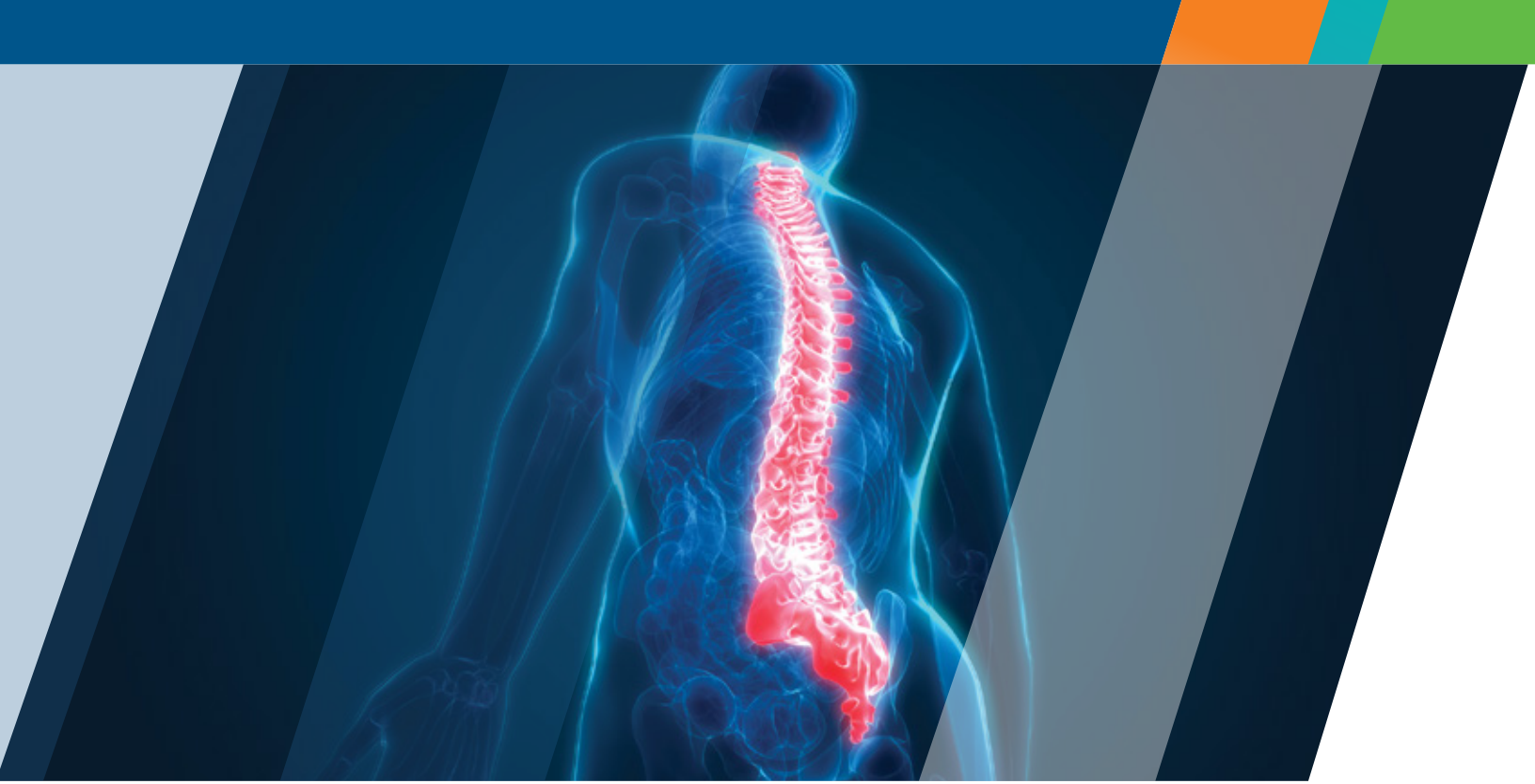




TAKE BACK YOUR LIFE FROM SPINE PROBLEMS

A Decision-making Guide to Help You
Achieve Your Best Quality of Life



If you are experiencing chronic pain or other symptoms in your back, neck or leg, it may be time to seek help. But what are your first steps to take back your life?

This “Decision-making Guide” offers four sections of information to help you achieve your best quality of life.



Steps Toward a Pain-free Life

1

A General Questionnaire

about your symptoms and how they affect your daily life.

2

A Symptom Diary

to record important information to prepare for a conversation with your doctor or specialist.

3

A Treatment Overview

outlining some of the symptom relief options your doctor may suggest.

4

Physician Resources

listing the orthopedic spine surgeons, neurosurgeons and pain medicine specialists affiliated with Holy Cross Germantown Hospital and Holy Cross Hospital.



We believe you will find this decision-making guide helpful in moving your life ahead.



