

John E. Barsa, MD, is board certified by the American Board of Pain Medicine and is a founding member of the American Academy of Pain Medicine. After completing a five-year residency program at hospitals in Liverpool, England, he joined the staff at the University of Washington School of Medicine, Department of Anesthesiology. Dr. Barsa received an award for excellence in teaching and was the clinical coordinator for two pain management clinics. He is a member of the American Society of Anesthesiologists, American Society of Regional Anesthesia and Pain Medicine, American Medical Association, Hillsborough County Medical Society, Florida Society of Anesthesiologists, International Association for the Study of Pain, and American Pain Society. Dr. Barsa is the author of numerous articles and has presented papers to his peers on pain management.

Laszlo Szollas, MD, is board certified by the American Board of Anesthesiology. After completing an internship in internal medicine and residency in anesthesiology at the University of South Florida, he was awarded a fellowship in interventional pain management from the university and is currently assistant professor there. He is a member of the American Pain Society and American Society of Anesthesiologists.



Rosemary Szollas, MD, MSPH, completed her residency training in preventative and occupational medicine at the University of South Florida. She received her medical degree from the university's medical school after graduating *summa cum laude* with a bachelor of science degree in chemistry. In addition, Dr. Szollas completed postgraduate medical training in prevention therapies and continues to enhance her techniques and skills in anti-aging therapies.

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Symptoms of Chronic Fatigue Syndrome

Are you exhausted? Frequent headaches, muscle, and joint aches? Unable to concentrate? Frequent infections or flu-like symptoms?

These are a few of the signs of chronic fatigue and immune dysfunction syndrome. "Many things are believed to trigger this syndrome," explains Rosemary Szollas, MD. "Research is currently looking at potential causes such as viruses, environmental toxins, yeast overgrowth, food sensitivities, problems in digestion, neuroendocrine dysfunction, or some combination of these disorders."

If the immune system is not functioning properly, a person may feel unusually tired, depressed, and irritable. Simply living with prolonged stress can create problems with immune function. Under chronic stress, the immune system is compromised, causing cortisol levels to rise. Elevated cortisol levels can promote weight gain, anxiety, fatigue, difficulty sleeping, mood swings, and carbohydrate craving, which can lead to added weight gain and fatigue.

Many of the problems associated with chronic fatigue syndrome (CFS) can interact and create new symptoms and problems. This interaction can lead to more serious digestive, hormonal, and endocrine problems. Aggressive treatment is necessary to break this interactive cycle and to restore the person to health.

CFS is real

"Chronic fatigue syndrome is more common than one might think," continues Dr. Szollas. "People of all ages, races, and economic backgrounds battle these disorders. It is important

for health-care practitioners to realize that CFS is a real illness. Patients have been told that their symptoms are all in their heads, which we know is not the case."

When asked what brings CFS patients into her office, Dr.

Szollas answers, "Many patients state that they initially experienced a flu-like illness that never went away, leaving them with chronic muscle and joint pain."

Once the immune system is compromised, medication alone may not be effective in treating it. "We believe in a different approach to treatment," adds Laszlo Szollas, MD. "The mind, body, and spirit are involved in wellness. We offer education involving lifestyle changes in diet, exercise, and stress management, as well as treatments that patients have told us are helpful in reducing their pain and restoring their health," says the doctor.

"We frequently see dramatic improvements in our patients' health," concludes

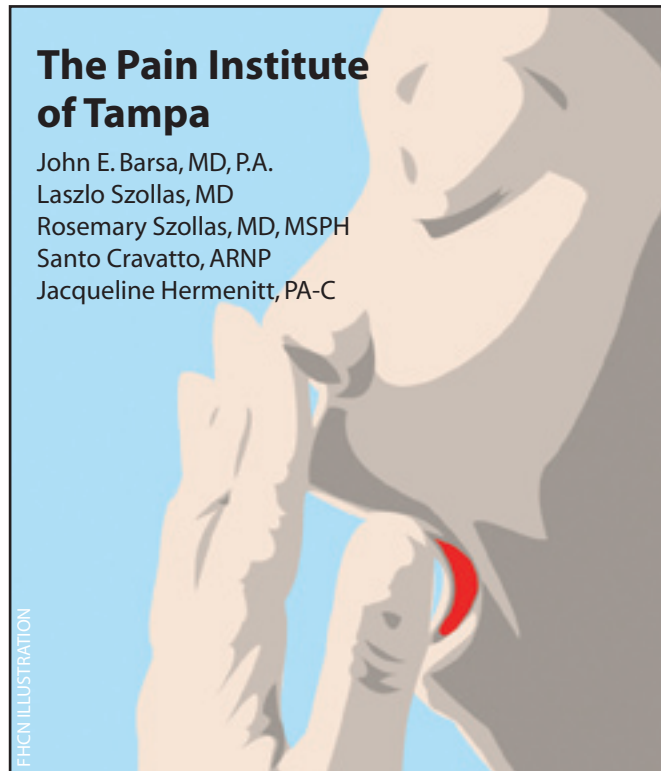
Dr. R. Szollas, "and sometimes, within an amazingly short span of time." **FHCN**—Michael J. Sabno

Get to the source of the pain

Drs. Barsa, Szollas, and Szollas welcome your questions about pain management. To schedule a consultation, please call the Pain Institute of Tampa, located at 204 Oakfield Dr., in Brandon at (813) 684-2222.

The Pain Institute of Tampa

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