ANSwers

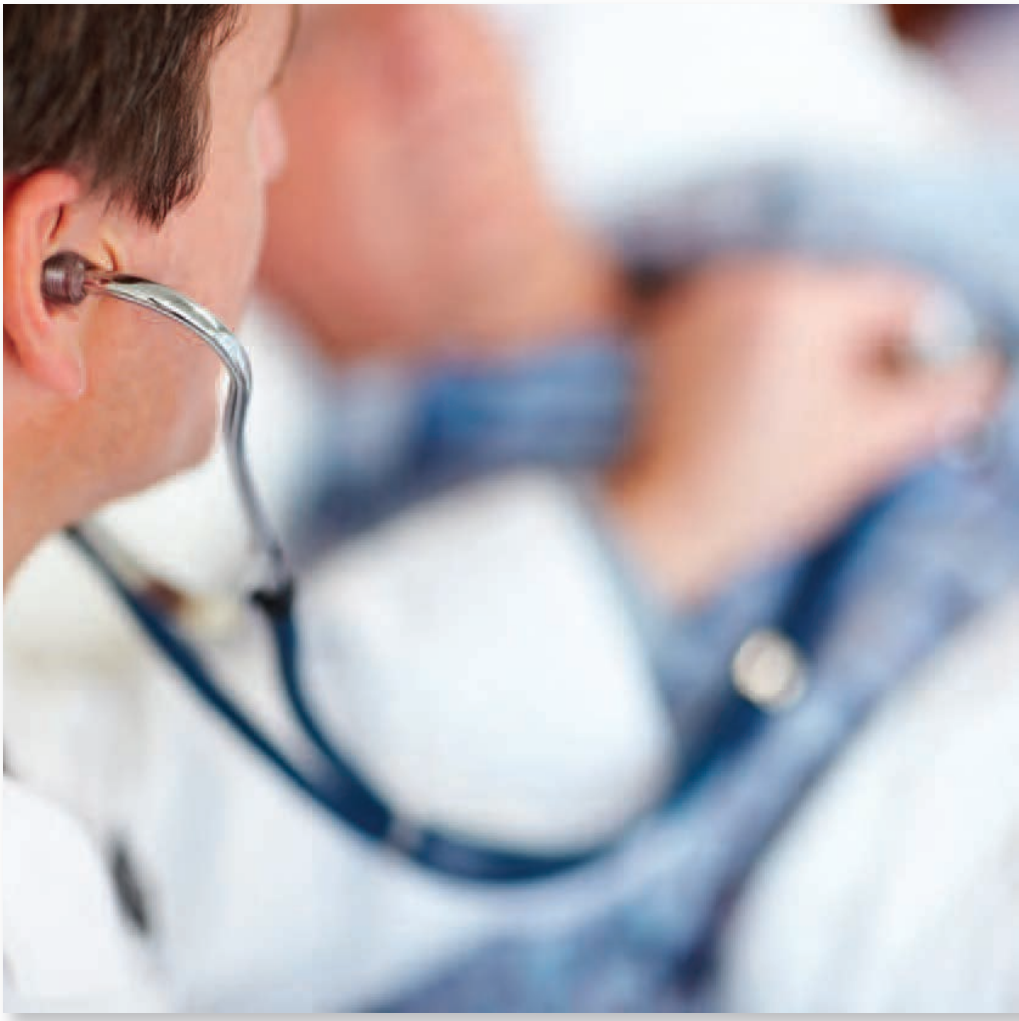
Atlantic NeuroSurgical Specialists

Summer 2011

Would you know how to identify a stroke?

Learn these lifesaving signs and symptoms of stroke management.

Act FAST. Think F.A.S.T.



WELCOME to the latest issue of ANSwers, the newsletter of Atlantic NeuroSurgical Specialists (ANS). ANS is a premiere neurosurgical practice located in Morristown and Neptune, New Jersey. ANS is proud to offer our patients the most prestigious neurosurgical care by being affiliated with New Jersey's leading health care systems and hospitals: www.atlanticneurosurgical.com/about-us/affiliations.php.

In this issue we will learn about the diagnosis and treatment of stroke, along with some helpful signs and symptoms to help you identify one in an emergency situation. Also, we will be highlighting the addition of 2 very talented doctors — Doctors Albert Telfeian and Scott Meyer.

ANS strives to bring you the best neurosurgical care possible in a compassionate and caring environment. To learn more about ANS, please visit our web site at **www.atlanticneurosurgical.com** or call us at **973.285.7800.** ▼

ANS

Atlantic NeuroSurgical Specialists

Brain, Spine and Neurovascular Surgery

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Breaking News: *GLUE* to treat aneurysms?

