

Stefan P. Gilthorpe, MD, an interventional pain doctor and anesthesiologist with Better Life Spine & Pain Center

Get to know Dr. Stefan Gilthorpe, who serves patients in Houston, Texas.



New York, New York City, Sep 10, 2021 ([Issuewire.com](https://www.issuewire.com)) - Recognized as a skilled interventional pain physician, Dr. Gilthorpe founded Better Life Spine & Pain Center in Houston, Texas in late 2020. He brings a passion for interventional-pain medicine, devotion to his patients, and curiosity for innovative, new, and up-and-coming medical techniques.

Born in Slidell, Louisiana, and raised in the Beaumont area, his small-town roots shape how he approaches patient care: he understands the importance of listening to each patient and communicating his treatment plan before stepping out of the exam room.

Prior to opening Better Life Spine & Pain Center, Dr. Gilthorpe worked in Fort Walton Beach, Florida, where he gained invaluable experience by performing thousands of interventional procedures.

Interventional pain medicine involves the use of minimally invasive surgeries and other procedures to help patients manage their pain — even without medications. The goal of these techniques is to block the pain from transmitting through the body.

Dr. Gilthorpe offers patients the choice between procedures done in-clinic with local anesthesia or at Houston Methodist Willowbrook Hospital, where patients can receive general sedation if they prefer.

With a broad educational background, Dr. Gilthorpe received his undergraduate degree at Texas A&M University and went on to earn a master's degree at Lamar University. He then attended the University of Texas Medical Branch at Galveston, where he completed his medical degree, residency in anesthesiology, and fellowship in pain medicine. His subspecialty training prepared him to understand and address acute and chronic pain uniquely.

Striving to improve quality of life, the doctor is board-certified in anesthesiology by the American Board of Anesthesiology (ABA). As the certifying body for anesthesiologists since 1938, the ABA is committed to partnering with physicians to advance the lifelong learning and exceptional patient care. Its mission is to advance the highest standards of the practice of anesthesiology.

In his free time, Dr. Gilthorpe enjoys spending time with his wife, Darla, and his puppy, Olive. On the weekends, one may find him floating in an inner tube down the river or tending to a campfire at Magnolia Ridge.

Learn More about Dr. Stefan P. Gilthorpe:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3558043-Stefan-Gilthorpe-Anesthesiologist> or through Better Life Spine & Pain Center, <https://www.betterlifehouston.com/about>

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