



## 18th Annual Meeting Featured Speakers

# Crockard, Nance to Speak at Annual Meeting

### Keynote Speaker, Dr. Alan Crockard

Internationally renowned craniocervical expert, Alan Crockard, DSc, FRCS, FDS, RCS, will present the keynote address on Thursday, October 23, 2003, at NASS' 18th Annual Meeting in San Diego.

Dr. Crockard is a Consultant in Neurosurgery at the National Hospital for Neurology and Neurosurgery and a professor at the Institute of Neurology at the University College London where he serves as head of the Spinal Surgery Research Unit.

His particular clinical and research interests are centered on the craniovertebral junction, the skull base and cervical spine. He has pioneered a variety of transoral surgical approaches and the instrumentation for the procedures, as well as lateral approaches to the craniocervical junction. He has perhaps the largest prospective database in the world on cervical rheumatoid instability and skull base chordoma. His team has developed functional measurements including the Myelopathy Disability Index in Rheumatoid Arthritis and the Walking Test for Cervical Spondylitic Myelopathy.

Dr. Crockard is the author of numerous articles, chapters and books including the well-regarded text, *Neurosurgery: The Scientific Basis of Clinical Practice*.

Dr. Crockard is Director of Education at the Royal College of Surgeons of England and is currently coordinating plans for a new UK surgical curricu-



**Keynote Speaker: Alan Crockard, DSc, FRCS, FDS, RCS**

**Keynote Address: Thursday, October 23, 2003, 11:42AM-12:12PM**

lum framework for all surgical specialties at all levels.

### Presidential Guest Speaker, John J. Nance

Being a professional in the business of health care, regardless of specialty, means working at "The Sharp End" of a complex human system. It's a place where the penalty for error is very great in both human and monetary terms. While the medical profession may seem alone in facing this high-wire act, it does not have an exclusive franchise on life at the sharp end. Other professions also face human and monetary penalty for any significant error or incapacity, among them the nuclear power industry, and perhaps the most widespread, aviation. This presentation discusses



**Presidential Guest Speaker: John J. Nance**

**Presidential Guest Address: Friday, October 24, 2003, 12:17-12:57 PM**

changing an entire culture: breaking down the barriers that block communication among professionals, getting rid of the culture of blame and instilling true teamwork in every corner of the organization.

Aviation has killed a host of innocent people in learning these lessons—you might say they've been paid for in blood. You will hear galvanizing aviation stories set in cockpits instead of operating rooms or ICUs. But the world you'll enter is so familiar to health care in terms of the human dynamics that the lessons can be lifted intact from that world to yours.

An internationally recognized air safety analyst and advocate, best known to North American television audiences as Aviation Analyst for

the ABC Television Network and Aviation Editor for Good Morning America, John J. Nance is well known for his involvement in Air Force human factors flight safety education and an advocate for crew resource management and expanded human performance training. A decorated Air Force pilot veteran of Vietnam and Operations Desert Storm & Desert Shield, he is also a Lieutenant Colonel in the USAF Reserve. John has piloted many jet aircraft, including Boeing 727s, 737s, 747s and Air Force C-141s. He is the nationally known author of 15 major books. He is also a founding board member and current executive committee member of the National Patient Safety Foundation.



## Variety of Premeeting Courses Available at 18<sup>th</sup> Annual Meeting

Visit [www.spine.org](http://www.spine.org) for course descriptions and registration forms or watch your mail for the Annual Meeting Preliminary Program in July.

