

## **Artificial discs are still experimental**

**Question:** I have a chronic degenerative disc condition in my neck that has not resolved with any form of treatment. Are there any alternatives available such as artificial discs?

**Answer:** Artificial disc replacement is still being investigated and is being done in many countries. A recent 2-year study done on 99 patients has shown some promising results in comparison to surgical fusion and grafting. The name of this recent replacement is the Bryan artificial disc replacement and it is being observed by the FDA in the U.S. Other studies have not been very successful and the trials are still very new. Although the short-term studies, 2 years, is encouraging in relationship to other surgeries the long-term results are still unknown. Keep in mind that both procedures are being compared to each other and not to a control group with other alternative treatments. Technology and science combined are making great advances in potential healing devices but nothing compares to the inherent healing capacity of the human body. It is still my contention that any form of surgery, spinal or not, should be considered a last and final decision. Every aspect and alternative for assisting the natural ability of the healing capacity of our bodies should be explored prior to allowing an invasive procedure to occur.

As of today my office now offers one of these solutions with a gentle non-invasive decompressive procedure to correct degenerative, bulging, and herniated discs of the cervical spine. A series of treatments ranging from 10 to 15 consecutive visits lasting a half-hour can correct many of these conditions

without invasive dangerous surgery or artificial disc replacement. This is not an advertisement but just an offer of one solution prior to radical treatments. Should you want more information on our phenomenal new treatment you can call us or go to our Website at [www.beachwoodlowbackrehab.com](http://www.beachwoodlowbackrehab.com)

My advice is to educate and investigate every natural alternative on your own prior to making yourself a guinea pig for investigational and potentially dangerous treatments with very poor corrective results.

We are not ready to become bionic humans in regards to spinal conditions yet. In the future anything is possible. For now stay the natural route.

Quote of the week: *“About one-fifth of people are against everything all the time.”* - Robert F. Kennedy