

PAIN FOCUS DAY

# INVITATION



## PAIN FOCUS DAY

- Date:** 3 November 2012
- Venue:** Sica's Guest House  
19 Owen Ave, Durban
- Time:** 8:30 - 13:00
- Meals:** Light breakfast and lunch snacks

**CPD ACCREDITED - 4 Points**

**TOPIC: CURRENT PAIN ISSUES**

**RSVP:** 12<sup>th</sup> October 2012      NB! Seats limited to 150

### **Enquiries /RSVP:**

Dr. Sudha Bechan (IALCH) - 084 507 0136

Wendy Winter ( Janssen) - 083 633 5072

Michelle Boniface (Pfizer) - 082 567 4473



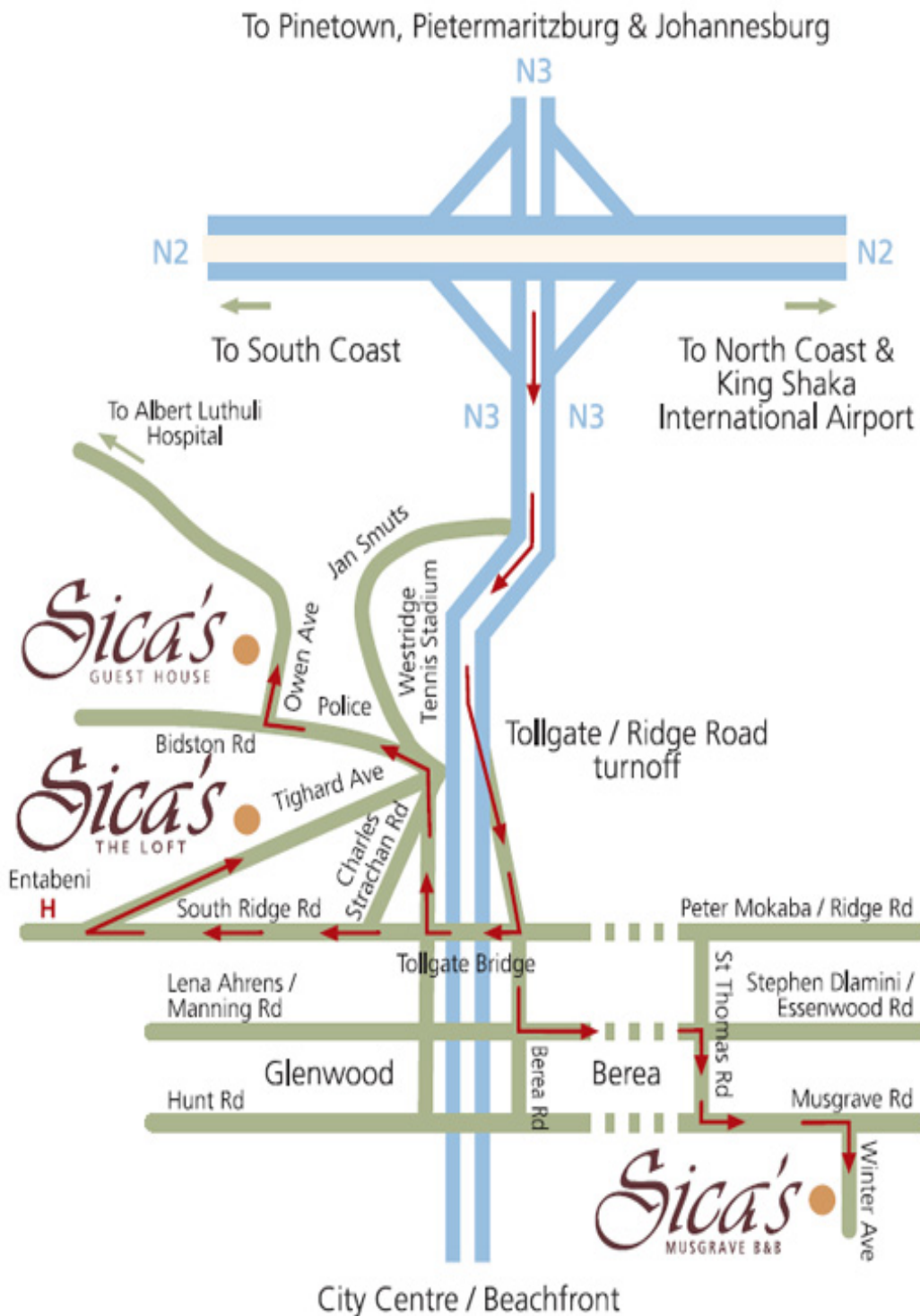
# PAIN FOCUS DAY

## AGENDA:

08:30 - 08:50	Welcome	Sudha Bechan
	Pain Management in Durban	
08:50 - 09:10	Neuropathic Pain - SA Guidelines	Dinita Devchand
09:10 - 09:30	NSAIDS use with injuries	Glen Hagemann
09:30 - 09:50	Corrective strategies for neck pain	Shamim Khan
09:50 - 10:10	Painful Orthopedics	Liesl Baker
10:10 - 10:30	Trigeminal Neuralgia	Joe Rubin
10:30 - 11:00	TEA	
11:00 - 11:20	Current trends in management of back pain	Mike Marshall
11:20 - 11:40	Opiates - the devil or the deep blue sea	Shaquir Salduker
11:40 - 12:00	Minimal Neurosurgical interventions	Jason Coventry
12:00 - 12:00	Headaches	Ahmed Bhigjee
12:20 - 12:40	Pain School	Christa Du Toit
12:40 - 13:00	Ethical Issues in Pain Management	Sudha Bechan



# PAIN FOCUS DAY – Directions to Sica's Guest House



# PAIN FOCUS DAY

*R.S.V.P. Fax Back Form*

## “PAIN FOCUS DAY”

Name: \_\_\_\_\_

HPCSA #: \_\_\_\_\_

Day Contact #: \_\_\_\_\_

I will attend

I will not attend

**Sica's Guest House  
3rd November 2012  
08h00**

Please fax back to:  
Michelle @ **031 2662150**  
Or Wendy @ **031 5664887**



## Directions

- **From Pietermaritzburg:**

Follow the N3 towards Durban. Pass The Pavilion Shopping Centre on your right. Pass the Spaghetti Junction (N2 North/South Interchange). You will see exit No.5 Mayville / Sherwood, go past. You will see exit No.4 Brickfield, go past. Stay in the left lane and take exit No.3 Ridge Road / Berea/ Tollgate Bridge, stay in the right hand lane. At the traffic light make a right turn into Ridge Road and go straight over the bridge. At the traffic lights straight after the bridge, make a right turn (this road has no name but runs parallel to the highway). Carry on straight; you will pass a building complex called Highway House on your left, Damelin College on your left and Westridge Tennis Stadium on your right. When you reach the traffic lights make a left turn into Bidston Avenue. Carry on up the road for 100 m. The road makes a natural turn to the right, follow it, we are 20 m further on the left hand side.