1 SEEKING HELP: When is it time?

A Questionnaire About Back and Neck Pain & Your Lifestyle

Take a moment to reflect on your answers to the following questions about your symptoms. Pain and other symptoms can stem from a number of spine-related issues. If you answer “Yes” to any of the questions below, it may be time to talk with your doctor or a specialist to learn more about the options for leading a more comfortable, active lifestyle.

- 1) Are you unable to sleep or function normally because of back pain that’s lasted more than a week or two; chronic neck pain; or radiating pain, numbness or weakness down your leg?
- 2) Have you tried medications, but they are no longer working to ease your discomfort?
- 3) Are symptoms like chronic pain, numbness or weakness keeping you from doing basic things that you enjoy, such as traveling, gardening, shopping or visiting friends and family?
- 4) Are symptoms like chronic pain, numbness or weakness keeping you from performing life’s simple tasks, such as getting into and out of a chair or going up or down stairs?
- 5) Have you noticed a change in your bladder or bowel habits?
- 6) Are you curious about the latest non-surgical and surgical options for treating back and neck problems?

 **Notes:**





2

Preparing to Talk with Your Doctor

Your Personal Symptom Diary

If you are ready to talk with your doctor or a specialist, this diary will help you prepare for that appointment. The list below provides some guidelines for recording details about your symptoms. There is also space for you to record your own specific questions or notes. You may want to take this diary with you to the doctor's office as a reminder.

- 1) The location of my pain, numbness/tingling or weakness is in my: _____
- 2) The severity of my pain, numbness/tingling or weakness on a scale of 1 to 10 is (with 1 being the least amount and 10 being extreme): _____
- 3) I experience my pain, numbness/tingling or weakness when: _____
- 4) My pain first started (when)?: _____
- 5) My symptoms last (how long?): _____
- 6) My symptoms affect my ability to: _____
- 7) I have tried the following medications, supplements, therapies and/or treatments for my symptoms: _____

- 8) My greatest concern about my symptoms is: _____

- 9) I am most interested in learning more about the following treatment options:
(See the list of options provided on page 6 this brochure.)





3 What are Your Treatment Options?

Regain Control of Your Life.

When it comes to back and neck problems, there are many options to consider to help you minimize pain, increase function, restore strength and improve your quality of life. Pain management and treatment approaches can depend upon the cause or severity of your discomfort and your desired outcome. Your specialist will work closely with you to determine the treatment plan that will be most effective and appropriate for you.

Treatment Options for Spine Problems

- Back exercises
- Physical therapy
- Medications (prescription, non-prescription or supplements)
- Injections
- Alternative therapy (such as acupuncture)
- Spine surgery

Several spine specialists are affiliated with Holy Cross Germantown Hospital and Holy Cross Hospital and care for patients with back and neck problems.

To learn more about our high-quality spine care, visit HolyCrossHealth.org/spine.

 **Notes:**



4

Our Spine Specialists

Holy Cross Health's spine program includes orthopedic spine surgeons, neurosurgeons and pain medicine specialists who work together to diagnose and treat conditions through a personalized plan for each patient. Our expert surgeons perform hundreds of spine procedures each year, including minimally invasive surgery using the most advanced technology.

For physician contact information, click on a name below, call **301-754-8800** or visit **HolyCrossHealth.org**.

Holy Cross Hospital Orthopedic Spine Surgeons

Philip Schneider, MD, Medical Director,
Spine Center, Holy Cross Hospital

David Gwinn, MD

David Perim, MD

Hajeer Sabet, MD

Holy Cross Hospital Neurosurgeons

Zachary Levine, MD, Medical Director,
Neurosurgery, Holy Cross Health

Amin Amini, MD

Mary Cobb, MD

Fraser Henderson, MD

David Herzig, MD

Walter Jean, MD

Nathan Moskowitz, MD

Jay Rhee, MD

Robert Rosenbaum, MD

Michael Rosner, MD

Jonathan Sherman, MD

Donald Shields, MD

Dimitri Sigounas, MD

Holy Cross Hospital Pain Medicine Specialists

Mary Theresa Chasko, MD

Talal Ghazal, MD

John Huffman, MD

Kaiser Permanente members should consult with their plan regarding affiliated spine specialists and their hospital participation.

Holy Cross Germantown Hospital Orthopedic Spine Surgeons

David Gwinn, MD

Sanjog Mathur, MD

David Perim, MD

Navinder Sethi, MD

Holy Cross Germantown Hospital Neurosurgeons

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David Herzig, MD

Jay Rhee, MD

Robert Rosenbaum, MD

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Holy Cross Germantown Hospital Pain Medicine Specialists

Akil Benjamin, DO

Nicholas Tannous, MD

Listing accurate as of March 1, 2019, and subject to change. Visit **HolyCrossHealth.org** or call **301-754-8800** for an up-to-date listing.

