SpineGroup BEVERLY HILLS

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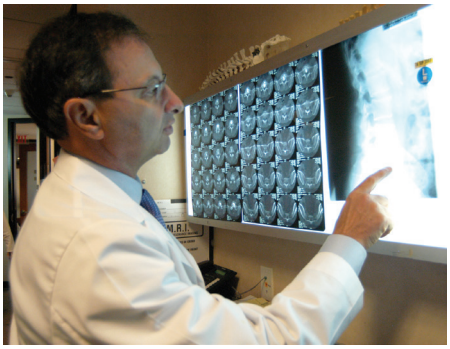
A team approach to spine care in Beverly Hills

Statistics reveal that back pain will strike four out of five Americans in their lifetime. And, once a back attack hits, you are four times more likely to have a recurrence. No wonder so many people chronically wander in and out of doctors' offices and have enough pain pills in their medicine cabinets to rival the supply of a pharmacy. If you have a back or neck pain problem, no matter how complex, we are in a position to help you.

Spine Group Beverly Hills helps patients with complex back and neck problems to recover and return to activity. It includes the expertise of specialists in the nonsurgical management of back pain, affiliated spine-focused physical therapists and a fellowship-trained orthopedic spine surgeon. Spine Group Beverly Hills takes a multidisciplinary team approach to spine care, this means our health care team of professionals will pool together their expertise to develop the best treatment for each patient. The spine center in Beverly Hills includes internal diagnostics and is affiliated with spine trained physical therapists and a full exercise gym. We provide all the necessary diagnostic testing and treatment nearby to eliminate the need for multiple referrals, delayed care and confusion.

Sometimes surgery is the best treatment, especially for those suffering from herniated discs, spinal fractures, spinal deformity, spinal tumor and scoliosis. However, it is estimated that over half of back surgeries performed are unnecessary, and in some cases, even counterproductive. In most cases at Spine Group Beverly Hills, surgery is used as a treatment option only after nonsurgical treatments have been attempted. Our physicians have advanced training in back and neck pain and are often successful in helping people return to activity – without surgery.

If surgery is necessary, it is important to select a surgeon that specializes 100% in spine. Dr. John Regan, a fellowship-trained, board-certified orthopedic surgeon at Spine Group Beverly Hills, has an international reputation as a leader in the field of minimally invasive spine surgery. This includes video-assisted thoracic spine surgery, which makes use of minimally invasive spine instruments to lessen the risk of complications and speed patient recovery. Dr. Regan is the author of the first chapter of *Minimally Invasive Spine Surgery: Clinical Examples of Anatomy, Indications, and Surgical Techniques*, entitled "Minimally Invasive Spine Surgery: Past, Present and Future." Dr. Regan is licensed in multiple states and provides second opinions as an additional option in the treatment process. Dr. Regan is one of a handful of spine surgeons in the nation able to perform surgery on the thoracic spine (middle back) with these scopes and instruments.



Biography

John Regan, MD

Board-certified orthopedic surgeon
Fellowship-trained spine surgeon

Dr. John Regan has an international reputation as an author of spine research, and is widely regarded as the pioneer in minimally invasive spine surgery including video-assisted surgery of the thoracic spine. Dr. Regan was one of the first four spine surgeons during the creation of the Texas Back Institute, which was the first and largest spine specialty clinic in the United States. In the mid 1990s, Dr. Regan was recruited from Texas Back Institute by Cedars-Sinai Medical Center to become Director of a new Cedars-Sinai Institute for Spinal Disorders. For the next four years, he developed the spine program into a well regarded spine center from 2001 to 2005. In 2005, Dr. Regan left Cedars-Sinai to develop Spine Group Beverly Hills.

Dr. Regan earned his bachelor's degree from Brown University in Providence, RI and his medical degree from the State University of New York Upstate Medical Center. He completed an internship and residency in internal medicine at Emory University Affiliated Hospitals before transitioning to an orthopedic surgery residency at the University of North Carolina. He then completed fellowships in spine trauma at the prestigious A.O. International Hospital in Switzerland and at Johns Hopkins University Hospital in Baltimore.

Motion Preserving
Clinical Trials

In his pioneering work, Dr. Regan is deeply involved in researching new products and treatments for the spine and participates in many clinical trials testing advanced products and technology. Spine Group Beverly Hills provides information on the motion preservation clinical trials in which Dr. Regan participates.

Dr. Regan is one of a few selected surgeons who are participating in Food and Drug Administration clinical trials for the Anatomic Facet Replacement System (AFRS™), a treatment that preserves normal motion and is an alternative to lumbar spinal fusion for lumbar spinal stenosis patients.

Dr. Regan is participating in the nanOss Bioactive study. This is a prospective, multicenter, nonrandomized study to assess lumbar fusion using interbody cages with autograft along with instrumented posterolateral gutter fusions using nanOss Bioactive. Dr. Regan is also involved in the VertiFlex study comparing the VertiFlex® Superion™ Interspinous Spacer (ISS) to the X-STOP® Interspinous Process Decompression (IPD®) System in patients with moderate lumbar spinal stenosis.

To refer a patient to SGBH for a second opinion, surgical consult, or if you would like more information about ongoing clinical trial studies, please call us at 310-385-8010 or send an email to magda@spinegroupbeverlyhills.com.

Fellowship-trained spine surgeon | Clinical trials | Minimally invasive spine surgery
Video-assisted thoracic surgery | Artificial disc surgery | Scoliosis surgery | Second opinions | Spinal tumors
Cervical and lumbar disc herniation | Spinal fractures | Spondylolisthesis | Spinal stenosis

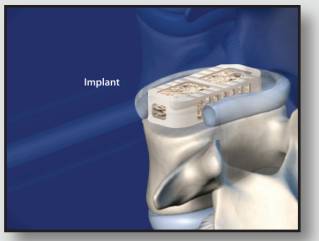
Minimally Invasive Spine Surgery

Minimally invasive spine surgery has evolved over the last 30 years to treat and repair a wide variety of spinal disorders including herniated discs, deformity, injuries and degenerative disc disease. While traditional spine surgery may require a two to three-inch incision in the back, minimally invasive procedures involve smaller incisions, sometimes only one-half inch in size. The smaller incision provides less disruption to tissues, and reduces pain and recovery time. Minimally invasive procedures can generally be performed as a day surgery.

Mastery of the less invasive surgical techniques takes experience. Dr. Regan's work with minimally invasive technology dates back 20 years. He has been an author of textbooks including "The Atlas of Endoscopic Spinal Surgery" and the second edition textbook entitled, "The Atlas of Minimal Access Spine Surgery".

If it is determined that surgery is necessary, the goal of Dr. Regan at Spine Group Beverly Hills is to help patients return to an active life style using the least invasive surgical technique possible. Some of the procedures used by Dr. Regan include XLIF (Extreme Lateral Interbody Fusion) which helps treat spine disorders through an access from the side. Dr. Regan also uses the ILIF procedure (Interlaminar Lumbar Instrumented Fusion) to treat back pain caused by spinal stenosis and spondylolisthesis. Using minimally invasive techniques such as XLIF and ILIF results in less muscle disruption, less blood loss and shorter recovery time.

Dr. John Regan was one of the first spine surgeons in the world to utilize a new surgical technique called Video-Assisted Thoracic Spine Surgery (VATS), which involves the use of laparoscopic surgical instruments through a few small incisions, aided by tiny cameras and a video monitor.



Medical illustration demonstrating XLIF
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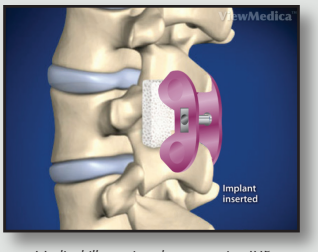

Medical illustration demonstrating ILIF
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Artificial Disc Surgery

Unlike fusion surgery that locks spinal vertebrae, which can in turn damage adjacent discs above and below the fusion site, artificial disc replacement is designed to retain motion by replicating the function of a normal, healthy disc. Most artificial disc designs have plates that attach to the vertebrae and a rotational component that fits between these fixation plates. These components are typically designed to withstand stress and rotational forces over long periods of time.

Because of the weight of the body and the rotational stress that the trunk places on discs in the lumbar area, more stress is placed on artificial discs in the lumbar area vs. the cervical area. Also, retaining motion in the cervical area can be key to preventing other disc problems in the adjacent disc levels in the neck area. Choice of the disc involves the expertise of the experienced spine surgeon to match the best alternative to the patient.

FDA APPROVED ARTIFICIAL DISC OPTIONS

PRODISC-C® by Synthes
www.synthes.com

PRODISC-L® by Synthes
www.synthes.com

Office Locations in Beverly Hills & Newport Beach

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Scoliosis Surgery

Depending on the cause of the scoliosis, a variety of treatment options are available at Spine Group Beverly Hills, including:

- Endoscopic Thoracic Release
- Endoscopic Correction of Scoliosis
- Spinal Fusion
- Instrumentation

Dr. Regan has performed more than 500 successful scoliosis surgeries. He is an active member of numerous professional organizations, including the Scoliosis Research Society. More information about scoliosis and the various treatment options available are at our informative website at www.SpineGroupBeverlyHills.com.