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Atlantic NeuroSurgical Specialists

Brain, Spine and Neurovascular Surgery

- Neurosurgery
- Cerebrovascular Surgery
- Minimally Invasive Neurosurgery
- Interventional Neuroradiology
- Complex Spine Surgery
- Pediatric Neurosurgery

ENDOVASCULAR SERVICES TREATED:

- Aneurysms
- Vascular Malformations
- Strokes
- Acoustic Neuromas

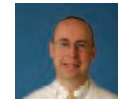
PUBLISHED FOR THE PATIENTS, FRIENDS AND COLLEAGUES OF ATLANTIC NEUROSURGICAL SPECIALISTS

What's up Doc?

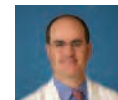
Edward J. Zampella, MD, FACS Dr. Zampella's specialties include Spinal Cord Stimulation/ Intraspinal Drug Infusion, Neurosurgical Treatment of Movement Disorders, Epilepsy, Stereotactic Radiosurgery, Pediatric Neurosurgery, Brain and Spinal Tumors, Spina Bifida, Endoscopic Surgery, and CyberKnife® Surgery.



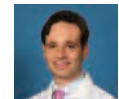
Brian D. Beyerl, MD, FACS Dr. Beyerl specializes in Stereotactic Neurosurgery and Radiosurgery for Brain Tumors and AVMs. He also practices general Neurosurgery such as: Brain Tumors, Spinal Surgery and Extra-Cranial Carotid Vascular Surgery. Dr. Beyerl is the co-founder of the CyberKnife® program at Overlook Hospital.



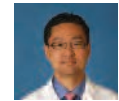
John J. Knightly, MD Dr. Knightly's special interests include Complex Spine Surgery, Stereotactic Radiosurgery, Tumors of the Spine, Endoscopic Neurosurgery, Trauma, Minimally Invasive Spine Surgery, and CyberKnife® Surgery.



Jonathan J. Baskin, MD, FACS Dr. Baskin specializes in Neurovascular Surgery and Neurovascular Diseases, Complex Spine Surgery, Tumors of the Spine, Image-Guided Neurosurgery for Brain Tumors and Spinal Stabilization, CyberKnife® Surgery, and Kyphoplasties.



Jay Y. Chun, MD, PhD In addition to the general practice of Neurosurgery, including Brain and Pituitary Tumors and Skull Base Surgery, Dr. Chun's specialties include Complex and Minimally Invasive Spine Surgery, and Artificial Discs.



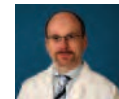
Ronald P. Benitez, MD Dr. Benitez is one of a handful of neurosurgeons in the country who has built a Surgical and Endovascular practice. His specialties include the treatment of Cerebro-vascular diseases such as stroke using new and innovative techniques.



David Wells-Roth, MD Dr. Wells-Roth has specialized fellowship training in Interventional Neuro-radiology and Epilepsy Surgery and Complex Spine Surgery. Dr. Wells-Roth provides access to the latest surgical advances in the field of Epilepsy Surgery.



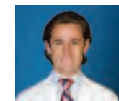
Igor Ugorec, MD Dr. Ugorec is a Neurointensivist at ANS and works within the critical care unit at Overlook Hospital in Summit. His expertise is invaluable to ANS and their patients. Dr. Ugorec was named Physician of the Year at Weill-Cornell Medical College in 2007.



Kyle T. Chapple, MD Dr. Chapple specializes in Neuro-vascular Skull Base Surgery and Endovascular Neurosurgery. He is a published author on Endovascular Neurosurgery.



Paul S. Saphier, MD Dr. Saphier specializes in Cranial and Spinal Neurosurgery and Endovascular Neurosurgery. He has specialized fellowship training in Diagnostic Neuroradiology and Interventional Neuroradiology.



ANSwswers

Atlantic NeuroSurgical Specialists

Winter 2010

ANS means traveling a short distance to find expertise based on long experience.

Our vast capabilities and long standing credentials provide full-service neuro-surgical and endovascular care for your community.