- **Coding Update 2004: Essentials and Controversies of Operative & Nonoperative Spine Care Coding**  
Monday, October 20, 2003, 8:00AM - 5:00PM  
Tuesday, October 21, 2003, 8:00AM - 5:00PM
  - **What's New in Spine Grafting Technology and Tissue Banking**  
Tuesday, October 21, 2003, 8:00AM - 12:30PM
  - **Do it Yourself – Powerful Presentation with Power-Point®**  
Tuesday, October 21, 2003, 8:00AM - 4:30PM
  - **A Multidisciplinary Approach to the Essentials In Spine Care**  
Tuesday, October 21, 2003, 8:00AM - 4:30PM
  - **How To Build a Successful Center of Excellence in Any Environment ... Academic, Institutional or Private Practice**  
Tuesday, October 21, 2003, 8:00AM - 5:30PM
  - **Total Disc Replacement**  
Tuesday, October 21, 2003, 8:00AM - 5:30PM
  - **Percutaneous Vertebral Augmentation Techniques**  
Tuesday, October 21, 2003, 8:00AM - 12:00PM
  - **Interbody Technologies: PLIF**  
Tuesday, October 21, 2003, 8:00AM - 12:00PM
  - **Minimally Invasive Spine Surgery: Lumbar Decompression**  
Tuesday, October 21, 2003, 8:00AM - 12:00PM
  - **Cervical Spine Stabilization**  
Tuesday, October 21, 2003, 1:30 - 5:30PM
  - **Minimally Invasive Spine Surgery: Fusion/Implants**  
Tuesday, October 21, 2003, 1:30 - 5:30PM
  - **Interbody Technologies: ALIF**  
Tuesday, October 21, 2003, 1:30 - 5:30PM
- Techniques Workshops**
- **Spinal Injections I: Transforaminal, Interlaminar and Caudal Injection Principles and Techniques**  
Tuesday, October 21, 2003, 8:00AM - 12:00PM
  - **Spinal Injections II: Sacroiliac, Intra-articular Zygapophysial Joint and Medial Branch Injection Principles and Techniques**  
Tuesday, October 21, 2003, 1:30 - 5:30PM



## Don't Miss . . . John Pinette to Entertain at Banquet

Hilarious comedian and actor, John Pinette, will appear at the NASS Annual Banquet Friday evening.

Having recently been named *Stand Up Comedian of the Year* by the American Comedy Awards, John is an actor/comedian whose time has clearly come.

A former accountant, John Pinette began his comedy career at the age of 22 and has gone on to opening for Frank Sinatra, Howie Mandel, Ray Charles and Michael Bolton. Star of television and movies, don't miss John perform his nationally known act during the 2003 Annual Banquet.

The banquet will be hosted in the Sails Pavilion on the upper level at the San Diego Convention Center from 7:00-11:00 PM on Friday, October 24. Purchase your tickets in advance or at the Banquet Sales Counter on the ground level near Registration.

**Please note:** Tickets are not included as part of your registration fee and must be purchased separately. Details are included on the registration form available with this *SpineLine* mailing or at [www.spine.org](http://www.spine.org).

## Additional San Diego Hotels Now Available

All hotels, except the Embassy Suites, are within walking distance of the convention center.

Please contact hotels directly to make room reservations. Online reservation information is available through links on [www.spine.org](http://www.spine.org).

**Please note:** Cut-off date for special rates is October 1, 2003. In order to receive the discount rate, please mention that you are attending the NASS meeting. Hotel reservations made after the cut-off date or after the block of rooms fills up are subject to availability and the NASS rate may not apply.

**Manchester Grand Hyatt San Diego (Headquarter hotel)**  
One Market Place, San Diego, CA 92101; (800) 233-1234  
\$238 single/double

**San Diego Marriott Hotel and Marina**  
333 West Harbour Drive, San Diego, CA 92101; (619) 234-1500  
\$235 single/double for city view room; \$255 single/double for bay view room

**Embassy Suites San Diego Bay**  
601 Pacific Highway, San Diego, CA 92101; (619) 239-2400  
\$205 single; \$220 double

**Hilton San Diego - Gaslamp Quarter**  
401 K Street, San Diego, CA 92101; (619) 231-4040; (800) 774-1500  
\$239 single/double standard rate; \$279 single/double upgrade accommodations.

