

# Multidimensional View of Pain

Your body, mind, and spirit are complex and unique. When you are hurting, take your pain to a skilled specialist who will embrace all these aspects in the quest to find relief.

Having devoted her private, independent practice to helping patients overcome the challenges of relentless pain, Donna A.K. Kalauokalani, MD, MPH—known to colleagues and patients as “Dr. K”—believes that a “whole spectrum” approach brings the most success with the least dependence on pharmaceuticals and surgical interventions.

“We are passionate about maximizing outcomes by being balanced in our approach,” she notes. “Much of my personal research has been focused on how to accurately evaluate pain and how to address pain by implementing a multidisciplinary, comprehensive treatment plan.”

## Impactful Pain Medicine

“We strive to provide whatever is needed for relief while not falling prey to a tunnel-vision approach where potentially valuable conservative or alternative therapies are overlooked,” says Dr. K, who credits her multispecialty academic mentors with broadening her understanding of how pain affects the whole person.

“When I was practicing as an anesthesiologist, I was exposed to the subspecialty of pain management, and I saw how impactful it could be in helping patients regain or sustain quality of life,” she continues. “That resonated with me. I made the choice to enter pain medicine while continuing with my love for academic research in health outcomes and public health. These experiences help me bring a multidimensional view to patients who are suffering and apply a rational approach to managing pain that is due to injury, chronic conditions, or part of end-of-life palliative care.”

## Full Menu of Options

Reminding that “thinking globally” means looking at all possibilities for pain management, Dr. K emphasizes that integration of care—meaning working closely with all of a patient’s caregivers—is critical to success.

“Helping the body, mind, and spirit deal with pain often takes much more than procedures or medication alone,” she says, noting that the practice offers a full range of state-of-the-art interven-

tions, such as epidural steroid injections and other nerve and joint interventions. “We look to a broader sense of health, including diet, physical therapy, guidance for coping skills, and, when appropriate, alternative options such as acupuncture or trigger point therapy to facilitate a rehabilitation program.

“The satisfaction of seeing a patient improve and enjoy life again is what drives me. No greater reward exists.”

*“If pain is impacting your life or that of a loved one, please call 916-467-4244 to learn how we can help.”—Dr. K*



Scan to visit The American Chronic Pain Association website for in-depth education about conditions that can lead to chronic pain.

Dr. K is currently serving on the board of directors and is president of this vital organization.



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