2009 Top Docs: Edward J. Zampella, MD, John J. Knightly, MD, and Brian D. Beyerl, MD.

WELCOME to the latest issue of ANSwers, the newsletter of Atlantic NeuroSurgical Specialists (ANS). In this issue you will learn about the diagnosis and treatment of spinal disorders, including the latest technology and treatments for spinal conditions. You will also learn more about our Neurointensivist, Dr. Ugorec, and the value he brings to our patients.

Some other exciting news that we'd like to share with you is that three of our doctors' — Doctors Edward J. Zampella, John J. Knightly and Brian D. Beyerl — were recently recognized by *Castle Connolly* as outstanding physicians in Neurosurgery in the state of New Jersey. This recognition recently appeared in a full-page write-up in the October, 2009 issue of *Inside Jersey*.

Also, ANS has partnered with Meridian Health and our Endovascular Team is now treating patients at Jersey Shore University Medical Center. Doctors Ronald P. Benitez MD, David Wells-Roth, MD, Kyle T. Chapple MD and Paul S. Saphier MD use ground-breaking mechanical thrombectomy devices such as The Merci Retrieval System® and the Penumbra System™ to treat their patients. We are pleased to extend our services into Monmouth County.

We hope this newsletter is informative and helps you learn more about us. ANS will continue to provide the latest in neurosurgical technology and compassionate care as we move forward.

For more information about ANS, please visit our website at www.atlanticneurosurgical.com or call us at 973.285.7800. ▼



Atlantic NeuroSurgical Specialists

Brain, Spine and Neurovascular Surgery

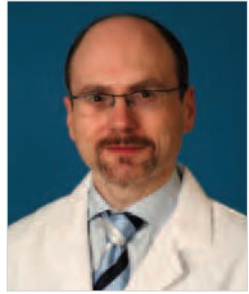
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ANS Patients Reap the Benefits of Having a Neurointensivist on Staff

In this issue, we will take a closer look at the ANS Neurointensivist, Igor Ugorec, MD. Dr. Ugorec is American Board Certified in Neurology. While many know the roles and responsibilities of a neurosurgeon, many are not aware of the important responsibility a Neurointensivist has within the critical care unit. Further, with a national shortage of Neurointensivists in the U.S., it is a rarity to have a Neurointensivist on staff within a practice. ⁽¹⁾



Igor Ugorec, MD

A Neurointensivist is a physician with a combined in-depth knowledge of neuroscience and critical care medicine. A Neurointensivist is more readily available to Intensive Care Unit (ICU) patients, since they primarily practice in the neuroscience intensive care unit. This also allows Dr. Ugorec a lot more bed-side time with an ICU patient than a consulting neurologist.

"I enjoy the close relationships I have with my patients and their families, states Dr. Ugorec. "My role in the ICU is to help my patients' recover from their injuries, but doing this in a way that we are not losing focus on how critical care issues affect neurological issues."

In his field Dr. Ugorec assumes responsibility for parts of ICU care that might otherwise be provided by other subspecialists (e.g., Spinal Trauma, Aneurysms / Neurovascular, etc.). Trained in clinical neuroscience (meaning neurology or neurosurgery), a Neurointensivist keeps up their certification in Neurocritical Care through the United Council of Neurologic Subspecialties.

Igor Ugorec, MD, completed his residency in Internal Medicine at Flushing Hospital Medical Center from 1993 to 1996. Subsequently he completed a Neurology Residency at University Hospitals of Cleveland, Case Western Reserve University from 1996 to 1999. His fellowship in Critical Care Neurology and Stroke was completed at Massachusetts General Hospital, Harvard University. Before coming to Overlook Hospital, Dr. Ugorec taught at Weill-Cornell Medical College as an Associate Professor of Neurology, an Associate Professor of Neurology in Neurological Surgery, an Associate Attending, and the Director of Neuroscience ICU. Dr. Ugorec was named Physician of the Year at Weill-Cornell Medical College in 2007. ▼

ANS Introduces the Newest Additions to Our Team

Atlantic NeuroSurgical Specialists is pleased to announce the addition of two new doctors to our team. Doctors Kyle T. Chapple and Paul S. Saphier join Dr. Benitez and Dr. Wells-Roth as part of the Endovascular team; a unique group of doctors who will use their skill and training, coupled with innovative procedures to provide the highest level of care to patients. The expertise of the team is to treat strokes, aneurysms, vascular malformations, acoustic neuromas and much more.



