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LSI Headlines

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LSI receives award from the Gridiron Greats



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Ask The Doctor

Q: What is "pain management" and what part does it play in your approach to treatment?

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Staying Heart-Healthy

Think of your heart this month – not only for Valentine's Day but American Heart Month as well.

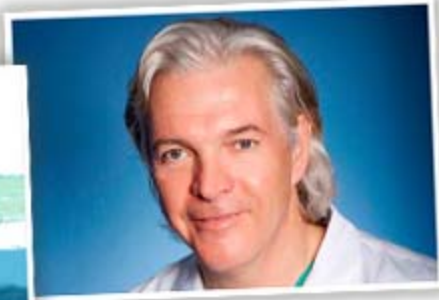
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Laser Spine Institute Honored at Gridiron Greats Night of Champions

Once again, the state of Florida hosted the Super Bowl, this year in Miami. To celebrate, Laser Spine Institute sponsored the Gridiron Greats Night of Champions, a charitable event hosted by Mike Ditka with Jamie Foxx on Feb. 5th in South Beach.



Friday evening, Gridiron Greats honored LSI as Medical Partner of the Year. LSI Medical Director Dr. Michael Perry and CEO Bill Horne accepted this recognition at the recent event. As one of the largest medical donors to the Gridiron Greats Assistance Fund, Laser Spine Institute provides minimally invasive, laser-assisted spine surgeries to qualifying former players who suffer from chronic back and neck pain as a result of injuries sustained during their playing days.

Gridiron Greats recipient and retired Minnesota Vikings player Jim Marshall insists that LSI's spinal procedure "completely changed the quality of my life. I no longer live in constant pain and have regained my mobility and freedom. I cannot express my gratitude enough."

The Gridiron Greats Assistance Fund (GGAF) non-profit organization provides financial assistance and coordinates social services to retired NFL players in crisis. Many of these players lack funds, disability coverage or pension benefits. The organization is headed by a star line-up of notable personalities, including Mike Ditka and Jimmy Johnson, and supported by more than 150 retired NFL players and coaches.

Gridiron Greats Assistance Fund

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Gridiron Great – Edwin Beckman

Ed Beckman played football for as long as he could remember. From elementary school through college at Florida State University, followed by an 8 year career with the Kansas City Chiefs, the Florida-born tight end had put over 20 years of wear and tear on his body. "When I was younger I could deal better with the pain, but as you age the body deteriorates. The pain worsened each year after I retired from the NFL. It got to where my legs would get numb and I would start falling down."



Prior to coming to Laser Spine Institute, Mr. Beckman had multiple surgeries to address his football injuries; 2 on his shoulder, 4 on his knee and one toe surgery. In 2006, he also underwent a 3-level laminectomy on his lower back which gave him only two and a half years of relief. His next step would be a fusion, but due to other health problems, he postponed this invasive surgery.

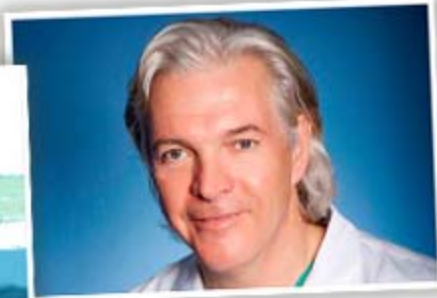
"That was when we [Ed and his wife, Kim] came across an LSI seminar on back pain in our local newspaper," stated Ed. "We decided to attend to see if this would be the answer for my back pain. We were able to meet with a Patient Coordinator at the seminar, and she pointed us in the direction of the Gridiron Greats Assistance Fund."

Ed had his cervical surgery with LSI in July of 2009. In January of 2010, Ed underwent surgery on his lower back at LSI in lieu of a fusion. He continues to do well after his

procedures. "I would like to thank everyone at LSI. Both surgeries made a big difference in my life. First-class all the way!" Ed's wife Kim states, "We always rely on God. He directed us here."

[Ed's story and other patient testimonials](#)

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Ask The Doctor

Q: What is "pain management" and what part does it play in your approach to treatment?

A: Pain management is a widely used term in the medical field. It describes a "medically oriented" approach to patient care with background in physical medicine, orthopedics, rehabilitation, neurology and anesthesia.



In practice, however, there are significant variations in the approaches taken. The technique is influenced by the type of condition being treated, and the philosophy and training of the practitioner.

At Laser Spine Institute, we employ a multi-modal philosophy to the evaluation and surgical treatment of painful spinal conditions. This describes an approach using all available advances to minimize the effects of painful conditions, including education, exercise, physical therapy, medications, interventional procedures and surgery.

First and foremost, successful management of pain is contingent upon understanding the cause. Therefore, the initial encounter with a pain specialist should be the most involved step in developing a management plan. Careful assessment of the patient may reveal that the primary source of pain is localized to a particular body part with an identifiable injury or disease. When considering a painful spine, careful evaluation of a patient by an experienced spinal surgeon may reveal a condition, for which, appropriate surgical treatment can reduce or eliminate daily pain.

Secondly, the patient's response to the pain is of paramount importance. Low-grade pain, which does not affect quality of

life, may be easily managed with simple measures, including education, exercise, or physical therapy. Developing an understanding of the reason for pain can ease patients' fear and uncertainty and provide a sense of control over the condition.

PAIN MANAGEMENT APPROACHES

Exercise Regimen - appropriate exercise that is designed to support and protect areas of injury or disease can stimulate an enhanced state of well-being, similar to (and healthier than) some medications.

Medication - should be considered if the level of pain begins to affect quality of life and work, and has failed to respond to more natural measures. A specialist should monitor care to identify any side effects or additional problems which may arise from long-term narcotic usage.

Other Techniques - pain may result from both anatomic and physiologic causes, and they frequently co-exist. Anatomic causes are treated by modifying the anatomy, such as surgically removing a bone spur or herniated disc. Physiologic causes are treated with a medical approach, such as the selective injection of cortisone solutions and epidural steroids. Some patients may require more invasive procedures, such as implantable devices to electrically or pharmacologically modify the body's response to pain.

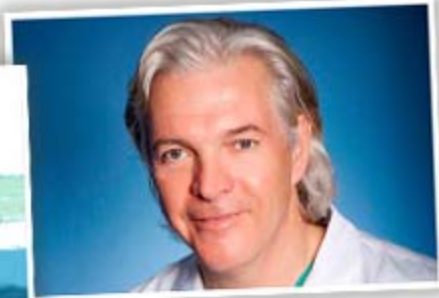
At Laser Spine Institute Tampa, we offer a range of diagnostic testing to identify the causes of chronic back and neck pain. Dr. Robert Gruber and Dr. Monica Vargas utilize procedures such as diagnostic facet injections, selective nerve root blocks, and discograms to determine conditions that require treatment.

[Learn more about Pain Management](#)

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Staying Heart-Healthy

Laser Spine Institute is known throughout the world for relieving chronic back and neck pain. But we're big fans of heart health too.

In fact, many of the benefits associated with heart health can also contribute to overall fitness, including your spine. So, LSI is pleased to join the American Heart Association in celebrating American Heart Month during the month of February.



The Simple 7 Action Plan

The American Heart Association has developed this simple, seven step list to help you live a long, productive healthy life:

1. Get active
2. Eat better
3. Control cholesterol
4. Manage blood pressure
5. Reduce blood sugar
6. Lose weight
7. Stop smoking

You could make a big difference in your life with just some moderate improvements in your health. Start with just one or two of these steps. It's a great way to start feeling better and living better.

[Visit American Heart Association](#)



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