

RENO/TAHOE/CARSON CITY

# MDNEWS<sup>®</sup>

■ A BUSINESS & PRACTICE MANAGEMENT MAGAZINE | ABOUT PHYSICIANS | FROM PHYSICIANS | FOR PHYSICIANS ■



## A Patient- Focused Approach to Spine Surgery

# A PATIENT-FOCUSED Approach to Spine Surgery

Dr. Sekhon operates under the microscope using minimally invasive techniques.

IN ADDITION TO PROVIDING ADVANCED, COMPREHENSIVE SURGICAL SERVICES, NEVADA NEUROSURGERY, BASED IN RENO, NV, FOCUSES ON PATIENT EDUCATION AND COMMUNICATION.

**A** SPECIALIZED PRACTICE THAT serves patients from Northern Nevada and California as well as patients who visit from throughout North America, Nevada Neurosurgery is staffed by spinal neurosurgeon Lali Sekhon, M.D., Ph.D., FACS, who has trained with specialists from around the globe. Dr. Sekhon is an adjunct professor at the University of Nevada School of Medicine in Reno as well as Las Vegas. His treatment philosophy emphasizes integrated care for his patients and exhausting all conservative measures before proceeding with spinal surgery.

Lisa Herz, PA-C, reviews all patients before and after surgery.



## Available Treatment Options

When patients come to Nevada Neurosurgery, a thorough assessment is completed, including a detailed analysis of the patient's medical history and a complete physical examination. Appropriate investigations are reviewed and ordered. Once a diagnosis has been made, the treatment plan, which could include injections, physical therapy, surgery or medications, is created, discussed and planned in detail with the patient.

"When patients come in, we always have three main objectives in mind," says Dr. Sekhon. "These objectives are firstly reducing pain, then allowing patients to return to work and normal activities, and finally reducing the need for strong pain relief. These objectives are at the forefront of our thought process when formulating a treatment plan. Whilst surgery is often a part of treatment, it is generally not the only solution."

Dr. Sekhon stresses using appropriate surgery, putting special emphasis on utilizing all conservative measures before proceeding to surgical procedures.

"There is often a patient misconception that if you are seeing a surgeon, you will need surgery," says Dr. Sekhon. "However, only one in five patients I see generally requires surgery. At Nevada Neurosurgery, we view treatment as a pyramid or hierarchy of therapies, with education at the base, offered to every patient, and surgery at the peak, offered to a smaller subset. We start with the least invasive procedures and move up the pyramid of therapies depending on the response."

If surgery becomes a necessity, Nevada Neurosurgery offers the latest cutting-edge techniques in motion preservation surgery,

# SPECIALIZED EXPERTISE AT A GLANCE

**NEVADA NEUROSURGERY SPECIALIZES** in researching, diagnosing and treating the following spinal conditions and performing the following procedures:

- + artificial cervical disc surgery,
- + artificial lumbar disc surgery,
- + cervical disc disease,
- + cervical myelopathy,
- + Chiari malformation,
- + degenerative spine disease,
- + dynamic stabilization,
- + kyphoplasty,
- + lumbar disc surgery,
- + minimally invasive spinal surgery,
- + motion preservation spinal surgery,
- + outpatient spine surgery,
- + pain control stimulators,
- + spondylolisthesis,
- + spinal fusion,
- + spinal trauma and acute spinal cord injury,
- + spinal tumor, and
- + X-STOP Spacer surgery.

artificial disc surgery and minimally invasive spine surgery.

Minimally invasive procedures, such as small-incision fusion surgery and artificial disc surgery, are available. Treatment for disc prolapses as well as degenerative spine disorders are also commonly performed.

## On the Leading Edge

Dr. Sekhon is recognized as being on the forefront of artificial disc replacement techniques. In addition to using these techniques at Nevada Neurosurgery, he is involved in teaching these new techniques to surgeons throughout the United States and conducting research into spinal disorders. Currently, the BRYAN Cervical Disc and Prodisc-C are available for use in the cervical spine with the Prodisc-L and Charité used in the lumbar spine. The X-STOP Spacer, which is used for the treatment of lumbar spinal stenosis, is also available at Nevada Neurosurgery. This device is implanted during a minimally invasive procedure and is designed to stay in place with no fusion required. It helps increase the space between vertebrae in the lumbar spine, eliminating nerve pinching.