Kyle T. Chapple, MD

Kyle T. Chapple, MD is a native of Lorain, Ohio. Dr. Chapple completed medical school at The Ohio State University College of Medicine in Columbus, Ohio and then completed his residency in Neurological Surgery at Weill Medical College of Cornell University where he was a Chief Resident.



Paul S. Saphier, MD

Dr. Chapple's fellowship was also completed at Weill Medical College of Cornell University.

Paul S. Saphier, MD is a native of New Jersey and recently came back to the East Coast after spending several years on the West Coast for his fellowship. Dr. Saphier received his medical degree from Albany Medical College in Albany, NY, where he was ranked in the top one-third of his class. Dr. Saphier completed his residency in Neurological Surgery at Mount Sinai School of Medicine in their Department of Neurosurgery. Dr. Saphier also completed two fellowships at the University of California Los Angeles, Division of Interventional Neuroradiology. His first fellowship was in Diagnostic Neuroradiology and his second fellowship was in Interventional Neuroradiology.

"We are so pleased to have added such compassionate and talented doctors to the endovascular team, stated Dr. Ronald Benitez. Doctors Chapple and Saphier have always demonstrated a commitment to their patients which is why they are a great addition to the ANS team"

Dr. Chapple is a published author in a number of medical journals, including the Neurosurgical Focus Journal, highlighting the treatment of wide-neck aneurysms. Dr. Saphier is also a published author and has written and lectured about many diverse neurosurgical procedures. ▼

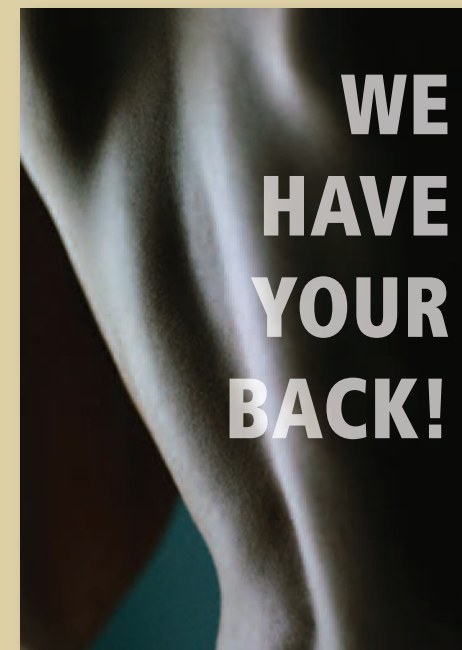
ANS Expands into Neptune, NJ

We are pleased to announce our partnership with Meridian Health. Our Endovascular team consisting of Dr. Ronald P. Benitez, Dr. David Wells-Roth, Dr. Kyle T. Chapple and Dr. Paul S. Saphier are treating patients out of Jersey Shore University Medical Center. The team will be treating patients for Aneurysms, Vascular Malformations, Strokes, Acoustic Neuromas and much more. Our offices are located on Route 33 in Neptune NJ. Please call us at 973-285-7800 to schedule an appointment. ▼



Left to right: Dr. Paul S. Saphier, Dr. Ronald P. Benitez, Dr. Kyle T. Chapple, Dr. David Wells-Roth

Back Pain?



Some tips and information from Doctors John J. Knightly, Jay Y. Chun and Jonathan J. Baskin.

Have you ever lifted something so heavy that it immediately made you cry out in pain, or bent over too far and found it hard to stand to your original position? If these examples sound familiar to you, then you have experienced back pain. In fact, 3 out of 4 adults will experience a form of back pain in their lifetime¹.

"Back pain is more common than most people think," says Atlantic NeuroSurgical Specialist (ANS), Dr. John J. Knightly. "You can compare back pain incidents to someone having an ordinary illness, like the flu. It is just that frequent."

