

Arnulfo Tarín Carrasco MD

The Carrasco Pain Institute

The Carrasco Pain Institute is located in the heart of the South Texas Medical Center in San Antonio, Texas. The Institute includes a medical clinic, rehabilitation/fitness center, a medical spa, on-site Surgical Suite and Production Studio.

About Dr. Carrasco

In 1987, he earned his Medical Degree from Texas Tech University School of Medicine, followed by the completion of his Anesthesiology residency training with sub-specialization in Pain Management at the world-renowned Cleveland Clinic Foundation. Additional training in Pain Management was completed in Columbus, Ohio.

Dr. Carrasco founded the Carrasco Pain Institute and Spa, a multidisciplinary institute where he treats individuals who suffer mild to severe pain.

In 2008, he created the Carrasco Media Group, through which he hosts a television medical program the Dr. Carrasco Show, and developed Virtual Science University's learning program.

The Carrasco Pain Institute

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Epidural Steroid Injections

What is an epidural steroid injection?

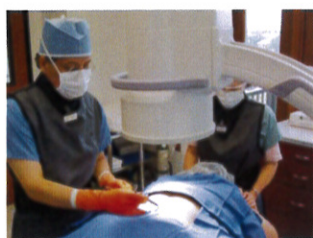
An epidural injection involves the placement of local anesthetic and a small amount of corticosteroid into the epidural space. The procedure may be performed in the cervical, thoracic, lumbar or caudal region of the spine. The epidural steroid injection is performed to decrease the amount of pain a person is experiencing by decreasing the inflammation of the nerve roots. Epidural injections are often used in an effort to avoid surgery.



What should I expect?

The epidural injection is an outpatient procedure. You will receive a sedative through an IV for the procedure. You will probably not remember much about the procedure. During the procedure the nursing staff will monitor your blood pressure, pulse, respiration, and oxygen level. After the procedure you will be monitored for 30-45 minutes, and after you recover you will be discharged home with a family member or a friend.

How often can I receive an epidural steroid injection?



Many times epidural injections are performed in a series of two or three injections, two weeks apart. Most commonly a person will have no more than three injections within a six month time frame. The total number of injections an individual can undergo is based on the total amount of steroid injected.

Are epidural steroid injections safe?

Dr. Carrasco performs the procedure under fluoroscopic guidance which is a type of x-ray that will allow the doctor to confirm needle placement in the epidural space prior to the injection. After the procedure, you will be given discharge instructions. You will be asked to call our office the next day to update our staff on your condition. The most common side effects are temporary fluid retention, increased appetite, and weight gain. Individuals with diabetes may note an increase in their blood sugar. We ask you to consult your primary care physician for help with the management of your blood sugar during this time frame.



According to the National Center for Health Statistics, 75 Million Americans experience persistent pain, and at least 3 million people are estimated to suffer from moderate to severe pain. Jobs are lost, families are torn, and lives are destroyed from the devastation that pain causes.

DR. CARRASCO PAIN PROJECT

Dr. Arnulfo Tarin Carrasco has launched a campaign entitled, the Dr. Carrasco Pain Project to create awareness, promote education, and to initiate advocacy for those who are suffering from pain. The Pain Project will provide patients, their families, and the community as a whole with the knowledge of the latest medical treatments available, bringing them Health, Hope, and Healing back into their lives.

Join us at our next Pain Project event.
Please call (210) 614-2063



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THE DR CARRASCO SHOW

Emmy Award Winning Series

Dr. Arnulfo Tarin Carrasco has created and produced The Dr Carrasco Show to provide patients, their families, and the community with the latest medical treatments available, bringing Health, Hope, and Healing back into the lives of those who suffer from pain.

Dr. Carrasco Show

Sunday mornings at 8:30 am on **FOX 29** /Cable 11

Full episodes online at www.DrCarrascoShow.com

