

Manonmani Antony, MD, DABA, DABIPP: A Pioneer in Interdisciplinary Pain Management Dedicated to Transforming Lives

Renowned Interventional Pain Physician Champions Patient Empowerment and Innovative Solutions at Sussex Pain Relief Center



New York City, New York Mar 4, 2025 ([Issuewire.com](https://www.issuewire.com)) - In an era where chronic pain is often met with complex challenges, Dr. Manonmani Antony, MD, DABA, DABIPP, stands out as a beacon of hope and healing. A triple board-certified pain specialist with over two decades of experience, Dr. Antony is committed to enhancing the quality of life for individuals suffering from chronic pain through interdisciplinary pain management principles. Her motivation is deeply personal, rooted in her mother's struggle with intractable cancer pain, which profoundly influenced her medical career and compassionate approach to patient care.

Dr. Antony's journey into pain management began during her anesthesiology residency. After witnessing the transformative relief a celiac plexus block provided her mother, Dr. Antony became inspired to dedicate her life to helping others find similar relief. "That experience shaped my path," she reflects. "I am grateful to now provide interventional pain management solutions that can be life-changing for my patients."

For over 14 years, Dr. Antony has successfully operated Sussex Pain Relief Center, with offices in Georgetown and Rehoboth Beach, Delaware. Her dual role as a physician entrepreneur and pain management specialist has equipped her with unique insights into the complex intersection of chronic pain and the opioid crisis, two significant public health challenges today. To address these issues, she has pursued coaching and training at the International MBA (IMBA) to develop strategies for navigating our increasingly VUCA (volatile, uncertain, complex, and ambiguous) world.

"The freedom I gained by operating independently has empowered me to practice medicine in a way that puts my patients first," says Dr. Antony. "One of my primary goals is to return autonomy to my patients, enabling them to take charge of their pain management and quality of life. Emerging therapies and technologies allow them to make informed choices to control their pain on their own terms."

Dr. Antony's impressive educational background includes earning her Bachelor of Medicine, Bachelor of Surgery (MBBS) from the Faculty of Medicine, University of Peradeniya, in 1985. Her rigorous training continued at Texas Tech University Health Sciences Center El Paso, where she completed an internship in internal medicine and a residency in anesthesiology. She later advanced her expertise with a fellowship in pain management at the University of Maryland Medical Center. Additionally, Dr. Antony expanded her knowledge of healthcare communication by completing a Postgraduate Certificate in Media and Medicine at Harvard Medical School.

Throughout her illustrious career, Dr. Antony has built a distinguished reputation in pain management and healthcare consulting. Since October 2005, she has served as a Pain Management Consultant at Nanticoke Health Services and has contributed her expertise as an Expert Witness for SEAK, Inc., testifying in approximately 45 court cases involving pain management and anesthesiology. Her ongoing commitment to excellence is evident through her role as a Pain Management Consultant for Beebe Healthcare and her investment in Nanticoke Surgical Center LLC, where she supports advancements in interventional pain management.

Dr. Antony is an active member of several prestigious organizations, including the American Medical Association, the American Society of Anesthesiologists, the American Society of Interventional Pain Physicians, the International Spine Intervention Society, the Medical Society of Delaware, the Contractor Advisory Committee, and the Delaware Drug Overdose Fatality Review. Her commitment to the field extends beyond clinical work; she also engages in initiatives addressing the opioid crisis, demonstrating her dedication to public health.

Beyond her medical practice, Dr. Antony incorporates yoga and meditation into her daily life, fostering inner peace and well-being. As a participant in the Mindfulness Meditation Teacher Certification Program (MMTCP) 2025, she is enhancing her skills to lead mindfulness practices with cultural sensitivity. One of her most impactful projects, Mindfulness Meditation for Pain Relief (MM4PR), empowers individuals with chronic pain to reframe their relationship with pain. This program, held via Zoom, emphasizes the philosophy that while pain is inevitable, suffering is optional.

Residing in Lewes, Delaware, known as "the first town in the first state," Dr. Antony balances her professional commitments with being a devoted parent to two extraordinary children who inspire her

daily. Her dedication to her family complements her mission to positively impact the lives of others through her medical practice.

Dr. Manonmani Antony is not just an accomplished anesthesiologist and pain interventional specialist; she is a passionate advocate for patient empowerment and innovative, drug-free treatment options. Her relentless pursuit of excellence in patient care and safety continues to inspire her close-knit community of Delawareans.

Learn More about Dr. Manonmani Antony:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/336357-Manonmani-Antony-Pain-Management-Specialist>, through Sussex Pain Relief Center, <https://sussexpainrelief.com/#team> or through her website, <https://www.drmantony.com/>

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