

Minimally Invasive Surgery Helps Patients Recover Faster, Maintain Function after Ruptured Disc

Do you suffer from serious neck or radiating arm pain? Every move you make hurts... a lot. Every day. Every minute. A common cause can be a herniated or ruptured disc in the neck.

Minimally invasive neurosurgery at Methodist Medical Center can help many of the patients who have a ruptured disc in their neck. These advanced techniques reduce the time patients are under anesthesia, as well as length of their hospital stay. Patients are also benefiting from new cutting-edge techniques designed to relieve symptoms of pain and numbness, while maintaining function. One such technique is cervical disc replacement.

Cervical disc replacement is a procedure that,



in the right candidate, can replace cervical fusion, explained Dr. Lawrence Maccree, a board-certified neurosurgeon on staff at Methodist Medical Center. Some advantages of cervical disc re-

placement are a quicker return to normal activity and a reduced chance of adjacent level disease.

The documented return to work in high activity jobs, such as active military, looks to be nearly

half the time of cervical fusion, noted Dr. Maccree.

The criteria for having cervical disc replacement are similar to the criteria for having cervical fusion, with a few differ-



Dr. Lawrence Maccree

ences. Both procedures benefit patients with intolerable neck pain and pain radiating down into arms, he explained. Numbness and weakness may accompany these symptoms in both sets of patients.

Non-surgical therapies should be exhausted before either procedure is performed, Dr. Maccree added. These techniques

are not indicated in patients with multilevel disease, instability and pathology that involve the spinal cord.

“The nice thing is that both fusion and total disc replacement have very high success rates with excellent outcomes in patients with cervical spine disease,” he noted. “It is good to have a fall back procedure that has nearly the same successful outcomes as your preferred procedure.”

Dr. Maccree sees patients referred by a physician for treatment of conditions involving the spinal cord, brain and nervous system. For more information about neurosurgery services at Methodist Medical Center, visit www.mmcoakridge.com/neurosurgery.

Create a Healthy Sleep Environment

With the correct sleep environment comes the chance of a more serene and restful night's sleep.

The National Sleep Foundation offers these suggestions toward creating the correct sleep environment:

- Use earplugs to muffle disturbing sounds. Or use a device that emits "white" noise to mask outside sounds.

- Keep your room cool. Don't wear heavy sleepwear if you tend to get too warm.

- Keep your room dark, but make sure you are exposed to plenty of bright light or sunlight during the day.

- Make sure your bed is big enough to promote comfortable sleep, and that your mattress, pillows and blankets are comfortable.

- If your partner snores or has disrupted sleep, devise an arrangement to make sure you both get the sleep you need.

Is Your Sleep Suffering?

Call (865) 835-3810 to set up an appointment with this area's experts in sleep health.



When you let stress go to your head

Do you suffer from tension headaches? Tension headaches are the most common type of headache, with as many as 90 percent of adults experiencing them at some point in their lives. While we don't know the definite cause, these headaches may occur because of contracting muscles on the skull.

Symptoms include a dull pain and sensation of tightness or pressure across the forehead, on the sides or back of the head, or tenderness in the scalp. The pain may last from 30 minutes to several days and may be triggered by stress, anxiety, poor posture or clenching of your jaws. Tension headaches occur



more often in women than men and tend to peak during a person's 40s. If you have tension headaches that disrupt your life, see a doctor because they may indicate a more serious medical problem.

Headache Tip: Keep a headache diary. Use the

diary to track your headaches in an organized way by including the date/time, length, severity, symptoms, and triggers. Make note of what medication you took and how effective it was at alleviating the symptoms. Take the diary to all your doctor appointments.



WELCOMES



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Covenant Health and Methodist Medical Center of Oak Ridge are proud to welcome Dr. Carlos Montes to Parkway Cardiology Associates. Dr. Montes is a member of the medical staff at Methodist Medical Center. He is Board Certified in Cardiovascular Disease and Internal Medicine. Dr. Montes is accepting new patients.



www.mmcoakridge.com

www.covenanthealth.com

A New Start for Your Heart



After a heart attack or cardiac procedure, the work of rebuilding strength and living a healthier life begins.

Cardiac rehabilitation starts during recovery in the hospital and might simply entail walking the hall outside your room. After returning home, your cardiologist may recommend you continue your recovery by participating in the cardiac rehab program at Methodist Medical Center.

The cardiac rehab program provides a roadmap for heart health by addressing each pa-

tient's unique risk factors through monitored exercise, a smoking cessation program, and classes covering topics, such as healthful eating and medication management. A medical evaluation at the beginning of the program confirms each patient's candidacy and helps the rehab team identify which aspects of heart health he or she must improve.

“The team creates individualized aerobic exercise plans, and exercise trainers supervise patients during workouts at our cardiac rehab center,” says Kev-

in Montooth, BS, exercise trainer with Methodist's cardiac rehab program. “Activities, such as stationary cycling and walking on a treadmill, help patients boost their heart rates to safe levels, so they can improve cardiac function and enhance endurance.”

With a healthy dose of dedication, your first day of cardiac rehab could mark the beginning of a heart-healthier future—good news for you and everyone who loves you. To learn more about the cardiac rehab program at Methodist, call (865) 835-5235.