**Westin Horton Plaza**  
910 Broadway Circle, San Diego, CA 92101  
(619) 239-2200  
\$203 single/double

**Horton Grand Hotel**  
311 Island Avenue, San Diego, CA 92101 (800) 542-1886  
\$203 single/double



# 18th Annual Meeting Offers New Events and Long-standing Favorites

## Welcome Reception

The Welcome Reception marks the official start of the Annual Meeting on Tuesday, October 21, 2003 from 6:00 - 8:30PM, pool-side at the Manchester Grand Hyatt San Diego Hotel. This is an opportunity to see familiar faces, meet new colleagues and enjoy food and drinks.

## Exhibit Hall Hours Expanded

Experience first-hand technology, products and services from vendors who can help you manage your professional goals and strategic objectives. This year the Exhibit Hall (Halls D&E) will be open Thursday through Saturday. Hours are:

Thursday, 9:00AM - 5:00PM  
 Friday, 9:00AM - 5:00PM  
 Saturday, 9:00AM - 3:40PM

## Spine Fellowship Interviews

### Reservation Deadline: October 15th

NASS will again offer space for Fellowship Program Directors to conduct interviews with potential candidates. Fellowship Program Directors should e-mail Lorie Smith at smith@spine.org no later than Wednesday, October 15, 2003 to reserve room 27A of the San Diego Convention Center. The room will be held for Fellowship interviews Wednesday, October 22 and Thursday, October 23 anytime prior to 4:30PM and Friday and Saturday any time. Reservations will be accepted on a first-come,

first-served basis.

Fellowship candidates who wish to set up interviews during the San Diego meeting should contact the specific Fellowship Program(s) of interest to make necessary arrangements. A schedule will be posted outside room 27A to schedule additional interviews on site. Please be considerate of others by not running over your scheduled interview time.

## New this Year! Reception for Residents, Fellows and Program Directors

NASS is proud to announce the first Resident, Fellow and Program Directors Reception to be held in conjunction with the NASS 18th Annual Meeting. The reception is scheduled for Wednesday, October 22 from 6:30-7:30PM in room 27A of the San Diego Convention Center.

The main goal of the reception is to support physicians and resident physicians interested in a career in spine. The reception will provide an opportunity for residents, fellows or potential fellows to mingle with each other and program directors in a casual setting. Hors d'oeuvres and cocktails will be served.

*Support for this reception made possible through a grant from Aesculap.*

## New this Year! Community Service Project

In an effort to give back to the



Ocean views from the pool at the Manchester Grand Hyatt San Diego, location of the this year's Annual Meeting Welcome Reception.

## New this Year! Travel Scholarships for Residents

Residents with limited educational funding who wish to attend the NASS Annual Meeting may apply for travel scholarships.

Eligible residents must be in their 3rd or 4th year of an orthopedic, neuro or PM&R residency Program and may **not** have participated in the 2004 Spine Match. Resident scholarship recipients may not attend the meeting as faculty or presenters, including abstract presenters or moderators.

Residents interested in a travel scholarship must submit an application and a letter of interest along with a letter of recommendation from their Residency Program Director, to the North American Spine Society Resident and Fellow Education Committee (Attn: Lorie Smith). For additional information and/or an application, please contact Lorie Smith, Manager of Educational Programming at smith@spine.org or by phone at (708) 588-8096.

*A special thank you to Aesculap for their contribution to the scholarship*

San Diego community, NASS will be collecting unused toiletries the hotels provide in your room and donating them to the San Diego Rescue Mission. The oldest program of its kind in San Diego, the San Diego Rescue Mission opened its doors in 1955. Forty-eight years and three relocations later, the San Diego Rescue Mission has grown to help thousands of men, women and children get back on their feet. NASS urges you to contribute your unused daily toiletries to this vital organization. Collection boxes will be located in the Convention Center for your donations.

## New this Year! Program Materials Available on CD-ROM

Included in the registration fee for this year's Annual Meeting is a copy of the Annual Meeting Proceedings on CD-ROM featuring more than 115 oral presentations and nine symposia. Each presentation will feature the speaker's slide and audio presentation as well as a headshot of the presenter. This CD will be mailed to attendees after the conference.



