

4<sup>th</sup> International Conference on

# Geriatrics & Gerontological Nursing

October 3-4, 2016 | London, UK

*Moshe Lewis**St Luke's Hospital, USA*

## AGING GRACEFULLY: TRADITIONAL AND ALTERNATIVE APPROACHES TO PAIN MANAGEMENT IN GERIATRICS

As the fastest growing population in the world, aging seniors want to do more, see more and eliminate pain as a barrier to their goals. Continued reliance on oral medications is considered passe. Novel approaches to pain include exercise as medicine, topical applications and neuromodulatory stimulation. Methods previously considered alternative medicine continue to become mainstream throughout the world. These include Pilates, Acupuncture, Biofeedback, Meditation and Yoga. In addition, interventional approaches, including nerve blocks, injections, ablation and even Botox are considered important tools in addressing neuropathic and musculoskeletal conditions. This talk will provide a working infrastructure for participants, patients and practitioners seeking to augment their current pain management arsenal.

### Biography

Moshe Lewis graduated from Mount Sinai Medical School in New York and fulfilled a residency training program in physical medicine and rehabilitation, at Tufts New England Medical Center in Boston where he served as chief resident. Moreover, he is a volunteer clinical faculty member at the University of California, San Francisco, and the Touro University College of Osteopathic Medicine. He currently serves as the Founder and CEO of the Golden Gate Institute for Integrative Medicine (GGIIM). He also co-authored a revolutionary new comprehensive, evidence-based book titled Understanding Pain: An Introduction for Patients and Caregivers (Rowman & Littlefield, 2015).

[drmoshe.lewis@gmail.com](mailto:drmoshe.lewis@gmail.com)

### Notes: