



## NANCY BEADLE



"Dr. Jon Graham is a fine doctor. He explains everything so you understand and is compassionate."

Age: 64  
Hometown: Honolulu, HI  
Surgeon: Dr. Jon Graham of Dr. Jon F. Graham, MD, LLC, Honolulu, HI  
Indications: Spinal stenosis  
Procedure: XLIF®  
Levels Treated: L3-5  
Surgery Date: November 18, 2010

**Life Prior to Surgery:** Nancy started having back problems about 35 years ago and frequented a chiropractor for several years to treat her pain. In 1985, she sustained an on-the-job back injury and was sent to a sports medicine doctor. From that time on, Nancy struggled with frequent "flair-ups," as the doctor put it. Her pain level intensified and, in 1998, her doctor felt an IDET (intradiscal electrotherapy) would be helpful. Unfortunately, this treatment wasn't as helpful as Nancy hoped. Subsequently, she tried epidurals, physical therapy, aqua therapy, and acupuncture. In 2001, she had surgery for a ruptured disc and then a second surgery in 2002 for another ruptured disc. By 2009, Nancy's pain level increased and walking and standing became increasingly difficult. The doctor felt

she was developing spinal stenosis. He told her to make an appointment if she was not able to stand or walk for more than 10 minutes.

Finally, in 2010, Nancy's pain worsened to the point where it affected all aspects of her life. She had an MRI which revealed that she had spinal stenosis. Nancy was referred to Dr. Jon Graham who recommended that she undergo the minimally disruptive XLIF procedure.

**Situation Today:** Nancy was up and walking four days after XLIF surgery. She was then sent to the rehabilitation wing at Queens Medical Center where she continued to walk and exercise to regain her strength. Although Nancy didn't have any post-op complications, she wore a back brace for three months after surgery. Nancy did aqua therapy and physical therapy and resumed her "normal" life within about one month.


Now, Nancy has completely recovered and is amazed at the relief from her intense pain. "For so long there were things I couldn't do, but I'm now able to do them once again. I can walk up stairs and hope to resume volunteer work soon," exclaims Nancy.

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**Important Note:** As with any spine surgery, there are potential benefits and possible risks associated with the XLIF procedure. Individual results will vary. It is important that you discuss the possible risks and potential benefits of XLIF with your doctor prior to receiving treatment, and that you rely on your physician's judgment. Only your doctor can determine whether you are a suitable candidate for this procedure.

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