Allen (pictured to the left of Dr. Choo), noted his leadership in creating the MindfulnessTN conference, which brought the nation’s thought leaders in mindfulness meditation to Knoxville in 2016 and 2017. The conference promoted the scientific evidence that mindfulness and meditation practices help to decrease pain.



He was also noted for his role in creating the East Tennessee Opioid Conference in 2017-18 which aimed to educate primary care physicians and other health care practitioners about pain and addiction treatment.

Additional recipients included: Coalition Member of the Year: Carren Broadnax of Knox County TNDCS, Media Advocacy: Marc Sallinger of WBIR Channel 10, Celebrate Recovery: Becca Humphrey of 180 Health Partners, Recovery Services Award: John Lewis of EM Jellinek Center, Substance Abuse Prevention Award: Sherry Crouse of Day Reporting and Community Resources Center

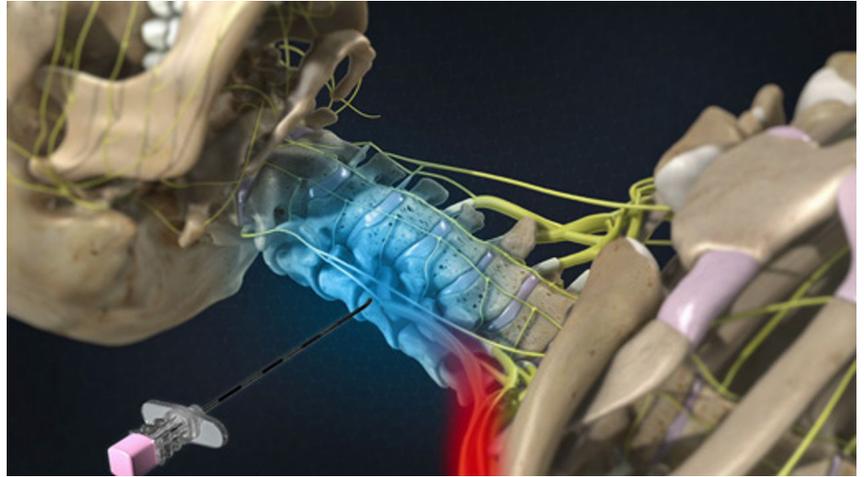
Congratulations to each of these outstanding community leaders!

# ViewMedia Offers Glimpse at Procedures

Many patients wonder what procedures are offered here at Pain Consultants of East Tennessee.

Did you know a list of these procedures as well as educational videos regarding them can be found on our website?

Simply visit us online at [www.painconsultants.com](http://www.painconsultants.com) and click on the “Procedures” tab. Then browse the procedures performed by our physicians. Those procedures highlighted in blue allow you to click on them and view an educational video of the actual procedure as can be seen in the above image.



## PCET Employees and Patients “Pack the Crib”

A special thank you to all of the employees and patients who helped “Pack the Crib” last year to celebrate Neonatal Abstinence Syndrome (NAS) Awareness!

NAS is a group of problems that occur in a newborn who was exposed to addictive opiate drugs while in the mother’s womb. The number of NAS births has tripled in the past decade.

NAS Awareness Month is celebrated each October. The “Pack the Crib” initiative was sponsored by the Metro Drug Coalition and all contributions directly benefited local mothers and newborns. Thank you again!!!



### Connect with Us Online!

# facebook

[facebook.com/PainConsultantsOfEastTennessee](https://facebook.com/PainConsultantsOfEastTennessee)

# twitter

[twitter.com/PainConsultsET](https://twitter.com/PainConsultsET)

# Instagram

[instagram.com/PainConsultantsOfEastTennessee](https://instagram.com/PainConsultantsOfEastTennessee)