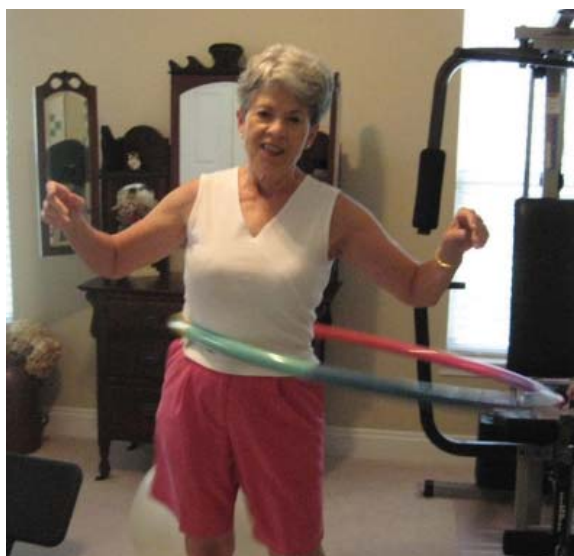


Patient Testimonial



Carole, XLIF® Patient

To say that Carole is an active woman is an understatement. In addition to spending time with her three children and seven grandchildren, the seventy-one year-old homemaker has dedicated her spare time to volunteering at her church and at a hospital gift shop to raise money for scholarships. She has also found time to work as Treasurer for the Ladies' Golf Association (LGA). Needless to say, Carole has been a staple in her community for years.



Four and a half months after having XLIF surgery, Carole has resumed her volunteer work and is back to her active lifestyle

What many people may not have known about Carole was that she suffered from severe lower back and leg pain. She had scoliosis and the condition progressed over time, becoming increasingly painful. "The pain got worse and then it started going down my leg," recalls Carole. "It went down the left leg first and then down both legs. I had so much pain that I actually screamed getting into bed." Carole, however, did not let the pain interfere with her daily activities. Instead, she pressed on.

In 2003, at the recommendation of her primary care provider, Carole made an appointment with Dr. Stephen Enguidanos, an orthopaedic surgeon with the Orthopaedic and Spine Surgery Center in Niceville, FL. Dr. Enguidanos diagnosed Carole with degenerative lumbar disease and spinal stenosis, which resulted from the progression of her scoliosis. Initially, he started Carole on conservative treatment methods in an effort to relieve her pain. "With Carole we tried physical therapy, pain medication, pain management, and more," explains Dr. Enguidanos. "We tried

everything we could conservatively but her quality of life started slowly deteriorating. She started having to restrict her activities." By 2008, Carole had resigned from her treasury position with the LGA, and had stopped volunteering because her pain had become too much of a hindrance. She also had to stop playing golf, one of her favorite pastimes.

After having exhausted numerous conservative treatment options for over five years, Dr. Enguidanos suggested that Carole undergo an XLIF (eXtreme Lateral Interbody Fusion) procedure. "Dr. Enguidanos said that XLIF was less disruptive and that I would have an earlier recovery," says Carole. Unlike typical spine surgery approaches, XLIF, developed by NuVasive®, accesses the spine laterally, through the patient's side using two small one-inch incisions. This minimally disruptive procedure allows the surgeon to access the anterior spine without requiring the traditional abdominal incision of an anterior approach or the dissection or retraction of the sensitive back muscles, bones, or ligaments that is typical of traditional posterior approaches. Because it is less disruptive to the surrounding tissues, the XLIF procedure requires less operative time and results in minimal surgical blood loss and quicker postoperative recovery than traditional

Patient Testimonial



approaches.

On April 15, 2008, Dr. Enguidanos performed an XLIF® procedure on Carole. "I had complete faith in Dr. Enguidanos," explains Carole. "He's a wonderful doctor and the care that I received from him and the nurses at the hospital was excellent." A day and a half after Carole's surgery, she was released from the hospital and she was ready to walk right away. When Carole returned home, she walked with the help of a walker and two weeks later she was already driving a car. Although Carole experienced some post operative pain at her incision site for about one week after the XLIF surgery, she is virtually pain-free now. "It took a while to get my strength back," explains Carole. "But I've got my energy back now."

After having surgery, Carole was eager to return to the activities that she had previously enjoyed. One month after her operation, she resumed her work at the hospital gift shop and two months after that she started volunteering at her church again. "I have also started playing golf again," says Carole. "I've played eighteen holes three times. I am also back on the treadmill. This morning I walked over three miles."

Both Dr. Enguidanos and Carole consider the XLIF surgery to have been a success. "Carole has been happy from day one and she's been going forward ever since," says Dr. Enguidanos. "I am very pleased with her operation." Carole agrees and says that the XLIF procedure improved her quality of life. "Before the surgery I couldn't even get into bed without having excruciating pain," she says. "There's no pain anymore. I wanted to get better so I could get back to my life, and I'm there now."

As with any spine surgery, there are potential benefits and possible risks associated with the XLIF procedure. It is important that you discuss the potential risks, complications, and 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 treatment. You can find a surgeon in your area who performs the XLIF procedure by utilizing the Physician Locator on www.latera.access.org.