

## **CURRICULUM VITAE**

### **Standiford Helm II, M.D., M.B.A.**

#### **POSITION**

Medical Director  
Pacific Coast Pain Management Center  
24902 Moulton Parkway Suite 200  
Laguna Hills, CA 92637  
(949) 462-0560  
drhelm@pcpmc.com

#### **EDUCATION**

College: Harvard College, A.B. magna cum laude 1972  
Medical School: Tufts University, M.D., 1977  
Internship: Boston City Hospital, Internal Medicine, 1979-78  
Residency: UCLA, Anesthesiology, 1978-1980  
Other: Pepperdine University, M.B.A., 1988

#### **MEDICAL STAFF MEMBERSHIPS**

Mission Hospital Regional Medical Center  
California Specialty Surgery Center  
Mission Ambulatory Medical Center  
Saddleback Memorial Medical Center  
Saddleback Memorial Medical Center San Clemente Campus  
Saddleback Valley Outpatient Surgery

#### **LICENSES AND CERTIFICATION**

Diplomate, American Board of Anesthesiology, October 1982  
With Subspecialty Certification in Pain Medicine, expires 2013  
Diplomate, American Board of Pain Medicine, February 1993  
Diplomate, American Board of Interventional Pain Physicians, 2006

Fellow of Interventional Pain Practice, 2003  
Qualified Medical Evaluator

## MEMBERSHIPS

American Neuromodulation Society  
American Society of Addiction Medication  
American Society of Interventional Pain Physicians  
Member, Board of Directors 1999-current  
California Medical Association  
Delegate, OCMA delegation, 2005-current  
California Society of Interventional Pain Physicians  
President 2002-July 2008  
California Society of Industrial Medicine and Surgery  
Member, Board of Directors, 2007-current  
International Spinal Injection Society  
Medicare Carrier Advisory Committee  
Member, Interventional Pain Management 2003-current  
Orange County Medical Association  
Member, Board of Trustees, 2007-current.  
President, Orange County Medical Association Services, Inc 2002-2008  
Director, Orange County Medical Association Services, Inc 1998- 2002  
Member, 1998-1999 OCMA Nominating Committee  
Member, 1999-2000 OCMA Nominating Committee  
Member, 2006-2007 OCMA Nominating Committee  
World Institute of Pain  
State of California Division of Workers' Compensation Medical Treatment  
Utilization Review Advisory Committee  
Member 2004

## Awards

“Hero of Neuromodulation” Medtronic, Acapulco, Las Vegas 12/06/08  
“Hero of Neuromodulation” Medtronic, Acapulco, Mexico 12/08/07

## Publications

Helm S, Hayek S, Benyamin, R, Manchikanti L. Systematic Review of the Effectiveness of Thermal Annular Procedures in Treating Discogenic Low Back Pain. *Pain Physician*. 2009;12:207-232.

Manchikanti L, Benyamin R, Helm S, Hirsch J. Evidence-Based Medicine, Systematic Reviews, and Guidelines in Interventional Pain Management: Part 3: Systematic Reviews and Meta-Analyses of Randomized Trials. *Pain Physician*. 2009;12:35-72.

Helm S. US Drug Demand Threatens Mexico's Democracy, Letter to *Wall Street Journal*. August 26, 2008.

Manchikanti L, Singh VJ, Derby R, Helm S, Trescot A, Staats P, Prager J, Hirsch J. Review of Occupational Medicine Practice Guidelines for Interventional Pain Management and Potential Implications *Pain Physician*. 2008;11(3):271-289

Manchikanti L, Singh VJ, Helm S, Trescot A, Hirsch J. A Critical Appraisal of 2007 American College of Occupational and Environmental Medicine (ACOEM) Practice Guidelines for Interventional Pain Management: An Independent Review Utilizing AGREE, AMA, IOM and Other Criteria *Pain Physician*. 2008;11(3):291-310

Trescot AM, Helm S, Hansen H, Benyamin R, Glaser S, Adlaka R, Patel S, Manchikanti L. Opioid in the Management of Chronic Non-Cancer Pain: An update of American Society of Interventional Pain Physicians' (ASIPP) Guidelines *Pain Physician*. 2008;11(2S): S5-S62.

Helm S, Trescot AM, Colson J, Sehgal N, Silverman S. Opioid Antagonists, Partial Agonists, and Agonists/Antagonists: The Role of Office-Based Detoxification Pain *Pain Physician*. 2008;11: 225-235.

