

# *“The pain is gone!”*

*Rosanne Shepler*

A large cyst was pressing on a nerve in Rosanne’s spine. Jogging and walking were painful, and then just lying down hurt. Sleeping was becoming a dim memory. The first surgeon she called said she needed back fusion. But major back surgery seemed extreme for a cyst. She then called a physician friend who also recommended the back fusion.

Still afraid, Rosanne dug in her heels. The physician friend then referred her to a minimally invasive spine surgeon at MedStar Georgetown University Hospital, who determined she was a perfect candidate for MISS. “I am so happy I got a second opinion. My surgeon was so kind and patient. He answered all my questions.” After the procedure, “the pain was gone!” A psychotherapist, Rosanne was back on the job within a week, and today is doing 50-minute step aerobic workouts.

For a long time, Rosanne thought back fusion was the “gold standard” for treating disc slippage. But not anymore. Rosanne puts it this way: “If you have a hammer, everything can look like a nail. I had a cyst, not a disc issue.” MISS provides a new and often better option to spine fusion. Patients need to talk with a qualified MISS specialist to see if this innovative approach is the right choice for them.