## NASS 18th Annual Meeting

# Experience San Diego with Unique Tours

The NASS Tour Desk will be located outside the main entrance of the Manchester Grand Hyatt hotel and is the departure/arrival point for all tour programs.

The official tour company is The Event Team. All tour registrations, payments and questions should be directed to the tour company. Registration is available on line at [www.spine.org](http://www.spine.org) or by completing the tour registration form included with your Preliminary Program and sending it directly to The Event Team.

Deadline for tour registration is Friday, October 3, 2003. If the minimum number of participants have not registered by this date, NASS and The Event Team reserve the right to cancel any tour and provide full refunds to participants.

### San Diego City Tour and Harbor Cruise

**Tuesday, October 21, 9:30AM-1:30PM & Wednesday, October 22, 12:30-4:30PM. \$28.00 per person.**

This informative journey through one of America's finest cities will introduce you to San Diego's past, present and future. Your tour begins in the historic Gaslamp Quarter, originally purchased and developed by Alonzo Horton in 1854. The contemporary architecture of recent developments in this heart of downtown San Diego complement the original buildings from the 1800s that have been lovingly restored. Continue on to Balboa Park with its world-class museums and galleries housed in buildings of Spanish-

Moorish architecture and home to the San Diego Zoo. Then sit back and enjoy a one-hour, fully narrated tour on San Diego Bay aboard a Harbor Excursion boat with scenic views of Coronado, North Island, the Embarcadero and Cabrillo National Park. Finally, off to picturesque "Old Town," the first European settlement in California, where you will have some free time to admire the unique shops, sample some local fare or travel back to early San Diego through the historic displays through-out Old Town. San Diego, "America's Finest City," is waiting to be discovered!

Tour includes roundtrip transportation, guide and admission fee for Harbor Cruise.

### La Jolla

**Tuesday, October 21, 1:00-5:00PM. \$18.00 per person**

La Jolla comes alive with a 1½-hour guided walking tour filled with entertaining stories of La Jolla's famous people, movie stars, history and even a little gossip. Hear about the fairy godmother who gave over \$30 million to the community and the New York stockbroker who bought La Jolla for \$5.50 an acre in 1886 to develop this village, now known as the "Jewel of the Pacific."

La Jolla isn't just another tourist town. "The jewel," is an apt description of this charming village with its many upscale boutiques, fine restaurants, art galleries and charm of a Mediterranean isle. The shopping in La Jolla is incomparable! See the latest fashion trends, explore



Sea World of San Diego, home to world famous Shamu, is one of several enjoyable, memorable tours available during NASS' 18th Annual Meeting in San Diego (see story on this page and next).

unique boutiques, prestigious stores and specialty shops.

Tour includes roundtrip transportation, tour guide and maps of La Jolla.

**Sea World of San Diego Wednesday, October 22, 10:00 AM-2:00PM. \$71.00 per adult; \$63.00 per child (3-11 years)**

Located on beautiful Mission Bay, Sea World features six major shows and dozens of fascinating exhibits containing marine life from around the globe, including the world's largest live shark exhibit and Penguin Encounter, the world's only exhibit of its kind where penguins luxuriate in their cozy 28° habitat. Sea World's star attraction is Shamu, the performing three-ton killer whale; however, other trained performers include sea lions, seals, bottlenose dolphins, otters and a walrus. Your Sea World adventure is fascinating, informative, and a must while visiting San Diego!

