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HEALTHLINE QUARTERLY • AN AWARD-WINNING PUBLICATION AND COMMUNITY CONNECTION

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Scott I. Lee, MD, with Jeanny Chung



Ready to help you

Scott I. Lee, MD, is an orthopedic spine surgeon at the Adventist Health Glendale Spine and Orthopedic Institute. He specializes in both open and minimally invasive techniques to treat neck, back and nerve conditions. To schedule a consultation, call **(818) 863-4444**.

says Dr. Lee. "This is a spinal disorder in which a bone (vertebra) slips forward and out of alignment, causing severe low-back and constant sciatic leg pain. Jeanny was an excellent candidate for a minimally invasive lumbar fusion."

"The quality of my life has greatly improved since my surgery with Dr. Lee," says Jeanny. "I returned home the day after surgery without pain medications! After only two weeks, I was walking around the block and exercising with my son. I threw away the cane that I had been using for almost two years because of my severe pain."

You have options

If you are suffering from a neck, back or nerve pain condition that has failed to respond to non-surgical treatments, minimally invasive spine surgery may be an option for you. Schedule an appointment with your physician to understand which treatment is best for you!

Advanced options for spine surgery

Enjoy relief from pain with a shorter hospital stay and a quicker return to mobility

MINIMALLY INVASIVE spine surgery is an exciting new development that can treat painful neck, back and nerve conditions. You may even know someone who had this surgery and wonder if it will work for you.

We met with orthopedic spine surgeon Scott I. Lee, MD, from the Adventist Health Glendale Spine and Orthopedic Institute to learn more.

"Pain of the neck, back and nerves has traditionally been treated with open surgical techniques," says Dr. Lee. "Unfortunately, these techniques can cause injury to muscles, ligaments and

bones. This can lead to postoperative pain, which can prevent patients from returning to their lifestyle and the things they love to do."

A gentler method

Minimally invasive spine surgery was developed to safely and effectively treat neck, back and nerve conditions while limiting damage to the muscles, ligaments and bones. These techniques are supported by numerous scientific studies.

"The emphasis on preserving tissue with minimally invasive spine surgery is very beneficial for the patient," says

Dr. Lee. "Compared to traditional open surgery, patients often require less pain medication, have shorter hospital stays, experience lower rates of infection, and enjoy a quicker return of function and mobility."

'I threw away the cane'

A great testament to Dr. Lee's care is Jeanny Chung, an 82-year-old woman who was unable to do the things she loved—gardening and being outdoors with her son.

"Jeanny suffered from lumbar spondylolisthesis and nerve compression,"

A high-performing hospital

TO FIND A DOCTOR, VISIT ADVENTISTHEALTHGLENDALE.ORG