MedicineNet Doctor's View: Mirror Therapy for Phantom Limb Pain  
<http://www.medicinenet.com/script/main/art.asp?articlekey=88097>

Peripheral Neuropathy  
[http://www.medicinenet.com/peripheral\\_neuropathy/article.htm](http://www.medicinenet.com/peripheral_neuropathy/article.htm)

Pain Management,  
[http://www.medicinenet.com/pain\\_management/article.htm](http://www.medicinenet.com/pain_management/article.htm)

Facial Nerve Problems and Bell's Palsy,  
[http://www.medicinenet.com/facial\\_nerve\\_problems/article.htm](http://www.medicinenet.com/facial_nerve_problems/article.htm)

Ask the Experts,  
<http://www.medicinenet.com/script/main/art.asp?articlekey=77385>

Trescott, AM, Boswell, MV, Atluri SL, Helm S, et al. Opioid Guidelines in the Management of Chronic Non-cancer Pain *Pain Physician*. 2006;9:1-40.

Helm S, Gross JD, Varley, K. Minisurgical Approach for Spinal Endoscopy in the Presence of Stenosis of the Sacral Hiatus *Pain Physician*. 2004; 7(3) 319-321.

Helm S, Hansen H. Information Technology in the Interventional Pain Practice: Electronic Medical Records, Practice Management Software and Document Management *Pain Physician*. 2004; 7(3) 357-364.

Helm S. Are Occupational Medicine Practice Guidelines Sufficient for the Treatment of Chronic Spinal Pain or Do They Require Supplementation by Guidelines for Interventional Techniques. *Pain Physician*. 2004; 7(2) 229-238.

Manchikanti L, Staats P, Singh, V, Schultz D, Helm S, et al. Evidence-based Practice Guidelines for Interventional Techniques in the Management of Chronic Spinal Pain. *Pain Physician*. 2003;6(1):3-81.

Hansen H, Helm S. Sacroiliac Joint Pain and Dysfunction. *Pain Physician*. 2003;6(2):179-189.

Helm S, Jasper J, Racz G. Complications of Transforaminal Injections. *Pain Physician*. 2003;6(3):389

Helm S, Eisler RD. On the Mode of Action of Pulsed Radiofrequency. Letter, *Neuromodulation* 2003;6(4) 272-3.

### Studies

Reckitt Benckiser, Evaluating the Cost and Benefit of Treatment with Suboxone or Subutex with an Adjunct Program Called “HereToHelp” as Compared to Traditional Treatment of Opioid Dependence. November 2008-

Cephalon C25608/3056/BP/MN Buccal Fentanyl/Oxycodone Breakthrough Pain comparison study October 2008-

Covance Protocol FM BOI: An evaluation of the burden of illness among adults in the United States with fibromyalgia September 2008-

Wyeth 4000/4001 study, (Subcutaneous Methylnaltrexone in Subjects with Advanced Illness and Opioid-Induced Bowel Dysfunction) July 2008-

Sucampo, 0632, principal investigator 2008

ISTA Pharmaceutical, Efficacy of Purified Ovine Hyaluronidase in Enhancing the Outcome of Adhesiolysis Procedures, 2008

Elan, Study 301 Intrathecal Prialt “New Double Blind Study”, Phase III study, Principal Investigator 2005

Elan, Study 352 Extension of Study 301, Phase III study, Principal Investigator 2005

AstraZeneca, EMLA Cream Phase IV study, Principal Investigator, 1993

### Consultancies

ISTA Pharmaceuticals, 2008-

## Courses and Lectures

Soma in Private Practice, Dana Point, 3/10/08

Epidural injections and Adhesiolysis, ASIPP WIP Exam Review Course, Memphis, TN 3/06/08

Instructor, ASIPP WIP Exam Review Course 3/07/08 to 3/08/08  
Diagnosis and Treatment of Fibromyalgia, painful DPN and PHN, Mission Viejo, CA 10/1/08.

Office-Based Opioid Detoxification, Irvine, CA Reckitt Benckiser 7/15/08

Innovative Approach to Chronic Pain. PriCara 6/19/07, Mission Viejo, CA

Confronting the Challenges in Chronic Pain Management. Neil's Steak House, San Pedro 6/5/08

Myofascial Relief in Chronic Pain, Meda Pharmaceuticals, 6/03/08

Control of Sleep in Chronic Pain, San Juan Capistrano, CA 5/29/08

Office-based Opioid Detoxification, Irvine CA, Reckitt Benckiser 5/20/08

Treating Chronic Pain, Costa Mesa, CA Magnacet 6/05/08

Confronting the Challenges in Chronic Pain Management. Saddleback Medical Group Laguna Hills, CA 12/20/07

Management of High Risk Opioid Patients, Share the Risk, Del Mar, CA 11/01/07

Thoracic Facet Radiofrequency Ablation, ASIPP Review Course Memphis, TN 10/05/07

Percutaneous Adhesiolysis, ASIPP Review Course Memphis, TN 10/05/07

Complex Regional Pain Syndrome, ASIPP Review Course Memphis, TN 5/20/07

Thoracic Facet Radiofrequency Ablation, ASIPP Review Course Memphis, TN 5/20/07

Percutaneous Adhesiolysis, ASIPP Review Course Memphis, TN 5/18/07

Fentora for Breakthrough Pain in Cancer Patients, Fullerton, CA Febraury 26, 2007.