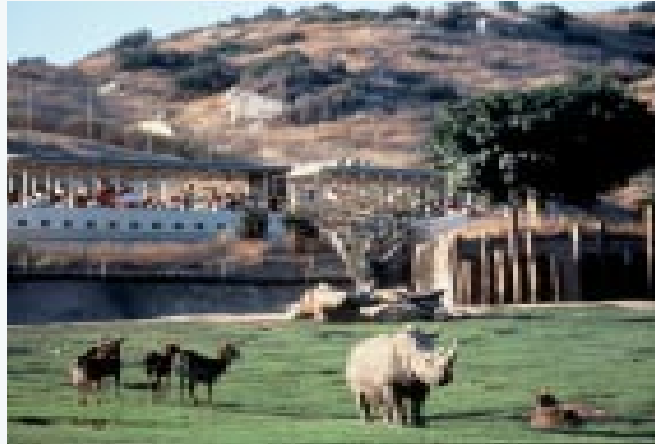
Tour includes roundtrip transportation, guide and admission to Sea World, all exhibits and shows.

**Photo Caravan at the Wild Animal Park Thursday, October 23, 9:00AM - 3:00PM. \$130.00 per person. Without Photo Caravan, \$52.00 per adult; \$42.00 per child (3-11 years).**

The San Diego Wild Animal Park is an 1,800 acre wildlife preserve where 2,200 animals roam free over vast expanses as they would at home in Africa, Asia or South America. Located approximately 40 minutes north of the city, this ecological wonder is noted for its breeding programs dedicated to the re-introduction of species to their native habitats. Your tour includes a 50-minute, guided monorail tour through the expansive free range areas of the park and access to Nairobi Village, with its Afri-



La Jolla Cove



San Diego Wild Animal Park



Balboa Park

## San Diego Tours . . . continued from previous page

can-inspired structures, animal and plant exhibits, food services, gift shops, three amphitheatres for animal shows and tropical America, a jungle habitat where birds, deer and monkeys wander freely in a tropical rain forest. Nairobi Village is also home to the Wild Animal Park's impressive lowland gorilla colony. All animal shows and exhibits are also included.

On a San Diego Wild Animal Park Photo Caravan, you can get closer than you may have dreamed and be at a height where you might make eye-to-eye contact for that once-in-a-lifetime photo opportunity! Riding in an open-air truck, this "Photo Safari" takes you into the heart of the preserve's natural surroundings with experienced and knowledgeable guides.

Tour includes roundtrip transportation, admission to Wild Animal Park and a one-hour and 45-minute Photo Caravan Tour (beginning at 12:00PM).

**Hot Air Ballooning**  
Thursday, October 23, 4:00-8:00PM. \$235.00 per person

Fly high above San Diego County and enjoy a breathtaking view of the sunset. Board a hot air balloon basket and feel completely safe with a crew that has the best equipment safety record and a customer service attitude second to none. Your captain will give you a complete briefing of the wonderful experience ahead. Your ride will last one hour but provide memories for a lifetime. The top-notch ground crew will welcome you as you gently land and toast the sunset with champagne.

Tour includes roundtrip transportation to the launch site, guide, professional hot air balloon crew, soft drinks, champagne toast after ride and all fees, taxes and crew gratuities.

Tips for ballooning: Flat shoes and jackets are advised; dresses or skirts not recommended as participants will be climbing over gondolas. Weight of all participants must be provided prior to ballooning and participants over 6 ft. are advised to bring a hat as the balloon burner can get hot.

**Temecula Wine Tasting and Lunch**  
Friday, October 24, 9:00AM-3:00PM. \$72.00 per person

While most of the world thinks that the only California wines are produced in the Northern California Sonoma and Napa regions, Southern California has some great wineries of its own. Just north of San Diego County, nestled in the Rainbow Gap, is the beautiful wine-producing region of Temecula Valley. Home to more than 20 wineries, Temecula Valley has produced numerous award-winning champagnes and wines.

Your visit in Temecula Valley includes wine tasting and lunch at Callaway Coastal Vineyard and Winery, and a visit to another nearby winery for tasting.

Tour includes roundtrip transportation, guide, tour, tasting and lunch at Callaway's Vineyard.

