

Get Your Life Back

Consulting a surgeon for back pain doesn't always mean surgery. One spinal center looks to the most conservative, effective treatment options to return their patients to healthy, active lives.

TRINITY SPINE CENTER

VICTOR M. HAYES, MD
FARHAN N. SIDDIQI, MD

“I was in misery for two years,” Kenneth “Kenny” Hudson confides. “I went to a number of doctors: chiropractors, pain management. They’d just pop me pills, and that was all they really did.”

Kenny explains that even with medication, his back pain had effectively debilitated him.

“I do construction. I do a lot of the underground utilities like storm lines, water lines, so I’m constantly bending and moving a lot of weight around. But, I’d step the wrong way and my back would go out. Sometimes, my back was hurting so bad, I’d be crawling out on my hands and knees.

“I would be out of work for *days* because I just couldn’t move. I couldn’t really do much of anything. I had numbness in the leg and pinching nerve pain—it was rough,” he acknowledges.

Kenny explains that he went to his primary care physician hoping for a better option, and that’s when he was referred to Trinity Spine Center and the expertise of Drs. Victor Hayes and Farhan Siddiqi, both board-certified orthopedic surgeons who are double fellowship-trained spine specialists.

“I was skeptical at first,” Kenny recalls, “but I made the appointment with an open mind and, when my wife and I met Dr. Hayes and his staff, we were very impressed. After my evaluation, Dr. Hayes told me, *I’m going to help you. I’m not here just to give you pills.* He said that he was confident he could relieve my pain with a minimally invasive surgery.”

Conservative approach first

“I am a surgeon,” says Dr. Hayes, “but that doesn’t mean that surgery is always the best answer. Both Dr. Siddiqi and I are double fellowship-trained spine specialists, experienced in a comprehensive range of treatments. We see surgery as a last option.

“At Trinity Spine Center, we want to solve the problem for you with the most minimally invasive treatment possible to get you back to your normal life,” notes Dr. Hayes. “We use the most conservative treatment modalities where appropriate, but it’s important for people who suffer from back pain to get a surgical opinion.

“Patients need to understand all of their options so that they do not suffer for a long time or become too reliant on potentially addictive pain medications.”

Dr. Hayes notes that many patients with back problems are tempted to treat only the pain. He is careful to point out that medication is not always the best solution and can even make a back problem worse

by masking the degenerating condition.

For Kenny, Dr. Hayes asserts, where drugs and other therapies had failed, a minimally invasive procedure turned out to be the very best approach to relieving his back pain.

“Unfortunately, Kenny had spent a lot of time on treatments that were not effective,” Dr. Hayes explains. “I recommended endoscopic rhizotomy as a means of controlling his pain and restoring normal function as quickly as possible.”

Rhizotomy is a state-of-the-art laser surgery that deadens the sensory nerves that carry pain signals, creating a physical barrier for their transmission. The procedure is performed endoscopically through three 3/4-inch incisions that require no stitches, leaving the patient with virtually no scarring and greatly reduced recovery time.

“Stitchless endoscopic rhizotomy—like all of our procedures—is performed under twilight sedation, not general anesthesia,” Dr. Hayes informs. “This allows us to significantly reduce the risk associated with anesthesia, particularly for older patients, yet the patient remains comfortable throughout the procedure.

“Dr. Siddiqi and I attend all procedures together,” Dr.

Hayes adds, “so our patients have two surgeons involved in their care. We have the same specialized training and have been working together since medical school. That kind of camaraderie and cooperative expertise is something few other practices can offer.”

“A blessing”

Kenny confirms that the endoscopic rhizotomy, performed as an outpatient procedure, was a simple operation that had him back to work and pain free within a few days.

“For Kenny, it’s not like he was returning to a quiet, retired life,” Dr. Hayes asserts. “He went back to a very demanding job that puts a lot of stress on his back. That he is working and still doing great almost two years after the treatment says a lot.”

Kenny agrees that the treatment has been nothing short of a miracle, and he regularly recommends Trinity Spine Center to his friends and coworkers.



Kenneth “Kenny” Hudson says that treatment at Trinity Spine Center was nothing short of a “miracle” for his debilitating back pain. The endoscopic rhizotomy, performed as an outpatient procedure, left him with very little scarring and a whole new life to enjoy, “especially with a newborn on the way!”

“I had it done almost two years ago,” Kenny observes, “and as of today, I have no back pain. For me, that is a miracle. Dr. Hayes and his staff have been a blessing in my and my wife’s life. We can now enjoy our life together more than ever before.”

And, says Kenny, there’s a lot of life to enjoy: he and his wife are expecting a little girl before the end of the year.

“I’m great! I love it—especially with a newborn on the way,” emphasizes Kenny. “Before, there’d be no way I was going to be able keep up with a kid, but I’ll be able to keep up with her now!” *FHCN—Kris Kline and Raechelle L. Wilson*

Don’t let pain control your life ...

Dr. Siddiqi and Dr. Hayes are spine specialists trained in the most advanced reconstructive and minimally invasive techniques available today. The goal of Trinity Spine Center is to reserve major reconstructive spinal surgery as a last option and strive to improve patients’ lives with the least amount of surgery possible. For more information, please call **(727) 372-9922** for the office located at **8849 Hawbuck St.** in Trinity. Trinity Spine Center will be opening a new state-of-the-art facility in early 2009.

For more information on
Trinity Spine Center,
please visit

www.trinity-spine.com



Victor M. Hayes, MD, is a board-certified orthopedic surgeon and is fellowship-trained in both endoscopic spinal surgery and reconstructive spinal surgery. Dr. Hayes received his medical degree from Cornell University Medical College and completed his internship and residency at Long Island Jewish Medical Center. Dr. Hayes is a member of the North American Spine Society, the American Academy of Orthopaedic Surgeons, and the American Board of Orthopaedic Surgeons.



Farhan N. Siddiqi, MD, is a board-certified orthopedic surgeon and is fellowship-trained in both endoscopic spinal surgery and reconstructive spinal surgery. Dr. Siddiqi holds an MS in Biochemistry from the University of Rochester and received his medical degree from Cornell University Medical College. He completed his internship and residency at Long Island Jewish Medical Center and is a member of the North American Spine Society, the American Association of Neurological Surgeons, the American Academy of Orthopaedic Surgeons, and the American Board of Orthopaedic Surgeons.