

## **NEW SCOLIOSIS PROCEDURE HELPS FORMER KINDERGARTEN TEACHER DREAM OF HEADING BACK TO SCHOOL**

### **Forced to Retire because of Severe Pain Caused by Scoliosis, Local Woman Hopes to Teach Again**

**EXPERT:** Dr. John Regan, orthopedic spine surgeon in Beverly Hills is one of only three surgeons using this technique in Los Angeles.

#### **WHAT IS DLIF?**

The scoliosis procedure uses a new surgical technique for scoliosis called Direct Lateral Interbody Fusion (DLIF). It is a safe, minimally invasive, direct lateral approach to spine surgery. Dr. Regan says the new technique provides safer access to the surgery area while minimizing the disruption of soft tissue which normally occurs during most open surgeries. **The incision to perform the scoliosis repair will only be about a half inch as compared to having to make an incision from the thoracic area to the tailbone.**

**BENEFITS:** The primary benefits are a reduction in scar tissue, a decrease in surgery time and blood loss.

According to DLIF clinical research material, the primary difference of approach is the area of entrance into the body cavity. In previous years, surgeons performing spine procedures entered the body from the anterior (front) and/or posterior (back) region - creating a higher level of concern for internal organs, blood loss, and large incisions. By using this new approach, the physician enters the body through the abdominal muscles on the side of the patient which decreases many of the previous surgical concerns.

Other positive aspects of the DLIF approach is the increased access to the patient's higher lumbar region and the improved visualization of the patient's disc space. **For the scoliosis procedure, Dr. Regan will then insert small spacers to correct the problem as opposed to screws and rods.**

**\*Recovery is on average 3-4 weeks as opposed to 3-6 months.\***

**PATIENT:** Susan Messmer, 57, of Camarillo, CA was a kindergarten teacher until she was forced to retire because of severe back pain caused by scoliosis. In 2001, she was diagnosed with Non-Hodgkin's lymphoma and then fibromyalgia which caused severe joint and muscle pain. She has experienced severe back pain for 3-4 years and has tried rehab, acupuncture and countless painkillers. She had undergone the procedure in July and is doing extremely well.

Please let me know if you are interested in pursuing.

Best,  
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