

# RF Patient Interview: Laura's Story

## LAURA FERRARO, ITALY

Laura Ferraro, 60 years old, lives in the countryside in Varese Ligure, Liguria, Italy, surrounded by dogs, cats, horses, goats and bees. She has been married for 38 years and has three daughters and five nephews.

### How long have you been experiencing chronic pain?

I've been suffering from chronic pain for about 15 years, although for the first five/six years I didn't have big problems, as the pain was tolerable and didn't limit my activities.

### What was your daily life like during that time?

I've been a housewife since 2005 – I have raised three daughters and during that time my activities were all linked to housekeeping and to my daughters' activities – and I was swimming a lot.

In 2005 I set up a farm, where I now breed dogs professionally but I also have other animals like horses and goats.

### How did chronic pain impact your family, relationships and mental/emotional health?

Pain has not influenced my family relationships, my emotional health has always been good, as the pain hasn't been always so strong. It increased over the years and when I suffered the most I tried to not strain too much. These high pain moments normally last four-five days and I get them about once a year.

### What were the biggest challenges you faced in chronic pain management?

During moments of sharp pain I experience immobility, and I need to stop working or doing any normal housekeeping activities.

### Tell us about your journey – which treatments did you try before RF, and how would you rate their impact on you?

I tried massages, Tecar therapy, kinesiology, but I couldn't get any benefit from any of them.

### Did you hear about radio frequency ablation during your search for a treatment option?

It was suggested by my daughter.



### What was your experience with the actual procedure? Did you experience any complications?

I got my first RF treatment on March 29th, 2021. I did not experience any complications and the general experience was very positive – I felt immediate reduction of the pain.

I've been ok for six months – the pain has never exceeded a certain pain threshold, and this has allowed me to do heavy work at my farm without having to lay down for the rest of the day. Even the pain during the night that was normally very sharp, completely disappeared and I started sleeping well again without waking up each time I moved in bed.

### What did RF treatment change for you? What was your quality of life before the treatment and after, from 1-10? Can you give me one or two examples of how your life has been improved by the device/treatment?

RF treatment allowed me to go back to my normal working activity. The pain has never really disappeared but it has remained under very low levels for six months plus an additional three months where it was still tolerable and it still allowed me to do heavy work. After nine months the pain came back.

### What advice would you give to someone considering undergoing RF treatment?

I would recommend doing the treatment, see the good results. I will repeat the treatment.