Dr. Paul Saphier of Atlantic NeuroSurgical Specialists (ANS) was the second doctor in New Jersey to use Onyx® HD-500, a liquid vinyl polymer, to treat broad-base aneurysms. "The management of broad-base aneurysms is improving enormously with this new treatment option," says Saphier. Onyx® HD-500 is placed into the aneurysm and avoids the use of a stent, which at times can add risk to the procedure.

In addition, the liquid completely fills the aneurysm versus using a detachable coil which cannot always provide 100% protection.

When trying to approach the aneurysm, especially an irregular one that is broad based, surgery can be challenging. As Dr. Saphier explains, "When the aneurysm is in a tough anatomic location, surgery can be difficult; coiling would have been incomplete and would have required a stent. By filling the aneurysm with the Onyx® HD-500, the patient has a much better chance of the aneurysm being irreversibly taken care of.

"Bottom line, the result of this procedure is giving our patients another option for the treatment of wide-neck aneurysms," says Saphier. "It's not about comparing which method is 'better,' but about having alternatives for our patients to choose from. ANS is proud to continue to be on the forefront of new technology, and in this case, we are bringing something to New Jersey and New York that hasn't been done before." ▼

We Got Your Back

Diagnosing the exact cause of your back pain demands great expertise because there are so many possibilities. For example, your pain could be caused by an injury to the joints, the discs, the ligaments, or the muscles — or a combination of these structures. That's why at Atlantic NeuroSurgical Specialists we have highly trained doctors who focus on the care of the spine. In addition, ANS is affiliated with many hospitals that use the most technologically advanced equipment to pinpoint the exact cause of your back pain.

Doctors at ANS diagnose and treat the wide variety of spine conditions and injuries that may cause you pain or other symptoms. Although spine conditions vary greatly in severity, only 5% to 10% of all cases require surgery. Since symptoms of various spinal conditions and injuries may overlap, however, diagnosing the specific cause of back pain requires careful examination.

Before you consider any treatment for your own back problems, keep the following fact in mind: Most people whose primary symptom is back pain improve in several days with minimal treatment. That's why noninvasive treatment options should almost always be the first step in treatment. In fact, 90% of all cases involving back pain can be treated without surgery. ANS, in most cases, will always recommend the least invasive treatment option available, while still providing comprehensive care. When surgery does become necessary, our surgeons use only the most advanced technology and surgical techniques available, helping you avoid prolonged disruptions to your daily routine.

Surgical Treatments

Typically, surgery should be considered only after noninvasive or minimally invasive methods have failed. Any decision about surgery requires careful evaluation because the type and timing of surgery depend on the severity of the disorder, the presence or absence of pressure on the spinal cord or nerves, how long the pain has been present, and past medical history. ANS uses a comprehensive approach to treatment.

Minimally Invasive

Over time, the minimally invasive surgical approach techniques have recently become effective in treating spine conditions and disorders. Conditions such as severe herniated discs and kyphosis, which warranted major surgery in the past, can now be treated by techniques that require only minimal incisions. Aside from being highly successful, these methods reduce the risk of damage to nearby parts of the spine, which tends to shorten the recovery time, reduce pain, and allow a quicker return to your daily routine.

Pain Management

To combat the effects of chronic back and neck pain that have persisted despite noninvasive treatments, ANS may elect to refer you to a pain specialist to administer local anesthetics and steroids into the collection of nerves in the back.

Noninvasive

Doctors and patients can choose from many non-surgical options for treating back pain. Comprehensive rehabilitation and pain management play big roles in the ANS treatment programs. You may find, for example, that rest and special back exercises help relieve your pain, or you may need a combination of medication and physical therapy. No matter what course of treatment your condition may warrant, ANS will use a comprehensive approach and include a team approach to ensure best practices and outcomes are achieved.

Endoscopic Spine Surgery

In addition to our minimally invasive spine surgeries, ANS offers, in some cases, endoscopic spine surgery for the following:

- Endoscopic Lumbar Discectomy (ELD) for lumbar disc tear, bulging disc, herniations, radiculitis, or radiculopathy.
- Endoscopic Lumbar Foraminotomy for bone spurs, scars, ligament overgrowth, protruded discs, and lumbar facet disease. ▼

ANS welcomes 3 new physicians to our team.

Albert Telfeian, MD, PhD

Dr. Telfeian is one of the first neurosurgeons in the country to perform endoscopic lumbar spine surgery and teaches these minimally invasive techniques here and abroad. Dr. Telfeian has twice been awarded the honor of "Surgeon of the Year."

Scott Meyer, MD

Dr. Meyer has published articles in several journals on numerous topics including mini-open transforaminal lumbar interbody fusion for the treatment of spondylolisthesis, cervical laminoplasty, adult degenerative scoliosis, and spinal metastatic disease.

