

Just Say YESS

This minimally invasive procedure uses natural openings in the spine, and offers an effective alternative to open back surgery.

TRINITY SPINE CENTER

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

“I’ve been having some chronic lower back pain for a number of years,” says Randy “James” Campbell. “I’m forty-two now, and my back first started going out in my mid twenties. But, it would pass and then I could go many months without a recurrence. In the last six or seven years, I began to seek chiropractic care, which gave me some relief, but it was always still there.”

James says that, eventually, the pain was so severe he could not engage in even simple family outings, or play with his toddler.

“Last year, I got an MRI and had taken that to another orthopedic surgeon,” James recalls. “He had done a couple of procedures on my shoulders and an arthroscopic procedure on my knee, and when he went over my MRI report, he referred me to Dr. Hayes.”

Victor Hayes, MD, along with his partner, Farhan Siddiqi, MD, is a board-certified spine surgeon with Trinity Spine Center.

“My doctor told me that Dr. Hayes had some of the more leading-edge procedures,” James continues, “and that he might be able to address this without some of the drawbacks of traditional back surgery.”

After consultation, Dr. Hayes confirmed that James had a very large herniation in his lower back, and began to discuss his options. Dr. Hayes suggested that James would be a good candidate for a sophisticated, minimally invasive procedure.

“Dr. Hayes was thorough in answering my questions and concerns,” says James. “He wanted me to be well-informed.”

After hearing about the procedure, James was eager to give it a try.

“I was at the point where I just really wanted some relief, and this procedure offered a very quick recovery.”

Unique advantage

“Both Dr. Siddiqi and I are double fellowship-trained spine specialists experienced in a comprehensive range of treatments,” says Dr. Hayes. “At Trinity Spine Center, we want to heal patients with the least

invasive treatment possible.

“My partner and I perform what is known as the Yeung Endoscopic Spinal Surgery, or the YESS procedure, which is a laser-assisted endoscopic discectomy,” says Dr. Siddiqi.

“When you do a regular microdiscectomy, or a traditional open spinal surgery, you have to approach the spine, strip the muscles off of the spine, and resect bone,” Dr. Hayes explains. “With this procedure, there’s a small nick in the skin, and that’s it; there’s minimal to no disruption to the patient’s anatomy. There is no cutting of the muscles or bone, and we enter the spine through a natural opening between two nerves. Afterward, there are no stitches.”

Dr. Hayes explains that YESS was developed initially by Dr. Tony Young. Drs Siddiqi and Hayes are two of only three fellows who have trained exclusively with Dr. Young on this procedure.

“There aren’t very many doctors who are fellowship-trained for this,” he adds. “You want to go to a surgeon who is experienced in order to have the best outcome. Our experience also allows us to make a better determination about which patients are right for this procedure.”

Dr. Hayes notes that younger patients make great candidates for YESS because the procedure causes no disruption in the tissues and bone that would be compounded as the patient aged. Elderly patients are also recommended for YESS because the procedure is performed under twilight sedation rather than general anesthesia.

“When it is appropriate, this is a great option for our patients,” Dr. Siddiqi confirms. “There is virtually no scarring, and recovery time is far less than with a large, open surgery. Patients get back to their lives sooner and with much less pain.”

“Complete success”

James says that after his YESS procedure, he was back to work in about three weeks.

“For me, it was a complete success,”



“I wouldn’t hesitate to recommend Dr. Hayes, and I’ve done so,” says Randy “James” Campbell. “He’s given me a great deal of relief.”

FHCN PHOTO BY BOBBY BAISDEN

James enthuses. “I’m basically pain free all of the time now. I’m able to lie on the floor and roll around and play with my two-year-old. I never hesitate to do family activities. I know I’ll be able to do it without pain.”

James says he is particularly grateful to Trinity Spine Center, noting that his experience with Dr. Hayes was exceptional from the first meeting.

“I clicked personally with Dr. Hayes,

and I thought he was really open. He didn’t try to sugar-coat anything, and I liked his confidence. I wouldn’t hesitate to recommend him, and I’ve done so. He’s given me a great deal of relief, and I’d like people to know that you don’t have to be in pain; there is an alternative.

“I wish that I had been referred to Dr. Hayes five or six years ago,” offers James. “It would have saved me a lot of pain.”

FHCN—Raechelle L. Wilson

For more information on Trinity Spine Center, please visit

www.trinity-spine.com.



Victor M. Hayes, MD, is a board-certified spine 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 spine 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.

More knowledge, more care

“It’s important for people who suffer from back pain to get a specialist’s opinion,” Dr. Hayes stresses. “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. Siddiqi concurs, noting 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 a degenerating condition.

“When someone is in pain, typically what they will change is the way that they live,” says Dr. Hayes. “Well, that’s not the answer; the answer is to get help when

that happens. You shouldn’t lose hope,” he continues. “If you go to a surgeon and he says there’s nothing that can be done, that’s not necessarily true. We treat quite a few people whom other surgeons have told that there’s nothing they can do. We have a lot of different techniques and procedures, from complex spinal reconstruction to advanced minimally invasive procedures.

“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.”

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 new, state-of-the-art office located at **2040 Short Ave., Suite 100**, in Trinity.