

Straighten Your Spine

Neurological Surgery, P.C. is the New York City area's premier private neurosurgical group, offering patients the most advanced treatments of brain and spine disorders. Where possible, the practice uses minimally invasive procedures like stereotactic radiosurgery, microdiscectomy, kyphoplasty, and X-STOP®, rather than major surgery.

Neurosurgeon Dr. Benjamin Cohen is fellowship-trained in spinal surgery and he focuses on correcting spinal deformities at Neurological Surgery. He treats scoliosis, tumors and infections of the spine, compression fractures from osteoporosis and other spine deformations. He and his colleagues work as a team, particularly for very complicated cases, so a neurosurgeon, a vascular surgeon and an orthopedic surgeon and a plastic surgeon may all consult, or even operate together, on one case. This relationship improves patient outcomes and offers a multi-disciplinary approach for difficult cases.

Although spine deformities are not particular to women, osteoporosis, which can lead to compression fractures of the spine, is. After patients try a combination of bed rest and pain medication to address the problem, Dr. Cohen treats compression fractures with either kyphoplasty or vertebroplasty, procedures that use bone cement to stabilize the fractured vertebrae. "It's remarkable how much better patients feel after surgery," says Dr. Cohen. "I can't remember the last time someone hasn't had significant relief from their pain."

Dr. Cohen also noted that spinal curvature, from scoliosis or other conditions, can be disfiguring and can interfere with daily life. An overly curved spine

can cause pain and possibly neurological problems. For patients with adult scoliosis, or for those who have had previous surgery that now needs revision, spinal fusion surgery has come a long way over the past few years.

"It's amazing what we can do now," says Dr. Cohen. To straighten the spine and realign it back into a normal shape, surgeons use spinal instrumentation. These are a variety of screws, cages and other hardware that adjust and hold the spine in place. "Spinal instrumentation has become stronger and more versatile allowing for better and safer corrections of spinal alignment," says Dr. Cohen. In addition, Dr. Cohen says, advances intraoperative nerve monitoring, anesthetic techniques and improvements in post-operative care have also significantly reduced the risks of surgery.

Synthetic materials and specially processed cadaver bone is also being used for many types of spine surgery

that once would have required surgery at two separate sites - a bone graft from the patient's pelvis, as well as the spine surgery itself.

The physicians at Neurological Surgery are highly educated and specially trained. They provide compassion combined with knowledge and experience and are recognized in the medical community by their appointments as chiefs of neurosurgery in some of Long Island's best hospitals.

Neurological Surgery, P.C. has eight neurosurgery facilities in Nassau and Suffolk Counties with proximity to Queens, Brooklyn, the Bronx and Manhattan. Locations include Great Neck, Rockville Centre, Commack, West Islip, Forest Hills, Lake Success, Patchogue and Port Jefferson Station, in addition to affiliations with many area hospitals and medical centers.

For an appointment or more information, visit www.neurosurgeryli.com or call 1-800-775-7784.

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