**Coronado Walking Tour**  
Saturday, October 25, 9:00AM - 1:00PM. \$33.00 per person

Rich in history, natural beauty and a charming ocean village atmosphere, Coronado is most deserving of its royal nickname, the Crown City. Bordered by the Pacific Ocean, Glorietta Bay and San Diego Bay, this picturesque seaside city is linked to the Southern California coastline and the city of San Diego by the graceful and stately San Diego-Coronado Bridge and to the south by a narrow strip of land known as the Silver Strand. Your knowledgeable tour guide will take you on a leisurely narrated walking tour where you'll learn that the Inn was once the home of John Spreckels, sugar king and San Diego benefactor. Then stroll down the boardwalk while you marvel at the waterfront mansions and see the house where "The Wizard of Oz" was written. Lastly, before your return to the mundane matters of reality, you'll hear how the North Island Naval Base was once a separate island before joining the existing peninsula.

Tour includes roundtrip transportation, tour guides, admission to water taxis and all gratuities.



# NASS Research Fund Challenge Issued

## Kyphon to match dollars donated by members

NASS is delighted to announce that Kyphon Inc. has issued a challenge grant for NASS' Annual Research Fund. Kyphon will match—dollar for dollar—each NASS member's contribution to NASS' Annual Research Fund between now and October 25, 2003 (the last day of the 18<sup>th</sup> Annual Meeting). This \$25,000 challenge grant is over and above the \$50,000 Kyphon has committed for NASS' Spine Research Foundation.

To launch this campaign, Karen Talmadge, PhD, Executive VP, Chief Science Officer and cofounder of Kyphon, has set the pace with a gift of her commitment of \$1000 to the NASS Annual Research Fund.

This special campaign gives you an unprecedented opportunity to double the value of your gift. Please use the envelope enclosed with this issue of *SpineLine* to contribute to the NASS Annual Research Fund today.

### It All Begins with Research...

Spine care professionals know that every technique and procedure we employ to bring relief and healing to our patients is borne of research.

Quality spine care transcends any one medical specialty and so does quality spine care research. The North American Spine Society's multidisciplinary approach to uncovering the etiology, natural progression and most effective treatments for spinal disorders is unique in the field.

NASS' commitment to advancing quality spine care through research exceeds that of most organizations. Many research funding groups extract up to 25% of each contribution to cover the costs of the solicitation of the gift. NASS absorbs all overhead costs so that every penny of every contribution directly supports multidisciplinary spine related

research.

NASS recognizes that the only thing that rivals research in importance is funding for research. Without funding, essential research simply will not take place and untold advances and discoveries will remain unfound.

The North American Spine Society has two research funding vehicles to propel spine care into the future: the Annual Research Fund and the Spine Research Foundation.

### NASS Annual Research Fund

Each year at the Annual Meeting, the NASS distributes the money collected throughout the year to fund spine-related basic and applied clinical research. NASS' Research Grants and Awards Committee reviews and selects the highest quality, top priority projects to receive NASS funding. The goal for 2003 is to distribute \$200,000.

### NASS Spine Research Foundation

NASS established the Spine Research Foundation to increase and, most importantly, to guarantee future funding for multidisciplinary spine-related research. As it is an endowment fund, the principal will remain untouched; the interest earned on the principal each year will supplement the amount distributed through the NASS Annual Research Fund.

The Spine Research Foundation is the spine care professional's insurance that important research will continue to advance spine care regardless of decreases in federal funding or the current state of the financial markets.

Your investment in NASS' research program is a signal of your leadership in the spine care field. Please give generously today using the envelope provided.

## Help Make History

By Galen Smith, MD  
Chair, Task Force on Archives

The Task Force on Archives continues to work toward its goal of preserving the history of NASS and spine medicine.

The Task Force has been assigned to collect archival memories, documents and artifacts for the purpose of documenting NASS' history and eventually creating a museum dedicated to spine care. Existing materials have been cataloged and stored for future display and use by members.

A catalog of archival materials and a biographical record of deceased members have also been created.

