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# Do You Really Need Back Surgery?: A Surgeon's Guide To Neck And Back Pain And How To Choose Your Treatment



## Synopsis

For the half million people who undergo back surgery each year, and the additional million who are seriously contemplating it, *Do You Really Need Back Surgery?* is a godsend--an informed, reliable guide to when you should consider surgery and when you should not. Written by an internationally recognized expert in nerve and spinal surgery, this highly readable guide covers everything back patients need to know to make informed decisions about their treatment. Featuring 115 illustrations, the book discusses the details of spinal anatomy; the difference between acute, chronic, and recurring pain; shows how to keep the spine healthy; and explains such terms as spurs, stenosis, and slippage. It reveals what clues your physician uses to predict whether a given type of pain is likely to go away with rest and exercise, or may become an emergency. Dr. Filler discusses the risks of surgery, the decisions you may be faced with and what options you have, and your expectations for recovery. He provides detailed explanations of the wide array of spinal injections and surgeries, including discectomies and fusions, as well as innovative procedures such as electrothermic and laser techniques and artificial disks. He explains the various medical imaging and diagnostic tests available and even covers the complexities of health insurance. The new and extensively revised Second Edition now covers dozens of advanced techniques in spinal diagnostics and treatment as well as advances in new pain medications and new surgeries that minimize recovery time and achieve better outcomes. A new section on the benefits and risks of a wide array of herbal medicines has been added. Finally, the book features two entirely new chapters that describe a series of different nerve entrapment syndromes that can cause headache, neck, shoulder, and arm pain as well as causing buttock and leg pain--but are not caused by spine problems.

## Book Information

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## Customer Reviews

"This is the first book that bridges the gap between a surgical textbook and an elementary lay book. Dr. Filler clearly describes the nature of back pain and treatment in a fashion that is sufficiently detailed yet reasonably concise to address these important issues. He takes out the mystery and writes in an engaging readable style."--Joshua P. Prager, David Geffen School of Medicine, UCLA

"Dr. Filler's text takes you from injury, through understanding and decision-making, to treatment and recovery for most common problems with the spine. In addition to giving you important knowledge about your back, it also will provide an equally important 'peace of mind.'"--Richard Fessler, University of Chicago

"Dr. Filler demonstrates the skills of a gifted communicator by carefully refining details into a succinct and relevant script."--James Byrne, University of Oxford

"This excellent book should have wide appeal to a range of medical professionals and to patients.... The book succeeds in its aim 'to fill a major void by providing a comprehensive and authoritative reference source to patients facing spinal surgery.' It can be recommended with confidence."--South African Medical Journal

Aaron G. Filler, MD, PhD is one of the world's leading authorities on nerve and spinal surgery. He is Medical Director of both the Institute for Nerve Medicine and the Center for Advanced Spinal Neurosurgery, and is an Associate of the Institute for Spinal Disorders, at Cedars Sinai Medical Center, in Los Angeles, California.

I applaud the author for writing this book, as he is right, there are no good, in-depth resources for the everyday person to really research surgery options. The book is perfectly written - smart, simple, to the point, and not at all condescending. It is really a great learning resource for anyone with back issues. However, my only complaint is that while this book covered many spinal conditions, it did not cover degenerative disc disease, which is a quite common ailment within the spine (and happens to be my condition). I also would have appreciated more stories about specific patients and in additions to statistics about success of various surgeries (such as fusion), his opinion and experience based on performing this work everyday in terms of outcomes for those trying to make a decision about surgery. Thank you for this book, I do think it is important and would recommend it,

and I would definitely buy a book this author would write about DDD, as I could really use a resource like this more specifically geared to my condition.

The best book or detailed pdf I've been able to find. Loaned to a physician who agreed. The only reason for not rating as five stars is lack of a more current edition.

An outstanding book: clearly written, logically arranged, and better illustrations than anything I could find online. And, although written for patients by a spine neurosurgeon (an M.D., Ph.D., J.D. no less), it does not patronize. Technical terms are italicized, making it easy to look up definitions where desired. The author is also refreshingly candid about controversies in the development and promotion of medical devices. I wish there were books like this for every field of medicine! It was really a godsend to understanding both my own condition, and some puzzling aspects of the way other back doctors behaved.

This book proved to me I really do need the surgery. Far better explanations than all four of the doctors I've seen. I just hope the 5th one will help me out. The book is very easy to understand for the layman/patient. It has helped me to ask questions of my new doctor, as well as lots of very clear graphics to help with my understanding. Everything is covered from the descriptions of the injuries to treatment, medication and the surgeries themselves. This is an dated version from the edition I borrowed from the library and it has been so very helpful.

I liked this book because it provides much more information that I have received from Doctors that I am seeing for back, or neck problems. I am now more informed to help make the choice for surgery, or not, and I am aware of the consequences of prolonging surgery. Most Doctors don't even inform you of that. Time is of the essence. Especially if you have a neck spinal cord compression.

If you are contemplating any type of back surgery or if you are recuperating and have any questions, this is the book for you. Well written, informative, and answers all the questions that you wished you had thought to ask your surgeon. Even if you've already had surgery, you will be glad that you bought this book. There are few books out there on back surgery that are written for the non-professional or that cover all the different types of procedures as well as complications. Best book on back surgery on the market!

Very informative and I am thankful to have learned of this book.

outstanding

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