



Arnulfo Tarin 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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HEADACHES - Migraine & Muscle Tension

Types of Headaches

Ninety percent of all headaches are vascular, muscle contraction, or a combination. Migraine headaches usually occur in childhood or adolescence and recur throughout adulthood. They are more common in females and have a strong genetic factor. Most chronic headaches result from tension or muscle spasms that may be caused by emotional stress, fatigue, menstruation, or stimuli such as noise, crowds and bright lights.

Migraine headaches usually present on one side, with a pulsating pain that becomes generalized. The headache can be preceded by seeing bright spots, blindness of half of one's vision, numbness, or speech disorders. Irritability, nausea, vomiting, and light sensitivity may be noted by the patient.

Muscle tension headaches are dull, aching and have tender spots on the head and neck with a feeling of tightness. The patient may also complain of a feeling of a "hatband" around the head.



Treatment of Migraine and Muscle Tension Headaches

When more conservative treatment such as relaxation techniques, massage, medications, diet changes, and elimination of causative factors are exhausted; headaches may be treated with the use of Botulinum Toxin, or Botox injections. These injections may be performed by Dr. Carrasco in an office setting or procedure suite at The Carrasco Pain Institute. The use of Botox has made a difference in the lives of many people suffering with headaches.

Botox Treats Headaches

Botox is injected at the site of a trigger point or muscle spasm and temporarily blocks the muscle from contracting. The initial effects of the Botox may be delayed two or four weeks, but usually lasts three or more months in duration. Some patients require repeat injections, but the pain is usually not as severe or as often as it was in the past. Many patients are able to decrease or eliminate the need for pain medication. If necessary, Botox injections may be repeated approximately every three months. Many patients return to their normal activity as soon as the day after their injections.



Are there any Limitations following Botox Injections?

You may return to normal activities following Botox injections. It is recommended that you not do any excessive activities if you are experiencing increased pain. You may be instructed to perform eccentric stretching exercises in an effort to lengthen the muscle rather than increase muscle tone. You will also be asked not to use ice over the area of 24 hours because ice will denature the Botox and decrease its effectiveness.

How often can I receive Botox Injections?

It is not recommended to repeat Botox injections within a month as you may build up a resistance to the Botox due to the formation of antibodies. It may be necessary to repeat the Botox, but often times the pain is not as severe as it was in the past. Patients receiving Botox for spasticity (Cerebral Palsy, Stroke, Blepharospasm, or Torticollis) generally require re-injection every three to four months.



Health, Hope & Healing

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

