



Decompression, which attacks spinal stenosis in the lower back. Dr. Anello started performing the procedure in October 2010, with a total of 40 to date and a projected 100 completed by the end of this year. He noted, "The outcomes, based on a year's worth of data, are mind-bogglingly good." It's especially beneficial to older patients, many of whom suffer from multiple medical conditions and don't qualify as sound candidates for surgery.

The MILD procedure typically takes about an hour in the operating room and is performed with light sedation. Dr. Anello injects contrast fluid into the spine and plucks out little bits of ligament and bone, relieving pressure on the stenosis. Patients are usually discharged the following day. "They may be sore for a few days," Dr. Anello said, "but nothing that ibuprofen can't handle."

Up to 1.5 million Americans may be affected by severe stenosis. Until last year, the only treatment options were steroid injections and traditional back surgery, but with MILD and other minimally invasive treatments now on the scene, the pain and recovery times are minimal. The economics, too, are favorable: MILD costs around 90 percent less than traditional spinal surgeries do. As Dr. Anello said, "The cost-saving benefits should be incredibly obvious to private insurers." And the implications for other chronic problems — from cancer pain to nerve disorders to diabetic myopathy — are enormous.

Precise Surgery Relieves Nerve Disorder

Sometimes to be rid of pain you need persistence. Consider the case of Juliet, a 75-year-old patient of Jeffrey A. Brown, M.D., F.A.C.S., of Neurological Surgery, P.C. When she was in her early 60s, Juliet's life changed. "She was feeling lightning bolts of pain in her right jaw," Dr. Brown noted. She received radiation treatment from another physician, but it didn't work. She tried natural remedies. They helped



GREAT NECK • ROCKVILLE CENTRE • LAKE SUCCESS • COMMACK • WEST ISLIP
PORT JEFFERSON STATION • PATCHOGUE • QUEENS

NEUROLOGICAL SURGERY, P.C.

The New York Area's Experts at Minimally Invasive Treatments for Brain and Spine Conditions.

NEUROSURGEONS
Stephen D. Burstein, M.D.
Michael H. Brisman, M.D.
William J. Sonstein, M.D.
Jeffrey A. Brown, M.D.
Benjamin R. Cohen, M.D.
Artem Y. Vaynman, M.D.
Lee Eric Tessler, M.D.
Jonathan L. Brisman, M.D.
Ramin Rak, M.D.
Alan Mechanic, M.D.
Donald S. Krieff, D.O.
Brian J. Snyder, M.D.
Elizabeth M. Trinidad, M.D.
Mihai D. Dimancescu, M.D.
Robert N. Holtzman, M.D.
Stephen T. Onesti, M.D.

NEURO-ONCOLOGISTS
Jai Duić, M.D.
Jai Grewal, M.D.

NEURO-OPHTHALMOLOGIST
Scott Uretsky, M.D.

EPILEPSY NEUROLOGIST
Alan B. Ettinger, M.D.

PAIN MANAGEMENT
Muhammad M. Khan, M.D.
Madan K. Raj, M.D.

NEURO-INTENSIVIST
Ivan Mikolaenko, M.D.

NEUROPHYSIOLOGIST
Joseph Moreira, M.D.
Marat Avshalumov, Ph.D.

NEUROPSYCHOLOGIST
Gad E. Klein, Ph.D.

CONDITIONS TREATED
Acoustic Neuroma
Pituitary Tumor
Meningioma
Glioblastoma
Brain Aneurysm
Brain AVM
Trigeminal Neuralgia
Hemifacial Spasm
Chiari Malformation
Hydrocephalus
Carotid Stenosis
Parkinson's Disease
Epilepsy
Craniosynostosis
Myelomeningocele
Moyamoya Disease
Pediatric Brain and Spine Tumors
Tethered Spinal Cord
Herniated Disc
Spinal Stenosis
Spine Fractures
Back and Neck Pain
Sciatica
Chronic Pain