With the frequency of incidents, come new and revolutionary ways to treat back pain and spinal tumors. Recently featured in the October, 2009 Ladies Home Journal issue ANS was mentioned as the "National leaders in the field of adult and pediatric neurological care. Dr. Knightly and his colleagues provide patients with everything from minimally invasive techniques to traditional, non-surgical approaches through revolutionary advances like CyberKnife[®] radiosurgery. The CyberKnife[®] enables ANS doctors to successfully treat brain and spinal tumors that would otherwise be inoperable."

How do I know I am injured? The good news is that about 80% of back pain sufferers will have injuries that will heal in six weeks². However, a trip to the doctor is probably a good idea if you have numbness or tingling, if your pain is severe and doesn't improve with medications and rest, or if you have pain after a fall or an injury³. You should also see your doctor if you have pain along with any of the following symptoms: trouble urinating; weakness, pain, or numbness in your legs; fever; or unintentional weight loss. Such symptoms could signal a serious problem.

When should I see a Neurosurgeon? "If the pain you are experiencing prohibits you from participating in your everyday tasks, that is when someone like myself would step in" states Jay Y. Chun, MD, PhD. "Our number one priority is always to help patients avoid treatment all together; however, this is not always an option. Typically a patient would see a neurosurgeon if they continue to have pain after 8-12 weeks of conservative therapy. We would work together to rule out specific roots of back pain such as tumors or infection, and determine the source of pain, which can be injuries like: Osteoporosis, Arthritis, Spinal Stenosis, Disc Herniation, etc."

How does ANS treat my condition in the event I have a back injury? Our doctors use the latest advancements in surgical techniques, allowing patients a much easier recovery period than traditional surgery. Doctors Knightly and Chun handle more minimally invasive spine surgeries cases than anyone else in the state of New Jersey. This type of surgery involves the performance of surgery through small incisions, normally using the assistance of microscopic cameras designed for viewing interior portions of the body. It also shrinks the size of the incisions and minimizes the disruption of the healthy muscle and surrounding soft tissue. Following the procedure the small incision is closed without sutures avoiding post-operative suture removal or associated suture complications. ANS doctors have exclusively utilized these types of procedures with marked satisfaction to a point where traditional spinal surgery procedures are not needed.

What if my back pain is not from an injury, but Osteoporosis? Another type of minimally invasive spine surgery offered to our patients is called a Kyphoplasty, which Jonathan J. Baskin, MD, FACS is specifically trained. "A person

that suffers from Osteoporosis can have fractures in their spine. A Kyphoplasty is used to subdue pain and stabilize the spine following these fractures," says Dr. Baskin. In a Kyphoplasty the doctor inserts a balloon device to help restore the height and shape of the spine. A cement-like material called polymethylacrylate is injected to repair the area of vertebra that is fractured. This procedure is done under anesthesia, however can be performed on an outpatient basis.

What if my pain is a result of a cancerous or non-cancerous tumor? Doctors Knightly and Chun are the select few doctors on the east coast to work with the Cyberknife[®]. This revolutionary tool is a non-invasive alternative to surgery for the treatment of both cancerous and non-cancerous tumors anywhere in the body - the prostate, lung, brain, spine, liver, pancreas and kidney. This procedure is a pain-free, non-surgical option for patients who have inoperable or surgically complex tumors.

What everyday tips can I follow to prevent a back injury? Accidents do happen, but there are preventative measures that you can take to avoid such injury:

Everyday Life

- Exercise is key in maintaining a healthy spine
- To prevent falls in the home, keep the floor clear and free from debris
- Install and use handrails in stairways
- Avoid reaching and climbing to high places, this will increase your chance of a fall
- While lifting objects, keep your back straight and always bend from your knees
- Make sure children are always properly secured in a child safety seat
- Make sure all members in your car wear their seat belts

Water and Sports Safety Tips

- Do not dive in shallow water
- Wear proper safety gear
- Stretch the head and neck muscles ▼

1. <http://www.dailystrength.org/c/Back-Pain/support-group>
2. Overlook View
3. www.webmd.com

CyberKnife[®] is a registered trademark of Accuray Incorporated.

¹ <http://nyp.org/services/neurological-surgery/neuro-icu.html>