

medical breakthrough

High-tech back microsurgery eliminates hospital stays

A REVOLUTIONARY new type of back microsurgery can repair ruptured spinal disks on an outpatient basis and send patients home — free of pain — the very same day!

In the past, traditional back surgery was a major operation that exposed the spine and required general anesthesia. There was a risk of nerve damage and days of hospitalization were needed.

But this groundbreaking technique — called guided endoscopic discectomy — uses a small probe to reach the damaged disk through a small incision and can be done with local anesthesia. Patients are up and about in an hour with only a Band-Aid needed to cover the freckle-size wound.

There's little, if any, pain and no stitches. And it's so safe, there is usually no risk of scarring in or around the nerves.

"This is a great procedure for the vast majority of back patients," its developer, Beverly Hills neurosurgeon Dr. David A. Ditsworth, told *The ENQUIRER*. "It is effective, low risk, and allows for a much faster return to work and daily activities."

Eighty percent of the 300 million people in the U.S. will suffer a major problem with low-back pain, say experts.

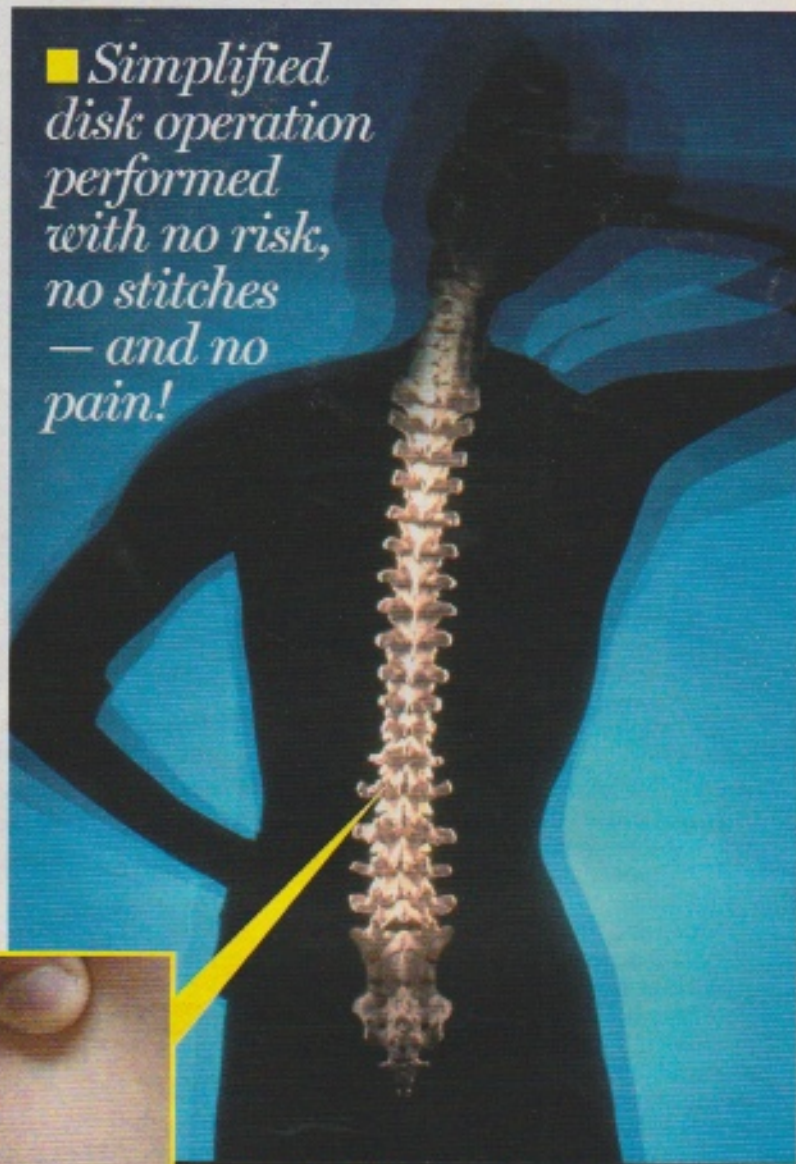
Millions who rupture disks will need surgery.

Disks are the spongy material between vertebrae in the spine that cushions movement. If an injury causes a disk to herniate or rupture, it can press on a nerve and the pain can be excruciating.

MANY SUFFER

Unfortunately, many patients suffer in agonizing silence because they're afraid of traditional surgery and its drawbacks. That is where this special

■ *Simplified disk operation performed with no risk, no stitches — and no pain!*



PINPOINT PRECISION: A specially designed endoscope enters the back between the vertebrae and into the damaged disk, leaving only a tiny freckle-size mark.



technique can help. Using X-ray fluoroscopy and magnified video for guidance, Dr. Ditsworth inserts a specially designed endoscopic probe through the skin of the back, between the vertebrae and into the herniated disk space.

Tiny surgical attachments are then sent down the hollow center of the probe to correct the protruding portion of the disk.

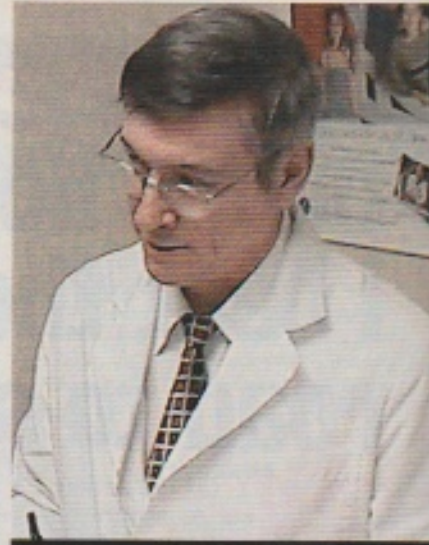
"Unlike standard back surgery, there is no traumatic muscle dissection, no bone removal and no

large skin incision," said Dr. Ditsworth. "The risk of complications from scarring, blood loss and anesthesia is eliminated.

"For that reason, patients who are in poor health and have medical conditions are actually prime candidates for the treatment."

Jeff Naruko, 33, a UPS computer technician, says the microsurgery gave him his life back. He suffered three ruptured disks in a car accident.

"Before I went to see Dr. Ditsworth I could barely move or



DR. DAVID A. DITSWORTH has perfected the groundbreaking back surgery technique.

even stand up. I couldn't go to work," he told *The ENQUIRER*.

"My back pain was so bad, even painkillers didn't help. The first doctor I saw wanted to do open-back surgery. But when I heard about Dr. Ditsworth's endoscopic procedure, it seemed a much better option. I went in for surgery at 11 a.m. and left in the afternoon.

"The very next morning, I could walk without pain — and without using crutches.

"I never imagined my pain could disappear so easily and completely. It was almost instantaneous. I'm very grateful I found this procedure!"

Over the past 20 years, Dr. Ditsworth has treated hundreds of patients with this approach at his clinics in New York and L.A. He has an overall success rate of 96 percent with well-selected cases.

He said it can help most people with ruptured disks, except those with problems of advanced spinal arthritis or spinal stenosis (narrowing of spinal spaces).

"Many people with chronic back pain are suffering too much for too long and need more advanced treatment," he said. "This is the back surgery of the future."

For further information and help in finding a qualified physician in your area, call toll-free 1-800-956-6724 or go on the Web to www.spineonline.com.

— ROBIN MIZRAHI



PATIENT
Jeff Naruko