Joelle Stabile Rehberg, DO

Dr. Rehberg is Board Certified by the American College of Osteopathic Family Physicians and her areas of interest include sports medicine and the treatment of concussion. Currently, she is the Medical Director and a Clinical Instructor for the Athletic Training Education Program at William Paterson University in Wayne, NJ.

Please visit **www.atlanticneurosurgical.com** to learn more about spine treatments and physicians at ANS. ▼

"I Didn't Know I Was Having a Stroke"
Lifesaving tips from Atlantic NeuroSurgical Specialists

Dr. Ronald Benitez offers his advice on stroke detection and treatment

When Jenny Smythe* suffered a stroke in her Monmouth County home, she didn't feel any different than the day before. "If it wasn't for my daughter, who thought my speech was off, I might not be here today."

"Mrs. Smythe should be thankful to her daughter," states Dr. Ronald Benitez. "The stroke she suffered could have gotten much worse with time or led to an even more dangerous second stroke."

A recent British study done by the Stroke Prevention Research Unit in the Department of Clinical Neurology at the University of Oxford showed an alarming 70% of people who suffered a minor stroke were not aware of it. "Sometimes, like in Mrs. Smythe's case, we can catch the situation before it turns severe," states Benitez. "She suffered a transient ischemic attack [TIA] or mild stroke. These are considered warning strokes. With early treatment we can detect why the TIA happened and can even connect it to a different problem in the body, like diabetes, high blood pressure, and heart problems."

What Is a Stroke?

A stroke happens when blood flow to a part of the brain is interrupted because a blood vessel in the brain is blocked or bursts. A stroke is a medical emergency and can lead to permanent neurologic damage or death if not treated immediately.

There are 2 types of brain attacks: ischemic and hemorrhagic. Ischemic strokes are caused by a blocked brain artery and the resulting insufficient supply of blood to part of the brain. About 8 out of 10 strokes are ischemic. Hemorrhagic strokes are defined as the rupture of a brain artery and bleeding into or around the brain. Hemorrhagic strokes are seen less than ischemic strokes and are considered more deadly.

Signs of a Stroke

Dr. Benitez and ANS suggest patients use the F.A.S.T. checklist to identify the signs of a stroke (FAST is an acronym developed by the National Stroke Association).

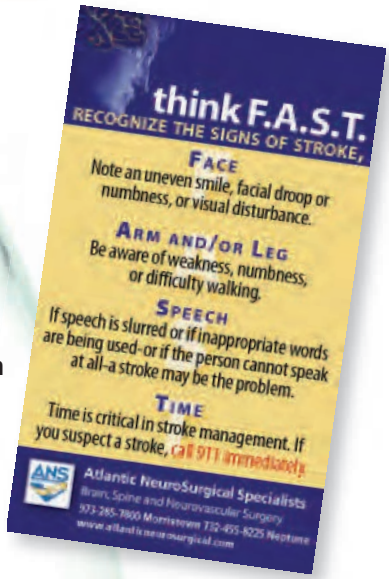
ANS & Stroke Innovation

Working with many diagnostic tools, experienced endovascular neurosurgeons at ANS can determine the precise location of a stroke, its cause, and how much damage resulted from the stroke to make essential treatment decisions quickly. ANS currently treats stroke at 3 major comprehensive stroke centers in New Jersey and utilizes the latest technologies and techniques available.

"Depending on the kind of stroke the patient suffers, treatment options can vary," says Benitez. "If an ischemic stroke is caught soon enough, clot-dissolving medicine can be administered 3 hours from the start of a stroke. In most cases normal blood flow can often be restored. If the patient is unable to receive the clot-dissolving medication or is outside that 3-hour window period, a number of mechanical thrombectomy devices can be used to treat the stroke." If the patient suffers a hemorrhagic stroke, endovascular neurosurgical options are available, such as coiling. ANS uses the most groundbreaking of these devices so that no matter what your diagnosis, they have the technology that is right for you.

Dr. Benitez's message is clear about stroke awareness: "Education and technology are key factors when it comes to stroke assessment and treatment, but just as important is having time on your side to get the treatment you need. I tell my patients, if in doubt, play it safe and go to the emergency room."

ANS is joining the National Stroke Association **www.stroke.org** in the war against stroke. Visit us at www.atlanticneurosurgical.com to get your FREE educational stroke awareness magnet. For more information on Dr. Benitez and Atlantic NeuroSurgical Specialists, please visit us online at **www.atlanticneurosurgical.com** or call the Neptune office at 732.455.8225, or the Morristown office at 973.285.7800.▼



Dr. Benitez is a fellowship trained vascular neurosurgeon specializing in minimally invasive techniques. His specialties include the treatment of cerebrovascular diseases such as stroke, aneurysm, and AVMs using new and innovative techniques. Additionally, he specializes in tumors of the skull base.

