

SOUTH CAROLINA SPINE CENTER

Advanced spine care services of
SELF REGIONAL
 HEALTHCARE

GREENWOOD MAIN OFFICE:

115 Academy Avenue
 Greenwood, SC 29646

REFERRALS: 888-526-8806 **FAX:** 864-725-5799
 SCSpineCenter.org

New treatment options for complex revision surgery help those with previous spine surgery

Back and neck pain is an expensive, disabling problem. Many patients seek a “magic” pill, procedure or may be quick to pursue a surgery using a gizmo like a laser that will miraculously relieve pain symptoms.

A back or neck pain sufferer may understandably resort to surgery when poorly designed nonsurgical treatments fail. However, if a surgeon does not have extensive experience in spine care, surgery can create a larger, more expensive, permanent problem: “failed back surgery syndrome.”

These people then become doomed to a life of chronic pain, medications, injections and doctor shopping. What begins as a simple case of back pain can evolve into a massive problem, even when treatment providers have the best intentions. This approach adds up to one big, frustrating problem for those who have a vested interest in successful spine care, including the employer, the health insurance company,



work comp insurance carriers and, most of all, the patient.

Fact: The spine specialist the patient chooses will determine the quality of healthcare you receive.

Each year, South Carolina Spine Center — as a regional referral center for back and neck pain — receives in the front door new patients that represent the most complex patient mix in the State of South Carolina. One in three NEW patients coming in the front door of the spine center have had back surgery elsewhere, implying that they have degenerative disc disease or that they have failed back surgery syndrome. Three of four new patients say they have an arm or leg that goes numb, implying serious disc herniation.

Treating patients needing revision surgery is complex. The goal of revision

spine surgery is to provide relief of symptoms and return the person to activity.

As an alternative to traditional spine fusion — which can lock the vertebrae and increase risk of future herniation at other levels — the spine surgeons also use artificial disc technology to preserve the rotational motion of the vertebrae.



Minimally invasive spine surgery enables the trained surgeon to operate through a 1-inch incision with tubular retractors — which shortens recovery time.



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South Carolina Spine Center provides artificial disc replacement for neck patients with the Mobi-C and Bryan implants for cervical discs.

COOLIEF* injections: A new nonsurgical treatment option for back pain

Dr. Karl Boellert is now using COOLIEF*, the latest technology that uses cooled radiofrequency energy to safely target the sensory nerves causing pain.

The COOLIEF* system circulates water through the device to create a larger treatment area. The procedure is a new treatment alternative for

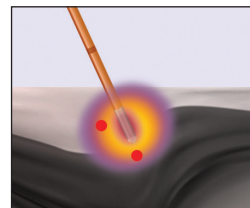


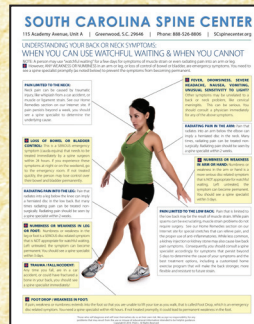
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patients with facet arthritis, where previous treatments provided shorter relief of pain symptoms.



PATIENT EDUCATION TOOLS FOR PRIMARY PHYSICIANS

South Carolina Spine Center believes the best healthcare starts with a well-informed consumer. We have an on-line spine encyclopedia at SCSpineCenter.org with symptom charts, home remedies and a library of neck exercises that can relieve symptoms. We also provide primary care physicians and chiropractors free copies of a 36-page Home Remedy Book that has helped thousands of people with symptom relief. The Home Remedy Book can be requested by calling our office at 888-526-8806. We also provide a copies of our Symptom Chart that helps people understand symptoms, and when watchful waiting cannot be used (numbness/weakness), and when to see the doctor.



Appointments, referrals & 2nd opinions:

888-526-8806.

Spinal injections: A non-surgical option for symptom relief

The clinical team tries to exhaust all non-surgical treatment options in advance of neck surgery. In some cases, a spinal injection may be able to relieve symptoms of radiating pain or numbness in an arm or leg. The spinal injection reduces inflammation and pain by applying medication near the nerve root. It can be another non-surgical treatment option before surgery is considered.

South Carolina Spine Center is the only spine center in the state of South Carolina to be included in Spine Center Network, an exclusive national listing of credentialed spine centers of excellence, and the only program to publish a Clinical Outcome Report Card for insurance companies.



Other validation of quality was provided by BlueBlue BlueShield of South Carolina which designated South Carolina Spine Center as a Blue Distinction® Center.

