

LEON ENSALADA, MD, MPH
Evidence-Based Pain and Spine Medicine
2224 North Craycroft Road, Suite 103
Tucson, Arizona 85712
520-300-0654

November 30, 2017

Ms. Jacqueline Kurth
Manager, Medical Resource Office
Industrial Commission of Arizona
800 W. Washington Avenue, Suite 305
Phoenix, AZ 85007-2922

Dear Ms. Kurth:

I am writing in support for the expansion of the Official Disability Guidelines (ODG) in Arizona Workers' Compensation.

By way of introduction, I am a medical doctor engaged in the practice of pain management, also known as pain medicine, in Tucson. I am board certified by the American Board of Anesthesiology and by the American Board of Pain Medicine. I serve on the editorial advisory board of the ODG.

Arizona's injured workers deserve treatments that are safe and effective based on the best and most up to date evidence. Treatments that have been shown to have no benefit, or that have side-effects that outweigh any benefit, cannot help an injured worker, but such treatments can produce great harm. Many medical treatments that were not based on valid evidence of safety or efficacy were discarded once appropriate investigations revealed that the treatment was not safe or effective. Some examples are hysterectomy for the treatment of mood disorders in women, internal mammary artery ligation for the treatment of angina and high dose chemotherapy and bone marrow transplant for metastatic breast cancer. These treatments, in addition to being worthless, were dangerous. For example, once the evidence was in, women who received high dose chemotherapy and bone marrow transplant for metastatic breast cancer received no benefit, but had a higher mortality rate than women receiving other treatments. Another example is the epidemic of opioid overdose deaths caused by chronic opioid therapy for chronic non-cancer pain, an epidemic that began in injured workers receiving this treatment.

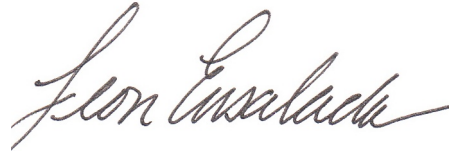
Although no database, treatise or textbook can address every treatment available for all human injuries or illnesses, the ODG provides evidence-based recommendations for the vast majority of body parts and conditions encountered in injured workers and the ODG is continuously updated as new treatments are developed and as new evidence appears.

I consult the ODG on a daily basis for evidence-based treatment recommendations for my patients.

The use of evidence-based treatment guidelines, such as the ODG, will improve medical treatment for injured workers, which will result in improved outcomes. Arizona's injured workers deserve nothing less.

Ms. Jacqueline Kurth
Official Disability Guidelines
November 30, 2017
Page 2

Very respectfully,

A handwritten signature in cursive script that reads "Leon Ensalada". The signature is written in black ink and is positioned below the salutation.

LEON ENSALADA, MD, MPH
Certified, American Board of Pain Medicine
Certified, American Board of Anesthesiology
Fellow, American College of Pain Medicine
Fellow, International Academy of Independent Medical Evaluators
Contributor and Reviewer, The American Medical Association Guides to the Evaluation of
Permanent Impairment, 6th Edition.
Member, Editorial Advisory Board, The Official Disability Guidelines (ODG)