Nevada Neurosurgery also specializes in treating acute, traumatic spine injuries and is one of 45 centers throughout the world that is involved in the Spine Study Trauma Group, which provides guidance to other surgeons on how to effectively manage spinal trauma cases.

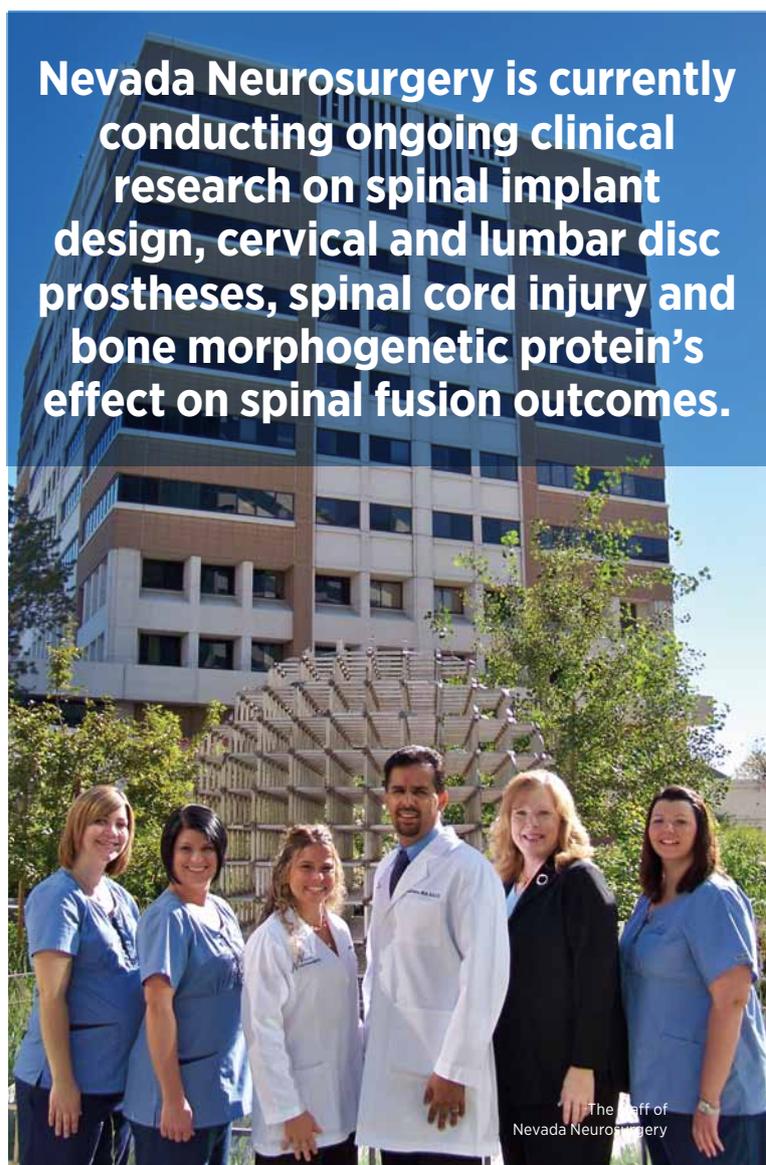
“Having 10-plus years of experience in artificial disc surgery in the cervical spine and more than 20 years experience in neurosurgery allows Nevada Neurosurgery to offer national-level expertise,” says Dr. Sekhon.



Although Dr. Sekhon performs all manner of spinal procedures, most patients can be managed with conservative interventions.

His role as a medical educator at the University of Nevada Reno and the University of Nevada Las Vegas allows Dr. Sekhon to stay well informed about the latest spine surgery techniques. His involvement in teaching ranges from medical students to orthopedic surgeons and other neurosurgeons throughout the country, which allows him to stay on the leading edge of spinal care, learning new techniques as they become available.

