

Dr. Page brings minimally invasive spinal surgery to you

Lumbar spinal stenosis (LSS) is the most common reason for back surgery in people over the age of 50 in the United States.

More than 2 million people see their doctors for symptoms related to spinal stenosis each year.

As our spines age often-times the opening for the nerves in the lower back becomes narrowed or stenotic.

This leaves little room for the nerves, which then do not receive enough blood supply to send proper messages to the muscles of the buttocks and legs.

This causes them to cramp, burn, ache and tire out the longer a person stands or the further that they walk.

They then must sit and rest before going on. Many have to lean on the grocery cart while shopping. Some people are even seen to carry camp stools along with them so they can rest periodically. Some cannot stand long enough to brush their teeth!

This phenomenon of the legs becoming symptomatic with standing or walking is called neurogenic claudication.

When symptoms first begin, your doctor usually recommends anti-inflammatories, injections, physical therapy and lifestyle modification.

When these all fail to provide you with relief, a surgical referral is made. Traditionally, when your doctor sends you to a surgeon, the recommendation has been to do a fairly extensive back surgery to take the pressure off the nerves. Kind of a "rotorooter" approach. Sometimes even a more involved

You are ready to walk shortly after the lumbar spine procedure and are able to go home the following morning.

back fusion is recommended.

Today another alternative is available for patients with lumbar spinal stenosis at one or two levels, minimal mal-alignment and scoliosis and, whose symptoms are better when leaning forward or sitting down.

The minimally invasive technique is the placement of a device between the spinous processes (those bones you can feel on your back), which prevents the extension of the spine, which compresses the nerves and causes the symptoms.

This then allows enough space for them to function normally and allows you to stand longer and walk further.

The procedure is done under local anesthesia while you are lying on your side.

The surgeon uses X-ray guidance to place the device and it takes roughly one hour. It is quite safe as the device is not near any of the nerves, and complications have been very few.

You are ready to walk shortly after the procedure and to go home the following morning! The device is called "X-STOP."

Put a stop to your pain!

Dr. Page is located at 1950 Rosaline Ave., Suite B in Redding and can be reached at 246-2207.

What is the X STOP®?

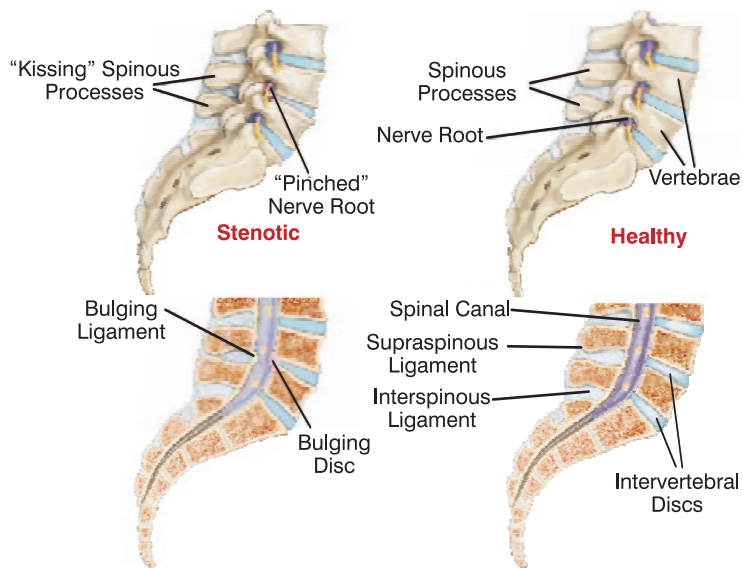


The X STOP is a titanium metal implant designed to fit between the spinous processes of the vertebrae in your lower back. It is designed to remain safely and permanently in place without attaching to the bone or ligaments in your back.

The oval spacer fits between the spinous processes and the wings are designed to prevent the implant from moving.

Warning: The X STOP implant is manufactured from a titanium alloy of metal. Please inform your doctor if you think you are allergic to titanium or titanium alloy.

Caution: The X STOP is manufactured from a titanium alloy which is known to produce artifacts if you undergo an MRI exam. If you have an MRI exam, after you have had X STOP surgery, inform your doctor that you have the X STOP. Failure to inform your doctor may affect the quality of diagnostic information obtained from these scans. The X STOP is MRI safe.



**NORTH VALLEY
NEUROSURGERY**

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