

Dr Ian Smith (TV interviewer): "Life line, experimental new surgery to replace your discs in your back. In disc replacement surgery, the old, degenerated disc is first removed, the two metal plates of the implant are fastened to adjacent bones in the back and a hard plastic ball is inserted between them."

Doctor's voice: "You can see it we can do it in flexion and extension and lateral bending and there is an element of rotation as well"

Dr Ian Smith: "two different implant devices are being tested and there will be at least a couple of years before there is enough information to present to the FDA."

Dr. Tindel "There should be a significant amount of caution with disc replacement surgery. It's really in it's infancy at this point and we know very little about some of the problems that may happen down the road."

TV Announcer #1 (WOMAN'S VOICE): "According to most doctors, almost all of us will experience back pain at some point in our lives. A new study published in the Journal of the American Medical Association shows surgery may be only slightly more effective than nonsurgical options like physical therapy."

Dr. Tindel: "If you have the option and the luxury of taking a little time off and trying a nonsurgical treatment option then that is a great option for you. Patient's would come to see me with terrible problems.. whether it was a very bad herniated disc in severe pain or spinal stenosis or even a broken back and the information available for these people no matter where you look is limited. You can look on the internet, you can talk to your primary care doctor, you can talk to friends, but there really was no printed literature readily available for any of these patients and so that is what generated the interest in the book. What the book does is it takes the most common and serious back problems and boils them down to very simple understandable concepts and talks about them, what the symptoms of these conditions are and what the treatment options are for these conditions. The scary part about it is that a lot of people venture down the road of having surgery for a particular condition and don't realize the full impact of the surgery whether the surgery is going to work or not, whether the complications of the surgery are something they need to be aware of, and what are the long term consequences of the surgery they are about to have and this is the essence of the book. If you came to my trauma center and you fell off a ladder and had a broken back, there is no question surgery would probably be the only option we would consider but there are a lot of conditions where surgery may not be only an option but may actually be the worse option and yet people this day and age are still opting for it because they just aren't educated about some of the other options that work just as well. If I save one person from having surgery who doesn't need surgery, I have accomplished the entire goal of my book. But I think I'm going to do more than that. This book is a three hour consultation with your surgeon, uninterrupted, from beginning to end.