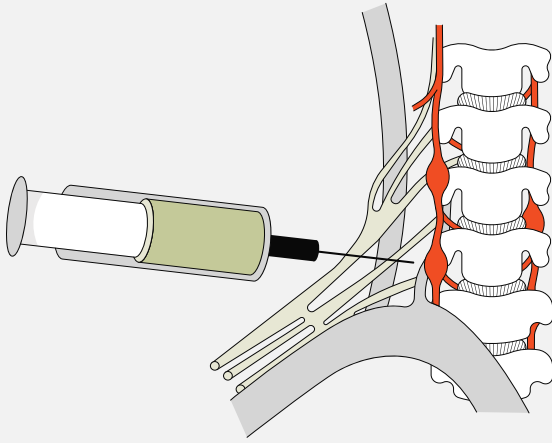


What is Stellate Ganglion Block (SGB)?

Mental trauma often results in debilitating symptoms that can originate from the sympathetic nervous system's fight or flight response. When individuals suffer from trauma-related symptoms, oftentimes this fight or flight response is still in "high gear" after the trauma.



The SGB procedure interacts with the sympathetic nervous system to help restore normal psychological function and can address the biological symptoms associated with trauma. Using image-guidance techniques such as ultrasound, fluoroscopy, and computed tomography, Dr. Lipov injects a local anesthetic into the "Stellate Ganglion" – a bundle of nerves found near the base of the neck.

The treatment can help support the brain's natural fight or flight response, and can lead to a restored sense of safety and calm for many patients.

SGB has been shown to have dramatic positive effects in many patients, and can also help accelerate the positive impact of other therapies.

● SAFE

The Center for Compassionate Innovation within the U.S. Department of Veterans Affairs describes SGB as a "safe" and "ethical" treatment option for patients with trauma symptoms.

● ACCESSIBLE

SGB is a 20-minute outpatient procedure with less than 24 hours of downtime. Most HSA plans are accepted and we offer the ability to pay over 24 months through our partner, CareCredit.

● RAPID

The results of a successful SGB procedure typically occur within 30 minutes of the procedure.

● EFFECTIVE

83% of Stella patients, on average, reported a 28.9-point decrease in their PCL score. According to the National Center for PTSD Guidance, a 10-point decrease in PCL score is a clinically significant improvement. Stella patients experience a result that's almost three times better than other treatments.

Research & Resources

JANUARY, 2022

In a new study conducted by Dr. Eugene Lipov, it shows that Stellate Ganglion Block is an effective treatment for PTSD symptoms no matter your gender, trauma type, PTSD-related drug use, history of suicide attempts or age.

[Read The Full Study Here](#)

OCTOBER, 2021

This white paper reviews the history of SGB, research and clinical development of its application to emotional trauma symptoms, common misperceptions related to SGB, and its potential to address the crisis of globally impactful trauma

[Read The Whitepaper Here](#)

FROM OUR BLOG



How the Stellate Ganglion Block (SGB) Can Augment Treatment Plans

[Read More...](#)



A New Model for Care

[Read More...](#)



7 Ways To Take Care of Yourself or Others Before and After SGB

[Read More...](#)

IN THE NEWS

WRAL.com

"The PTSD Treatment Hiding In Plain Sight"

[Read More...](#)

Forbes

The Treatments That Are Changing Lives

[Read More...](#)

MISSION
22

VETERANS • FAMILY • COMMUNITY

[Watch Video](#)

The History of Stellate Ganglion Block (SGB)

1926

FIRST USE OF SGB

SGB was performed for the first time in 1926 as a way to provide relief from chronic back pain.

1947

SGB USED FOR 3 CASES OF DEPRESSION

Studying the effects of treating depression with SGB was short lived, due to the advent of medications.

1990

SGB LINKED WITH PSYCHOTHERAPY

A case study showed SGB supported improved engagement in psychotherapy for mental trauma.

1992

STUDIES VALIDATE THE SAFETY OF SGB

In a survey detailing 45,000 SGB procedures for all conditions, only 1.7% reported complications. Notably, the procedure is even safer today as the study was performed prior to the widespread use of imaging techniques such as x-ray guidance, ultrasound, fluoroscopy etc.

2008

DR. LIPOV PUBLISHES FIRST RESULTS OF SGB ADAPTATION

Based on his theorized connection between the sympathetic system and PTSD, Dr. Lipov and colleagues publish the first case study on proactively treating PTSD with SGB.

2010

SUCCESSFUL TREATMENT OF PTSD SYMPTOMS THROUGH SGB

Dr. Sean Mulvaney and colleagues document a case series of SGB successfully treating two combat veterans struggling with PTSD.

2013

DR. LIPOV FURTHERS RESEARCH OF SGB FOR PTSD

Dr. Lipov and colleagues publish research detailing SGB improves refractory post-traumatic stress disorder and associated memory dysfunction.

2014

DR. MULVANEY USES SGB TO TREAT PTSD SYMPTOMS ON 166 COMBAT VETERANS

Dr. Sean Mulvaney and colleagues publish research detailing the use of SGB in 166 patients to treat symptoms associated with combat-related PTSD.

