



Paul J Christo, MD, MBA is listed as a Top Doctor and among the top 1% for Pain Management by U.S. News & World Report. He hosts an award-winning, nationally syndicated SIRIUS XM radio talk show on overcoming pain called, Aches and Gains® featuring distinguished celebrity guests such as Naomi Judd, Joe Montana, and Montel Williams. He is a board-certified pain specialist and anesthesiologist, an Associate Professor in the Division of Pain Medicine at the Johns Hopkins University School of Medicine, and was honored by the American Society of Pain Educators as Pain Educator of the Year for his transformational work on public education through the media.

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