*Patient information in this article was changed to protect privacy.

Atlantic NeuroSurgical Specialists

Brain, Spine and Neurovascular Surgery

Aneurysms
Cerebrovascular Surgery
Complex Spine Surgery
Minimally Invasive Spine Surgery
Minimally Invasive Neurosurgery
Endoscopic Spine Surgery
Strokes
Vascular Malformations
Tumors

OUR PHYSICIANS HAVE BEEN TRAINED AT SOME OF THE MOST PRESTIGIOUS PROGRAMS IN THE NATION INCLUDING THE BARROW INSTITUTE, COLUMBIA UNIVERSITY, CORNELL UNIVERSITY, MASSACHUSETTS GENERAL, AND MOUNT SINAI.

What's Up Doc?

Jonathan J. Baskin, MD, FACS Dr. Baskin is fellowship trained in spine surgery and specializes in minimally invasive and complex spine surgery, tumors of the spine, image-guided neurosurgery for brain tumors, spinal stabilization, CyberKnife® surgery, and kyphoplasties.

Ronald P. Benitez, MD Dr. Benitez is a fellowship trained vascular neurosurgeon specializing in minimally invasive techniques. His specialties include the treatment of cerebrovascular diseases such as stroke, aneurysm, and AVMs using new and innovative techniques. He also specializes in tumors of the skull base.

Brian D. Beyerl, MD, FACS Dr. Beyerl specializes in stereotactic neurosurgery and radiosurgery for brain tumors and AVMs. He also practices general neurosurgery, spinal, and carpal tunnel surgery.

Kyle T. Chapple, MD Dr. Chapple is fellowship trained and specializes in neurovascular skull base surgery and endovascular neurosurgery as well as minimally invasive and complex spine surgery. His specialties include the treatment of cerebrovascular diseases such as stroke, aneurysms, and AVMs using new and innovative technologies.

Jay Y. Chun, MD, PhD Dr. Chun is fellowship trained in spine surgery and specializes in complex and minimally invasive spine surgeries. In addition he also specializes in general neurosurgery.

John J. Knightly, MD Dr. Knightly is a fellowship trained spine surgeon who specializes in complex and minimally invasive spine surgery. His other specialties include trauma, CyberKnife® stereotactic neurosurgery, and concussion treatment.

Scott Meyer, MD Dr. Meyer's areas of clinical expertise include complex cervical spine surgery, minimally invasive spine surgery, degenerative spine disease, adult spinal deformity (kyphosis and scoliosis), spinal tumors, and spinal trauma. Dr. Meyer also maintains a strong interest in neurotrauma and general neurosurgery.

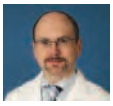
Joelle Stabile Rehberg, DO Dr. Rehberg is Board Certified by the American College of Osteopathic Family Physicians and her areas of interest include sports medicine and the treatment of concussion. Currently, she is the Medical Director and a Clinical Instructor for the Athletic Training Education Program at William Paterson University in Wayne, NJ.

Joseph Rempson, MD Dr. Rempson specializes in the field of physiatry, which helps patients who suffer injuries to the muscles, bones, tissues, and nervous system. Dr. Rempson concentrates not only on musculoskeletal injuries, but on the rehabilitation of neurologic disorders such as stroke and brain tumors.

Paul S. Saphier, MD Dr. Saphier is fellowship trained and specializes in endovascular neurosurgery. His specialties include the treatment of cerebrovascular diseases such as stroke, aneurysms, and AVMs using new and innovative technologies.

Albert Telfeian, MD, PhD Dr. Telfeian's areas of clinical expertise include minimally invasive spine surgery, and he is the only neurosurgeon in New Jersey performing endoscopic spine surgery. He performs complex spine surgery as well as general neurosurgery. Dr. Telfeian also teaches these minimally invasive techniques here and abroad. He has been the recipient of many awards, including "Surgeon of the Year."

Igor Ugorec, MD Dr. Ugorec is one of the most highly regarded neurointensivists in the country. His expertise is invaluable to ANS and our patients.



David Wells-Roth, MD Dr. Wells-Roth has specialized fellowship training in endovascular neurosurgery, cerebrovascular surgery, skull base surgery, and complex and minimally invasive spine surgery. His specialties include the treatment of cerebrovascular diseases such as stroke, aneurysms, and AVMs using new and innovative technologies as well as the latest spine surgery treatments.

Edward J. Zampella, MD, FACS Dr. Zampella's specialties include surgical management of brain and spinal tumors, endoscopic surgery, pediatric neurosurgery, spinal cord stimulation, intraspinal drug infusion, neurosurgical treatment of movement disorders, epilepsy, stereotactic radiosurgery, and CyberKnife® surgery. Dr. Zampella also has extensive experience in pediatric neurosurgery.