Non-Opioid Analgesics: Safety and efficacy. Camino Health Center, San Juan Capistrano, CA August 30, 2006.

Treatment of Neuropathic Pain. Paloma Medical Group, San Juan Capistrano, CA August 10, 2006.

Trends in Pain Management: Evidence and a Broader Vision. Bristol Park Medical Group Grand Rounds, Irvine, CA May 9, 2006.

Workers' Compensation and Medicare Issues in the use of Implanted Devices for Pain Management, American Academy of Neurological Surgeons Annual Meeting, San Francisco, April 21, 2006.

Lecturer and Instructor, Physician Training Course, Discography, IDET and Radiofrequency, Smith & Nephew, Burlingame, CA February 18, 2006.

Introduction to Interventional Pain Management: Approaches to Pain Management, Medical Management of Pain, Interventional Procedures, Physical Therapy and Psychiatric Support: a CME course supported by Tustin Hospital. Santa Ana, CA October 1, 2005.

Interventional Procedures in a Spine Center, in Issues in Practice Management, North American Spine Society 20<sup>th</sup> Annual Meeting, Philadelphia, PA September 27, 2005

Economics of Managing Chronic Pain, in Issues in Practice Management, North American Spine Society 20<sup>th</sup> Annual Meeting, Philadelphia, PA September 27, 2005

Discussant, Grand Rounds, Texas Tech University, Lubbock, Texas June 8, 2005.

American Society of Interventional Pain Physicians Advanced Training Course, Instructor, Memphis, TN March 12-13, 2005

“Help! How to Adjust to Medical Provider Networks, the ACOEM Guidelines and the AMA Guides,” Panelist dealing with ACOEM Guidelines. California Applicant Attorneys' Association Annual Meeting, San Diego, CA Jan. 29, 2005.

“Evidence Based Medicine”, Mission Hospital, Mission Viejo, CA 11/13/04

“Red Flags in Physician Prescribing.” The NHCAA Institute for Health Care Fraud Prevention: Prescription Drug Diversion: Issues and Prevention Measures for Health Care Benefit Programs. Westminster, CO July 26-27, 2004

“Safe Prescribing of Opioids in California,” Mission Hospital Regional Medical Center, 4/20/04.

Instructor, Advanced Cervical and Thoracic ASIPP Cadaver Course, Memphis, TN 10/25/03-10/26/03

“Using the Electronic Medical Record in the Interventional Pain Practice.” American Society of Interventional Pain Physicians Annual Meeting, Washington, DC 9/4/03.

“Risks of Transforaminal Epidural Steroid Injections”. American Society of Interventional Pain Physicians Annual Meeting, Washington, DC 9/7/03.

“Interventional Pain Management: An Overview”, St. Judes Medical Center, Fullerton, CA. 6/17/03

“An update on Pain Management, Mission Viejo, CA 6/13/02

“Update on Tramadol/Acetaminophen Usage”, Newport Beach, CA, 4/3/03

“Interventional Pain Management and Workers’ Compensation”, California Applicant Attorneys Assoc., Orange County Chapter, 3/27/03

“Prescribing Opioids in California”, Mission Hospital Medical Center, CA 2/4/03

“Prescribing Opioids in California”, Irvine Regional Medical Center, Irvine, CA 12/3/02

Instructor, IDET and Nucleoplasty, ASIPP Cadaver Course, Memphis, TN 10/26-28/02

“An Update on Pulsed Radiofrequency Ablation”, ASIPP Cadaver Course, Memphis, TN 10/26/02

“Managing Chronic Pain (& Keeping a Positive Attitude)”, Park Terrace, Rancho Santa Margarita, CA 10/15/02

“Prescribing Opioids in California”, San Clemente Hospital, San Clemente, CA 11/15/02

“Interventional Pain Management-An Overview” Anaheim, CA 9/11/02

“Post Herpetic Neuralgia” San Clemente Hospital, 8/28/02

“IDET-Theory and Practice-A hands on cadaver workshop” Principal Instructor, Los Angeles, CA 6/11/02.

“Opioid Therapy in Clinical Practice”, St. Regis Hotel, Dana Point, CA 2/13/02

“Update on Stimulation and Intrathecal Therapy”, Orange, CA 10/11/2001

“Radio frequency Thermocoagulation”, Newport Beach, CA 10/4/2001

“Post Operative Opioid Therapy”, Newport Beach, CA 10/2/2001

“Intradiscal Electrothermal Therapy”, Irvine, CA, July 19. 2001

“Post Operative Opioid Therapy”, Newport Beach, A, June 20, 2001 Abbott Labs

“Interventional Pain Management: Theory and Practice” 12 hour Seminar,  
University at Sea Jan 21-28, 2001