

BIOGRAPHY

Standiford Helm II, MD

Director at Large – ASIPP
Pacific Coast Pain Management Center
Mission Viejo, California



Standiford Helm II, M.D., Medical Director of the Pacific Coast Pain Management Center, brings the latest medical knowledge and the most current medical technologies to bear upon your chronic pain problems. Dr. Helm works closely with your current health care providers to ensure that your care is comprehensive and well planned.

Among the procedures which Dr. Helm can provide are diagnostic and therapeutic nerve blocks; the use of the new Oratech SpinoCath to perform IntraDiscal ElectroThermal Therapy for low back pain; the placement of spinal cord stimulators to treat a variety of pain syndromes; and intrathecal pumps for the administration of pain and anti-spasm medicines.

Dr. Helm performs these procedures in licensed facilities, including Mission Ambulatory SurgiCenter, Mission Hospital Regional Medical Center, and San Clemente Hospital and Medical Center. These facilities ensure that your procedure is performed in a safe environment with highly qualified support staff.

Pain may often causes stress. To help conquer this stress, Dr. Helm is very fortunate to have Ethel Hanna, Ph.D. provide psychological support services for Pacific Coast Pain Management Center's patients. Particularly popular are the monthly group sessions with Drs. Helm and Hanna.

Dr. Helm is a graduate of Harvard College and Tufts University School of Medicine. He trained in anesthesia at UCLA. He is a diplomate of the American Board of Anesthesia with Added Qualifications in Pain Management. He is also a diplomate of the American Board of Pain Medicine.

Dr. Helm may be reached at (949) 462-0560. His business office is at PO Box 2549 Mission Viejo CA 92690-0549