NEUROLOGICAL SURGERY, P.C.
COMPREHENSIVE BRAIN AND SPINE CARE
BRAIN AND SPINE SURGERY • NEURO-ONCOLOGY • NEURO-OPHTHALMOLOGY
PAIN MANAGEMENT • DYNAMIC MRI IMAGING • PHYSICAL THERAPY

Gamma Knife®
CyberKnife®

Stereotactic Radiosurgery/ Brain and Spine Tumors

Stereotactic Radiosurgery (SRS) is a minimally invasive technique for treating diseases of the brain and spine. SRS involves superfocusing radiation beams to treat a target with the effectiveness of a surgeon's scalpel. Neurological Surgery, P.C., is one of the few programs in the country to offer Gamma Knife® and CyberKnife®, and Novalis TX radiosurgery treatments. Neurological Surgery, P.C., has one of the busiest radiosurgery practices in the Tri-State region, and offers the most advanced treatments available for brain tumors, spine and spinal cord tumors, trigeminal neuralgia, and arteriovenous malformations (AVM's).

Dr. Michael Brisman, Dr. Jeffrey Brown, Dr. Lee Tessler, Dr. Ramin Rak and Dr. Alan Mechanic are widely recognized for their expertise in the field of stereotactic surgery and radiosurgery.

Visit our website nspc.com to learn more.

NSPC
NEUROLOGICAL SURGERY, P.C.
COMPREHENSIVE BRAIN AND SPINE CARE
BRAIN AND SPINE SURGERY • NEURO-ONCOLOGY • NEURO-OPHTHALMOLOGY
PAIN MANAGEMENT • DYNAMIC MRI IMAGING • PHYSICAL THERAPY

Exceptional Doctors. Exceptional Care.

For more information or to make an appointment, please call **(516) 255-9031**.

nspc.com

Images: ©2011 Elekta AB-Leksell Gamma Knife® and Accuray Incorporated-CyberKnife®. All rights reserved.

ADVERTISEMENT

ADVERTISEMENT



for a while, but she tired of them after a decade. Around this time she was diagnosed with trigeminal neuralgia.

She came to Dr. Brown because he is an expert in the treatment of this rare disorder. "Trigeminal neuralgia feels like you're hitting your funny bone over and over and over," he said. It affects less than 1 percent of the population, but was well enough known in the 19th century that Herman Melville assigned it to Captain Ahab in the literary masterpiece "Moby Dick." Trigeminal neuralgia can block the ability to sleep or even to eat.

Dr. Brown's goal is to treat pain, not merely to manage it, and so he performed an outpatient procedure on Juliet. The pain went away, inspiring her to send an e-mail with the exclamation, "Hallelujah!" A year later, though, the pain came back. She repeated the procedure. The pain went away for another year, only to plague her again. Dr. Brown steered Juliet toward microvascular decompression, a highly successful surgical procedure that permitted him to pinpoint the cause of her pain: a blood vessel chafing against the trigeminal nerve, the sensory nerve to the face. He was able to surgically move that vessel away from the nerve.

Today Juliet is pain-free. She got her life back. Her happy ending, then, is the true goal of the medical professionals on Long Island: to cure the diseases and ailments that threaten to pull her and others like her away from the fabric of families, communities and routines. •

Your Dad stops every five minutes to catch his breath. And you're not supposed to know about it. Maybe it's time to find a great heart hospital for him. Do you even know where to begin?

All you need to know is that St. Francis was once again named one of America's Best Hospitals for heart and heart surgery by *U.S. News & World Report*. For the fourth consecutive year. And in that same ranking, of the top 50 hospitals in the U.S. for heart and heart surgery, St. Francis Hospital placed in the top 10 for successful outcomes, experience, and nursing care. Now, maybe you know where to begin.

ST. FRANCIS HOSPITAL



THE HEART CENTER®

The #1 hospital for heart care in New York.



100 Port Washington Blvd., Roslyn, NY 11576 www.stfrancisheartcenter.com For a physician referral, call 1-888-HEARTNY.

A Member of Catholic Health Services of Long Island.

