

C. Lan Fotopoulos, M.D.

Dickson-Diveley Orthopaedics

Pain. That's a four-letter word with which no one wants to make friends. However, at some point in our lives, we will most likely encounter this little word to one degree or another, and it is amazing how such a little word has such a staggering impact. The Institute of Medicine reports that 100 million people in the United States suffer from chronic pain and supporting research of that phenomena suggests this costs the American population an estimated 515 million workdays each year, generating nearly 40 million visits to physicians annually. That also equates to approximately \$100 billion per year in lost work time and health care expenses.

If hip, neck, back, shoulder or knee pain is chronically weighing you down, then you should strongly consider the medical services of Dr. C. Lan Fotopoulos with Dickson-Diveley Orthopaedics, which



has locations at the Kansas City Orthopaedic Institute in Leawood, Kansas and on the Saint Luke's Hospital campus in Kansas City, Missouri. A skilled, respected, experienced and in-demand orthopaedic interventional physiatrist, Dr. Fotopoulos stands among an elite group of orthopaedic physicians whose contribution to the field of orthopedic medicine involves personalized care across all subspecialties in orthopedic medicine using state-of-the-art technologies coupled with the best in patient care.

"The number one reason people call a doctor is for the common cold," noted Dr. Fotopoulos. "The number two reason is for back pain."

A graduate of the University of Missouri- Kansas City School of



Medicine, Dr. Fotopoulos is board-certified in physical medicine and rehabilitations, pain medicine, sports medicine and undersea hyperbaric medicine. He has also worked as an emergency room physician and served as a lieutenant commander and diving and undersea medical officer in the United States Navy.

Dr. Fotopoulos entered into orthopedics primarily because he wanted to help people live better and lead more productive lifestyles. As an orthopedic surgeon, he knows what to do to help people return to their lives, their livelihoods and their loved ones. Dr. Fotopoulos also understands what it means to give world-class orthopaedic care...right here in Kansas City.

The clinical interests list of Dr. Fotopoulos, who is referred to as an interventional physiatrist, include neck, back, hips, shoulder and knee pain. He is experienced in minimally invasive and interventional procedures in the treatment of spinal disorders, including epidural injections, vertebroplasty, kyphoplasty, radiofrequency ablation, spinal cord stimulation and sacroplasty. Previously, he served as the team physician for the Kansas City Royals baseball team and was also the boxing and mixed martial arts physician for the State of Missouri. The expertise does not stop there, however. Dr. Fotopoulos is fluent in English and Greek and can speak intermediate Italian, along with some basic Russian, Spanish and Arabic. Whatever the language, though, Dr. Fotopoulos fully understands how pain affects people, and his primary goal

is to alleviate such pain to the degree that he can with whatever methods are deemed appropriate for the patient and the situation.

"I've been practicing with Dickson-Diveley since 2004," recollected Dr. Fotopoulos, who often must answer the question, "What is physical medicine and rehabilitation (PM&R) and what is physiatry?"

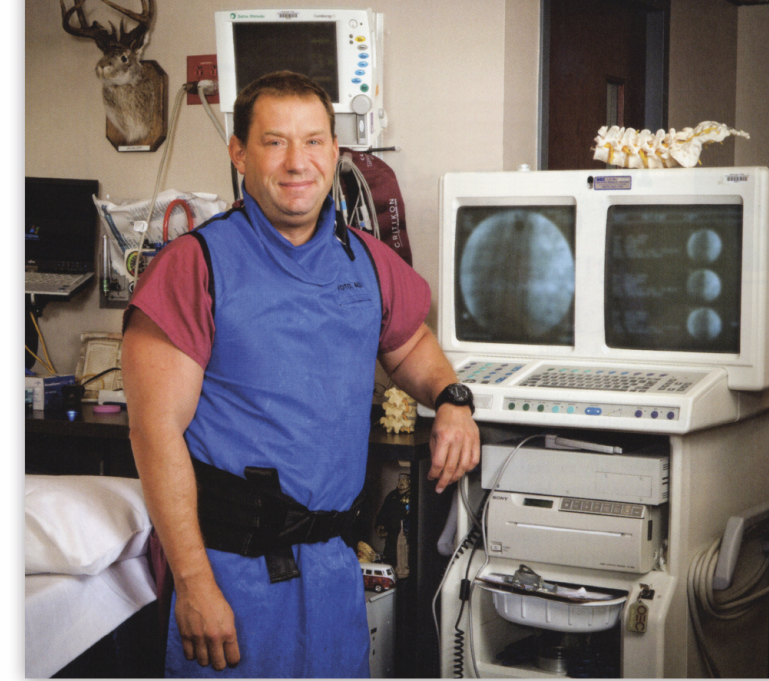
To answer that inquiry, PM&R is actually a combination of surgery, neurology and rheumatology. Dr. Fotopoulos explained doctors can take different pieces of information from each of those and then apply them in a more targeted region for a more targeted diagnosis.

According to Dr. Fotopoulos, physiatrists are those PM&R physicians who have gone on and, in most instances, completed fellowships, extra training and more specialized musculoskeletal



training and sports medicine training, and in his case, and with his partners, have actually specialized additionally in interventional procedures to help patients reduce pain and improve mobilities and ambulations.

Dr. Fotopoulos emphasized not everyone with back pain or neck pain needs a steroid. He noted there's a very large number of



patients for which other treatments are beneficial, such as radio frequency ablation, which helps with whiplash, headaches and even knee pain.

Procedures for fractures in the back that do not require surgery, such as vertebral augmentation, also referred to as vertebroplasty, are also available. "This is an in and out 30-minute procedure and the patient is usually back to full function almost immediately," expressed Dr. Fotopoulos.

Dr. Fotopoulos can also perform procedures after other surgeries have already been done or perhaps were ineffective, such as those related to chronic neck pain or low back pain with radiating pain down leg which has not been cured with surgery. He often implements spinal cord stimulation, which stimulates the spinal cord with a small pulse that can relieve most, if not all pain, without surgery.

At the end of the day, Dr. Fotopoulos enjoys knowing his patients are getting back into their lifestyles and getting healthy.

"When I get a call that someone is not coming in (to the office) today because they feel great, I love that," he smiled. "And when I have an 80-year-old patient who tells me he feels like he is 60 again, that is very heart-warming to hear." ●

DICKSON-DIVELEY ORTHOPAEDICS

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