



Do You Really Need Back Surgery?: A Surgeon's Guide to Back and Neck Pain and How to Choose Your Treatment

Aaron G. Filler

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Most people have back surgery to relieve pain, but all too often it doesn't help. For the half million people who undergo back surgery each year, and the additional million who are seriously contemplating it, *Do You Really Need Back Surgery?* is a godsend--an informed, reliable guide to when you should consider surgery and when you should not.

Written by an internationally recognized expert in nerve and spinal surgery, this highly readable guide covers everything back patients need to know to make informed decisions about their treatment. The book discusses the details of spinal anatomy; explains the difference between acute, chronic, and recurring pain; shows how to keep the spine healthy; and defines such terms as spurs, stenosis, and slippage. It also reveals what clues your physician uses to predict whether a given type of pain is likely to go away with rest and exercise, and which types may become emergencies. Dr. Filler discusses the risks of surgery, the decisions you may be faced with and what options you have, and your expectations for recovery. He provides detailed explanations of the wide array of spinal injections and surgeries, including discectomies and fusions, as well as innovative procedures such as electrothermic and laser techniques and artificial disks. He explains the various medical imaging and diagnostic tests available and even covers the complexities of health insurance.

From Pilates to pedicle screws, and from osteoporosis to spina bifida, *Do You Really Need Back Surgery?* covers all the questions your doctor usually doesn't have the time to answer. Featuring more than 80 illustrations, it is an essential manual for every neck or back pain sufferer.

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Valerie Smith:

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Nancy Stever:

With this era which is the greater man or who has ability to do something more are more precious than other. Do you want to become among it? It is just simple strategy to have that. What you need to do is just spending your time very little but quite enough to experience a look at some books. Among the books in the top list in your reading list is usually *Do You Really Need Back Surgery?: A Surgeon's Guide to Back and Neck Pain and How to Choose Your Treatment*. This book and that is qualified as *The Hungry Mountains* can get you closer in growing to be precious person. By looking upwards and review this guide you can get many advantages.

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