**From Durban City:**

Take the N3 Highway towards Pietermaritzburg. Pass exit No.2 Berea. Take exit No.3 Ridge Road / Tollgate / Berea. As you take the off ramp you have 2 options, keep right and get back onto the highway or stay left next to the highway and go up onto Tollgate Bridge. Take the option of going up onto the Tollgate Bridge. At the traffic lights go straight over the bridge, this road has no name but runs parallel to the highway. Carry on straight; you will pass a building complex called Highway House on your left, Damelin College on your left and Westridge Tennis Stadium on your right. When you reach the traffic lights make a left turn into Bidston Avenue. Carry on up the road for 100 m. The road makes a natural turn to the right, follow it, we are 20 m further on the left hand side.

**From King Shaka International Airport:**

Follow the N2 South Bound towards Durban. You will pass Umhlanga and Nandi Drive off ramps. When you reached the Spaghetti Junction (N2 North/South Interchange) keep left and take the Durban N3 Highway. You will see exit No.5 Mayville / Sherwood, go past. You will see exit No.4 Brickfield, go past. Stay in the left lane and take exit No.3 Ridge Road / Berea/ Tollgate Bridge, stay in the right hand lane. At the traffic light make a right turn into Ridge Road and go straight over the bridge. At the traffic lights straight after the bridge, make a right turn (this road has no name but runs parallel to the highway). Carry on straight; you will pass a building complex called Highway House on your left, Damelin College on your left and Westridge Tennis Stadium on your right. When you reach the traffic lights make a left turn into Bidston Avenue. Carry on up the road for 100m. The road makes a natural turn to the right, follow it, we are 20 m further on the left hand side.

Should you require any assistance please do not hesitate to contact our office on (031) 261 2768 or 031 261 6155 or 031 273 3400 which is open from 07h00 – 23h00. In case of emergency please contact Janus Horn on 083 635 2682.

- **GPS Co-ordinates**

Latitude: 29° 52' 0.64" S

Longitude: 30° 59' 3.09" E