2015

DR. MULVANEY'S RESEARCH FURTHERS THE EFFICACY OF SGB FOR PTSD

Dr. Sean Mulvaney and colleagues publish research confirming that neurocognitive performance is not degraded after SGB treatment for PTSD.

2016

COLONEL JAMES LYNCH REVIEWS SGB'S IMPACT ON SPECIFIC PTSD SYMPTOMS

"SGB is a safe procedure that has demonstrated extended relief for all clusters of PTSD symptoms. In a study to determine which symptoms were most improved, Colonel James Lynch et al found that in the first week following the block, hyperarousal symptoms were most affected such as irritability, angry outbursts, difficulty concentrating, and trouble falling or staying asleep. Two to four months later, greatest improvements were seen in the following: feeling distant or cut off, feeling emotionally numb, irritability or angry outbursts, and difficulty concentrating."

2019

RANDOMIZED CLINICAL TRIALS PROVE EFFICACY OF PTSD FOR SGB

Kristine L. Rae Olmsted and colleagues perform three site, randomized clinical trials on 113 participants – demonstrating efficacy of SGB as a PTSD treatment.

2020

STELLA OPENS

In partnership with Dr. Lipov, who has now treated over 1,000 patients with his adaptation of SGB, Stella launches to provide accessible treatment to those suffering from symptoms of PTSD.

Additional Research and Resources

DATE	TITLE (Click to Read)	CORE AUTHOR	WHY THIS MATTERS?
May 1926	THE TREATMENT OF CARDIAC PAIN BY PARAVERTEBRAL ALCOHOL BLOCK	GEORGE I. SWETLOW, M.D.	First SGB performed
Jul 1947	The Effects of Bilateral Stellate Ganglion Block on Mental Depression; Report of 3 Cases	L J KARNOSH	First time SGB used for treatment of mental condition
Feb 1992	[Complications and side effects of stellate ganglion blockade. Results of a questionnaire survey]	GEORGE I. SWETLOW, M.D.	Speaks to safety of SGB (45,000 sample)
Oct 2008	Cervical sympathetic blockade in a patient with post-traumatic stress disorder: a case report	Gene Lipov	First study of SGB as treatment for PTSD
Feb 2010	Successful Use of Stellate Ganglion Block and Pulsed Radiofrequency in the Treatment of Posttraumatic Stress Disorder: A Case Report	Gene Lipov	Furthering research of SGB (inc. pulsed radio frequency) for PTSD
Feb 2013	Stellate ganglion block improves refractory post-traumatic stress disorder and associated memory dysfunction: a case report and systematic literature review.	Gene Lipov	Furthering research of SGB for PTSD
Apr 2014	Use of Stellate Ganglion Block for Refractory Post-Traumatic Stress Disorder: A Review of Published Cases	Maryam Navaie	Furthering research of SGB for PTSD
Aug 2014	Stellate Ganglion Block Used to Treat Symptoms Associated With Combat-Related Post-Traumatic Stress Disorder: A Case Series of 166 Patients	Sean Mulvaney	Furthering research of SGB for PTSD
May 2015	Neurocognitive Performance is Not Degraded After Stellate Ganglion Block Treatment for Post-Traumatic Stress Disorder: A Case Series	Sean Mulvaney	Furthering research of SGB for PTSD
Oct 2015	Neuroimaging Suggests that Stellate Ganglion Block Improves Post-Traumatic Stress Disorder (PTSD) Through an Amygdala Mediated Mechanism	Michael T. Alkire	First study showing SGB's impact on the brain w/ neuroimaging
Sept 2016	Effect of Stellate Ganglion Block on Specific Symptom Clusters for Treatment of Post-Traumatic Stress Disorder	Colonel James Lynch, M.D.	Furthering research of SGB for PTSD
Oct 2016	Stellate Ganglion Block in the Treatment of Post-traumatic Stress Disorder: A Review of Historical and Recent Literature	Mary R Summers	Comprehensive review of historical SGB for PTSD literature
Nov 2019	Effect of Stellate Ganglion Block Treatment on Posttraumatic Stress Disorder Symptoms A Randomized Clinical Trial	Kristine L. Rae Olmsted, MSPH, Research Epidemiologist, RTI International	First SGB for PTSD RCT; Shows SGB effective for treatment of PTSD
Jun 2020	Comparison C6 Stellate Ganglion versus C6 and C4 Cervical Sympathetic Chain Blocks for Treatment of Posttraumatic Stress Disorder (PTSD) Analysis of 147 Patients	Sean Mulvaney	First evaluation of C6 and C4 sequential blocks vs. C6 only
Aug 2020	Stellate ganglion block treats posttraumatic stress: An example of precision mental health	James Lynch	Furthering research of SGB for PTSD
Feb 2021	The Successful Use of Left-sided Stellate Ganglion Block in Patients That Fail to Respond to Right-sided Stellate Ganglion Block for the Treatment of Post-traumatic Stress Disorder Symptoms: A Retrospective Analysis of 205 Patients	Sean Mulvaney	First analysis of left-sided SGB for PTSD
Jan 2022	Utility of cervical sympathetic block in treating Post traumatic Stress Disorder in multiple cohorts. A retrospective analysis	Gene Lipov	Furthering research of SGB for PTSD