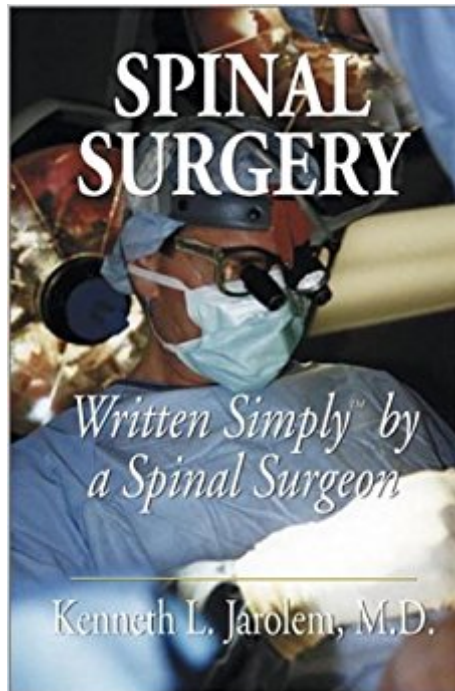




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Spinal Surgery Written Simply By A Spinal Surgeon



Synopsis

Spinal Surgery Written Simply by a Spinal Surgeon explains in simple terms the complicated subject of spinal surgery. Various treatments are described as well as the risks and benefits of surgery. Over one hundred pictures are used to explain spinal anatomy and various spinal disorders. Case examples are also used to illustrate neck, upper and lower back problems, and their surgical treatment.

Book Information

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Customer Reviews

Dr. Jarolem completed a residency in orthopaedic surgery at the Hospital for Joint Diseases in New York City. He then completed fellowship programs in spinal surgery at the Texas Back Institute in Dallas, Texas, and at the Queen's Medical Center in Nottingham, England. He is presently in private practice in Fort Lauderdale, Florida.

PREFACE A recent trip to the dermatologist opened my eyes to what it is like to be a patient. Even being a physician, I waited two hours to see the doctor. When he came in, he apologized for the wait, looked me over in twenty-two seconds, gave me some samples and prescriptions, and vanished. I knew I would get questioned when I got home about my diagnosis, the medicine (when to take it and for how long), and when I was to follow up. Unfortunately, I knew none of these answers. Luckily, the chart was still on the counter, and I was able to read my diagnosis and follow-up information. When I saw the diagnosis, I remembered that he did tell me, but the

information came at me so fast that it didn't sink in. As a physician I was able to decipher the prescription so I knew the medicine that was prescribed. If I didn't have a medical background, I would have been out of luck, and needless to say, embarrassed when I got home. I can only imagine what spinal patients go through. I believe it is important for my patients to understand their problem, as they are usually the ones who make the ultimate decision regarding their care. This means I answer the same questions what seems like five hundred times a day. I rarely dictate the care, rather I provide them with the information to help them make informed decisions. Barring the rare emergency, patients decide on the treatment course from options I present to them. Being asked the same questions over and over again have led me to develop simple explanations in order to get my ideas across quickly. "The disc is like a jelly donut, and a herniation is when the outside of the donut tears, letting the jelly squirt out." I say this over and over again. Often patients thank me for the simple, understandable explanation. I believe that with a baseline of information, your visit to your spinal surgeon will be much more informative. You will be have a better understanding of your problem, and be able to ask more informed questions. Hopefully this will lead to a higher level of satisfaction with the entire experience. Purpose The purpose of this book is to provide a basis for understanding spinal problems and their surgical solutions. The information presented in this book is based upon my personal experience and opinions, and not necessarily on published data. Additionally, this book is meant to allow you to have a more informed discussion with your surgeon, not to interfere with the doctor/patient relationship in any way. This book is meant to be a reference guide and was not written to be read cover to cover. Each section is meant to stand on its own, so there is some repetition between chapters. The Introduction, Anatomy, Basics of Spinal Surgery, Mechanisms of Pain, and the Imaging chapters should be read regardless of the specific problem being referenced. After those chapters are completed, the chapter of specific interest should be read.

I've read the book and had surgery on my back by Dr. Jarolem about 2 weeks ago. I'm ordering extra copies of the book to hand out to friends and family who have back trouble. This book makes a complicated subject easy to understand. Since this book was written, a new procedure has been developed which has made my surgery much less invasive and painful. The recovery so far has been very quick and everyone is amazed! His web site, [...] explains the new procedure and is also very helpful.

the author included many photographs in this book. Most, if not all, of the photos were too small to

see or read the captions. The book would be great for back patients that really want to know what's going to happen during surgery, if only the pictures were large enough to be seen.

My son loved it!

I have been operated on twice on my back, and I wish this book was available years ago. Back surgery is a complicated process and it is difficult for a patient to look at a MRI image that the doctor is looking at, and even with explanations from the doctor, to understand. This book clearly and simply explains all surgical options, the pro's and con's and the risks involved with each. It also describes the likelihood of side effects. It also has sample images from MRI's, CT scans and X rays to show you a picture of the problems, with clear labeling. The key, I think, is that it helps you better understand your problem and to communicate intelligently with the surgeon about your condition. I recommend to anyone who may be considering surgery!

Dr. Jarolem is my surgeon. I read his book and I had my surgery almost 2 weeks ago. He is a wonderful doctor and his book is exactly the way he explains things to his patients. If you or a loved one is contemplating surgery, read the book and if you live in south Florida, use Dr. Jarolem!

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