

My name is Craig and I am an extremely satisfied patient of the disk replacement surgery. I had my disk replacement surgery on October 8, 2002. Since the surgery, I have returned back to my normal life. I fully recommend this procedure if surgery is in your future.

I am not going to bore you with my full history, but I will give you a little background to what brought me to Dr. Fabien Bitan.

Before my 20<sup>th</sup> birthday, I injured my back on the construction site. I tried to continue to work, but was unable to. I started seeing different doctors. Listed below are some of the different types of treatments that I remember of trying.

- Anti-inflammatory drugs to get the swelling down
- Chiropractors
- Physical therapy
- Ultrasound treatments
- Electrical shock treatments
- Massage therapy
- Epidural Steroid treatments
- Vax-D sessions
- I used a 10s unit for a few months
- I used a RS-4 unit for a few months
- I was put into a plastic brace that limited motion
- Disk decompression procedure

The above treatments and procedures helped a little, but the thing that I found worked the best was extra strength Vicadin. After a while, I developed a resistance to the pain killers and the down hill descent started again.

My life was getting to the point that I just did not care anymore. My friends stopped calling to invite me out to any of the activities that they were doing. I don't blame them because every time they called, I would say no. I hurt too much to do anything.

Then one day a doctor mentioned to me that he had heard of a surgery that someone was doing that was called a disk replacement surgery. He didn't have any information about it other than he had heard that someone was doing them. I brushed it off because I had been fighting the pain for a full 8 years at this point and had convinced myself that there was nothing out there that would help me. My parents did not let it go. They did some searching and found a doctor named Dr. Fabien Bitan who was performing the procedure in NY. I was skeptical about the procedure, but we scheduled an appointment and traveled from our home in Western Pennsylvania to Manhattan NY. It was a long trip, but I am glad that we did it.

It has now been two years since my surgery and I am grateful and excited about my results. I have gone from a 19 year old who could do nothing but lay around the house in pain while taking painkillers. To a 30 year old who now can do anything that I want. This past summer, I was doing activities that I thought that I would never do again. A

couple of months ago, I was splitting wood with a wedge and a sledgehammer. Now when my children tell me that they want to play, the reply of “I can’t play, I am hurting too much” is no longer in my vocabulary. Now, I get down on the floor and am instantly turned into a human horse.

I am not a person who will recommend anything to anyone unless I have tried it myself. I have had a mechanical disk in my back for two years now and I know what it can do. If you are considering surgery to get rid of your pain, set up an appointment and at least find out your options. I am glad that I did.