



DR. MARJORIE

Belsky

By Debbie Hall

ENHANCING LIVES WITH COMPASSION AND CARE

Chronic pain and its management can be all-encompassing and require the care of a board-certified physician with a specialty in Interventional Pain Management such as Marjorie Belsky, M.D. Having practiced for 16 years and now with her own practice, Integrated Pain Specialists, she has enhanced the lives of countless patients through her comprehensive and compassionate care.

Dr. Belsky always wanted to become a doctor because of “a love of science and a desire to help and heal people.” Dr. Belsky studied anesthesiology specifically because she “found the combination of various physiologies engaging. It was apparent to me that anesthesiologists save people’s lives and improve the quality of those lives. It is not just putting people to sleep. All elements of medicine are combined in anesthesiology.”

She then developed an interest in interventional pain management, which is a subspecialty of anesthesiology, after her residency because she had an interest in relieving people from chronic pain.

“Chronic pain really impacts every aspect of patients’ lives, including work and personal relationships,” Dr. Belsky explained. She recently saw the movie “Cake” starring Jennifer Aniston as a woman who survives a car accident but is in chronic pain. Dr. Belsky was able to relate the story to many of the people she encounters in her practice. In the movie, when a woman in Aniston’s chronic pain support group commits suicide, Aniston’s character befriends the woman’s husband and son. “The movie depicts some of the difficulties for people living in chronic pain,” Dr. Belsky said.

Her educational background includes a Bachelor of Science degree from Emory University, Atlanta, a master’s degree interdisciplinary in biological and physical sciences from Touro College School of Health Sciences, New York, and a medical degree from the Technion–Israel Institute of Technology, Rappaport Faculty of Medicine in Haifa, Israel.

Dr. Belsky’s postgraduate training included her preliminary medical residency at the Jersey Shore Medical Center in New Jersey followed by an anesthesiology residency

at the University of California, Irvine, Medical Center in Orange, California. She then continued with her fellowship in interventional pain management at the University of California, San Francisco, Medical Center. She became board-certified in both anesthesiology and interventional pain management.

Moving to Las Vegas in 2005, she opened Integrated Pain Specialists. Married with three young sons, her husband, Dr. Mario Tarquino, specializes in anesthesiology and pain management as well. He is board-certified by the American Board of Anesthesiology and has been in the medical field for over 16 years, as well as being part of the pain practice.

"I became educated in the management of a practice with the experience I acquired while living in Los Angeles working in private practice. I knew when I opened Integrated Pain Specialists that I had the experience and knowledge to provide the highest quality pain management services to those who need help in Southern Nevada," Dr. Belsky said. There are eight staff members including her husband and herself.

Dr. Belsky treats a wide range of patients including young, middle-aged and older individuals. While the most complaints are back and neck pain, Integrated Pain Specialists treats a variety of symptoms. When patients come to her, they have usually tried some medications and other treatments, either independently or under the supervision of another doctor. The main focus of the practice is in interventional pain, which encompasses different types of injections to help with presenting complaints. Additionally, Dr. Belsky and her staff may refer a patient to other specialists to optimize their care and provide the least invasive but most effective treatment possible.



She is very focused on her practice and patients and ensures that each patient receives compassionate care. Treatments are performed at a certified and licensed surgical center with the most advanced technology available to relieve patients' pain. Dr. Belsky's goal is to relieve 50 to 75 percent of a patient's pain at a minimum, improving overall function and helping the patient return to as many normal activities as possible.

Setting a good example for her patients, she is very physically active. "I run, I bike and I swim on the Las Vegas Masters swim

team. I am fortunate to compete with the team several times a year," she said. In two of the short course meters competitions with the swim team, her relay finished in the top 10 nationally for their age group. "Swimming sets a good example for my patients. It is an excellent way to relax the body, promote healing and relieve pain."

She is also an artist who received an art scholarship while obtaining her undergraduate degree. Dr. Belsky shows and sells paintings in Las Vegas and last year showcased her art at the City of the World Gallery. Dr. Belsky will hold another show in September at the gallery. She also had two pieces on display at the Southern Nevada Museum of Fine Art as part of the Anne Frank exhibit.

"I am diverse and trained in all mediums, but I concentrate in watercolor. I used to paint in oils, but when my children got older, I switched to watercolors because it is safer around children and is a beautiful and often overlooked medium," she said.

Dr. Belsky loves living in Las Vegas and raising her family in Southern Nevada, and it shows as she gives back to her community. "I am on the school board of Solomon Schechter Day School. I do charitable work through my synagogue. An

example is when I recently took my sons to clean gravestones at the Jewish cemetery. It was a somber experience but a good reminder of how we should appreciate one another."

She also participated in the Ramah Israel Bike Ride this year to support special needs camp programs. "They focus on children, teens and young adults with disabilities and special needs. Although it does not affect me personally, I feel it is an excellent opportunity to help these very deserving children attend summer camp." Over 80 people participate, riding over 250 miles in five days across Israel to raise funds for this cause. Part of the route included the Syrian and Lebanese border including the Valley of Tears along the Syrian border.

Dr. Belsky is a warm and compassionate person who cares about her patients, expressing herself through her family, charity work, sports and art. She exemplifies the finest qualities of one of the Doctors of the Desert and is proud to call Las Vegas home. **LWV**

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Pain Treated Areas Include

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| Low back pain | Sports injuries |
| Mid back pain | Peripheral nerve entrapment (neuropathy) |
| Neck pain | Neuropathic (nerve) pain |
| Herniated disk | Shingles/post-herpetic neuralgia |
| Spinal stenosis | Arthritis |
| Lumbar radiculopathy (sciatica) | Post-surgical pain |
| Facet syndrome | Headaches (including migraines) |
| Sacroiliac dysfunction | TMJ syndrome |
| Whiplash syndrome | Carpal/cubital/radial/tarsal tunnel syndrome |
| Failed back surgery syndrome | Diabetic neuropathy |
| Shoulder/elbow/hand tendonitis | Spinal cord injury and spasticity |
| Hip/knee/foot pain | Complex regional pain syndrome/RSD |
| Myofascial/muscle pain | Chronic pain syndrome |
| Cancer pain | |
| Work-related injuries | |
| Repetitive strain injuries | |



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