**Nevada Neurosurgery is currently conducting ongoing clinical research on spinal implant design, cervical and lumbar disc prostheses, spinal cord injury and bone morphogenetic protein's effect on spinal fusion outcomes.**



The Staff of Nevada Neurosurgery



## ABOUT THE DOCTOR

**LALI SEKHON, M.D., Ph.D., FACS**, spinal neurosurgeon at Nevada Neurosurgery, serves on the editorial boards of several prestigious publications, including:

- + *Spine*
- + *The Spine Journal*
- + *Journal of Spinal Disorders and Techniques*
- + *Journal of Craniovertebral Junction & Spine*

Dr. Sekhon is also on the editorial board for [www.spineuniverse.com](http://www.spineuniverse.com).

In 2006 and 2009, Dr. Sekhon was awarded the American Medical Association's Physician Recognition Award with Commendation, and in February 2009 and 2010, he was awarded the "Patient's Choice" award presented by MDx Medical Inc.

Dr. Sekhon explains an upcoming procedure. Patient education is one of the cornerstones of the practice.

### Integrating Care

The staff at Nevada Neurosurgery understands that the management of spinal disorders can include treatment and consultation with more than one physician or health professional. Because of this, Nevada Neurosurgery enthusiastically collaborates with other neurologists, pain specialists, physiatrists and physical therapists in Carson City and Reno, helping patients achieve optimal success through a variety of treatment options offered by multiple providers.

"Typically, a patient will be referred by a primary care physician for common symptoms, such as numbness or tingling in his or her arm, for example," says Dr. Sekhon. "At Nevada Neurosurgery, we may order a nerve study and a MR scan of the neck. The nerve study may be done by a neurologist. An injection may then be needed around the nerve, to be performed by a pain specialist or physiatrist. We coordinate and communicate these interventions, so all the treating physicians know the plan and results and facilitate this communication. Everything funnels back to the primary care physician. Because of the number of physicians involved in care, communication is vital, and all test results and treatment outcomes are communicated to the referring physician, so that they are kept abreast on the patient's care. Often, a quick phone call precedes the formal reports from us."

Through his teaching and research endeavors, Dr. Sekhon also interfaces with other neurosurgeons throughout the United States, which allows for consultation with multiple experts for particularly difficult cases.

### Providing an Exceptional Patient Experience

Although the main patient volume comes from Northern Nevada and California, Dr. Sekhon has treated patients from as far away as Hawaii, Alaska and Florida. Patients come to benefit from Dr. Sekhon's expertise and are greeted by a caring, professional staff with educational resources to help in making their health decisions.

Patient education and a comfortable experience are extremely important to the staff at Nevada Neurosurgery. The practice has both a Facebook and Twitter account to keep patients, prospective patients and referring physicians updated, and its website features more than 60 educational videos that patients can view to learn more about specific diagnoses and procedures. It is regularly updated. A back and neck care DVD is also provided free of charge to patients to allow for therapy and education in the comfort of their homes. Information about particular conditions, procedures and diagnostic tests are also provided to patients during their consultations.

Because Nevada Neurosurgery is a specialized practice, a greater amount of time can be devoted to individual patient care. Staff members know patients well and are equipped to handle patient concerns, so patients do not have to consult multiple office personnel when they have questions or concerns.

"One of the criticisms with larger practices is that patients sometimes feel like they are getting lost in the system," says Dr. Sekhon. "We pride ourselves on providing a quality experience for our patients. From the time patients are referred to our office to the time they are finished with their treatment, we ensure they receive the best care and have the best possible experiences in our office."

Nevada Neurosurgery is located at 75 Pringle Way, Suite 1007 in Reno, NV, as well as at 844 West Nye Ln., Suite 102 in Carson City, NV. For more information, visit [www.nevadaneurosurgery.com](http://www.nevadaneurosurgery.com). To refer a patient, call (775) 657-8844. ■