Can you help? The Task Force is looking for donations of any items related to the history of NASS or spine care. These items could include:

- photos/videos of NASS events
- photos of NASS members, past presidents, etc.
- names and biographical information of deceased members

- original documents or any item related to NASS' history
- classic research studies
- photos/videos of spine care procedures, techniques and individuals of importance to the field
- oral histories/biographical items relating to individuals of importance to the field
- instruments/implants/products/artifacts integral to the practice of spine care over time
- patient/physician education materials
- old promotional materials

for spine care products

- any item you think may be relevant to spine care history

Items donated to NASS will be cataloged to recognize contributors when displayed. Please help with this endeavor to document the important histories of NASS and spine care.

Please send donations (with a brief explanation) to: Karen Hintz, NASS, 8320 St. Moritz Drive, Spring Grove, IL 60081. Phone: (815) 675-0021, Fax: (815) 675-3137, e-mail: [hintz@spine.org](mailto:hintz@spine.org)



## Members In the News

This column recognizes recent achievements of our members. If you have news that you would like to share with your fellow member or if you would like to recognize a member colleague, please send it to Vicky Rappatta, Membership Department, 22 Calendar Court, 2<sup>nd</sup> Floor, LaGrange, IL 60525 or e-mail: rappatta@spine.org

Congratulations to Emeritus member, **Jerome M. Cotler, MD**, who was recently honored by the American Spinal Injury Association (ASIA) where he received their Lifetime Achievement Award. In

addition to this honor, Dr. Cotler also received the Alumni Award from Ursinus College in Pennsylvania, the institution from which he graduated in 1948.

While Dr. Cotler no longer actively practices orthopedic surgery, he does continue to teach in the Department of Anatomy at Jefferson Medical College in Philadelphia, PA.

*In Memoriam*  
**John W. Fraser, MD,**  
**FRCS (Can)**  
Buffalo, NY

## Pain Management Monographs Available

The Joint Commission on Accreditation of Healthcare Organizations and the National Pharmaceutical Company have collaboratively produced two complementary monographs to improve quality of pain man-

agement. These monographs and an executive summary can be found at <http://www.jcaho.org/news+room/health+care+issues/pm+monographs.htm>.

## NASS Calendar At-a-Glance

For further details about these meetings and/or to download a registration form, please visit [www.spine.org](http://www.spine.org) or call NASS toll-free at: (877) SpineDr

### August 2003

**10-13 World Spine II: The Second Interdisciplinary Congress on Spine Care, Chicago, IL**

### October 2003

**21-25 18th Annual Meeting, San Diego, CA**

### February 2004

**20-21 Coding Update, Aspen, CO**

### April 2004

**16-17 Coding Update, Scottsdale, AZ**

## PATIENT EDUCATION MATERIALS

We

provides patient education materials in easy-to-understand language, written by trusted authorities in the spine care field.

**Brochures** (8- to 16-page brochures in full color with illustrations; sold in packs of 25)

- Bone Grafts
- Herniated Lumbar Disc
- Herniated Cervical Disc
- Lumbar Spinal Stenosis
- MRI
- Radiographic Assessment
- Herniated Lumbar Disc
- Herniated Cervical Disc
- Lumbar Spinal Stenosis
- Cervical Stenosis and Myelopathy
- Adult Isthmic Spondylolysis
- Osteoporosis
- Spinal Fusion Surgery
- NSAIDs
- Patient Safety: Safeguard Your Health

- Stingers
- Spinal Injections
- Facet Joint Injections
- Open Discectomy
- Herbal Supplements

**Handouts** (full-color information sheets; sold in pads of 25)

- Seven Back Pain Warning Signs
- Back Pain Risk Scale
- Know Your Back!
- Back Quiz for Women
- Back Pain in Pregnancy
- Ten Tips for a Healthy Back
- Exercises for a Healthy Back
- Strength Training for the Elderly

The order form can be downloaded from the NASS Web site at <http://www.spine.org/forms/patedordfm.pdf>; NASS members receive a significant discount. For more information, call toll-free (877) SpineDr, or (708) 588-8080.