Designated as a

**Blue
Distinction
Center®**

for Spine Surgery



The 4 benefits of a 2nd opinion

Because spine surgery is a serious decision, it is a good idea to obtain a second opinion. A second opinion can provide patients the following benefits:

- 1 Determine if all possible treatment options have been considered and if there are any other nonsurgical options — such as spinal injections or physical therapy — that can relieve symptoms without the need for surgery.
- 2 If spine surgery is necessary, what type of spine surgery should be performed. A complex fusion procedure may not be necessary.
- 3 Is there a new artificial disc or implant technology that would provide a better outcome?
- 4 Help determine if the patient is a candidate for outpatient surgery. This may allow the patient to be home later that same afternoon, for a faster recovery and return to activity.

The Multi-Disciplinary Spine Team

NON-SURGICAL SPINE CARE

KARL BOELLERT, MD

Board-Certified in Physical Medicine
Fellowship-Trained in Interventional Spine & Musculoskeletal Medicine

Dr. Karl Boellert is a board-certified and fellowship-trained specialist in Physical Medicine and Rehabilitation at South Carolina Spine Center in Greenwood. Within his role at the spine center, Dr. Boellert specializes in helping patients with back and neck pain resolve symptoms through non-surgical spine treatment options. Dr. Boellert's focus is interventional pain medicine, including the assessment, diagnosis and nonsurgical treatment of back and neck pain problems. Dr. Boellert is proficient in pain-relieving cervical, thoracic, & lumbar epidural injections, facet injections, medial branch blocks, and radiofrequency ablation as well as sacroiliac joint injections. He is also trained in EMG / nerve conduction studies and Musculoskeletal / Orthopedic Rehabilitation.



MATHEW GOWANS, MD

Board-Certified in Physical Medicine & Rehabilitation

Dr. Mathew Gowans is a specialist in the nonsurgical treatment of back and neck pain. He joined the staff of South Carolina Spine Center in mid 2015. He is a member of the Self Regional Healthcare medical staff. At South Carolina Spine Center, Dr. Gowans specializes in the diagnosis of back pain and neck pain, and helps patients explore nonsurgical treatment options. This can include therapy that relieves pain symptoms, and makes the back stronger, more flexible and resistant to future strain. Dr. Gowans works closely with Dr. Boellert related to spinal injections, and the spine neurosurgery team.



FELLOWSHIP-TRAINED SPINE NEUROSURGEONS

MICHAEL KILBURN, MD

Board-certified Spinal Neurosurgeon
Fellowship-Trained Spinal Neurosurgeon

Dr. Michael Kilburn is a board-certified and fellowship-trained spinal neurosurgeon at South Carolina Spine Center, who specializes in complex spine surgery, cervical disorders, degenerative spine, spinal deformities, trauma, tumor infection and minimally invasive spine surgery. He is also proficient in endoscopic spine surgery techniques. He is a member of the Self Regional Healthcare medical staff. Dr. Kilburn completed a fellowship in neurosurgery at University of Alabama. He is also a Fellow of The Royal College of Physicians and Surgeons of Canada-Neurosurgery.



SUMEER LAL, MD

Board-certified Spinal Neurosurgeon
Fellowship-Trained Spinal Neurosurgeon

Dr. Sumeer Lal is a board-certified spinal neurosurgeon with more than 20 years of experience who specializes in complex spine surgery, cervical disorders, degenerative spine, spinal deformities, trauma, tumor infection and minimally invasive spine surgery. He completed a Neuro-oncological Fellowship at the MD Anderson Cancer Center in Houston, Texas. He is also a Fellow of The Royal College of Physicians and Surgeons of Canada-Neurosurgery. He is the director of the spine center at Self Regional Hospital. Dr. Lal was ranked #1 as individual spinal surgeon by Healthgrades in 2008, #1 ranking for spinal fusion by Carechex in 2011, and a Top 100 Surgeons Designation by the Consumer Research Council of America.



JOHN COLE IV, MD

Board-certified Spinal Neurosurgeon
Fellowship-Trained Spinal Neurosurgeon

Dr. John Cole IV is a board-certified neurosurgeon who is fellowship-trained in spine. He is a member of the Self Regional Healthcare medical staff. Dr. Cole graduated with a Bachelors of Science degree from Wake Forest University in Winston-Salem, NC and received his medical degree from the University of Kentucky College of Medicine in Lexington, KY. He also completed his neurosurgical residency and a spine fellowship in Lexington at the University of Kentucky. Dr. Cole is a member of the American Board of Neurological Surgeons.

