

Providing the most comprehensive spine and cranial services in Western North Carolina

CAROLINA SPINE'S DR. SILVER NAMED TO *BUSINESS NORTH CAROLINA'S* "BEST DOCTORS OF 2010" LIST

Dr. Jon M. Silver, a board-certified neurosurgeon with Carolina Spine and Neurosurgery in Asheville, is one of 21 neurosurgeons in the state recently named to Business North Carolina magazine's "Best Doctors of 2010" list.

Dr. Silver is the only neurosurgeon in Western North Carolina who made the list, which appears in the November 2010 issue of the award-winning, Charlotte-based Business North Carolina magazine. Other doctors on the "Best Neurosurgeons" list are located in metropolitan areas of Charlotte, Winston-Salem and the Triangle Area.

Dr. Silver, certified by the American Board of Neurological Surgeons, joined CSNC in 1991. Dr. Silver received his medical degree from Duke University, where he also completed an internship in general and thoracic surgery and a residency in neurology. He practices at CSNC's main office, located at 7 Vanderbilt Park Drive, and will see patients in Clyde as well, when that office opens in early 2011.

"This well-deserved recognition of Dr. Silver speaks to the high level of care available through our practice," said Kevin Fleming, CEO of Carolina Spine and Neurosurgery Center. "Business North Carolina magazine's reporting on economic and business trends -- including health care -- is unparalleled, and this

Story continued inside...

WINTER 2011

IN THIS ISSUE...

- CSNC's Dr. Silver Named To *Business North Carolina's* "Best Doctors of 2010" List
- CSNC Opens New WNC Offices to Serve Patients Outside Asheville
- CSNC Now Offering the Nationally Recognized Center For Medical Weight Loss Program
- A Life Restored... David Herbert
- A Life Restored... Elizabeth Matthews

TO MAKE A REFERRAL OR
FOR MORE INFORMATION
PLEASE CALL:

(828) 255-7776

OR TOLL FREE:

(866) 432-3637

VISIT OUR WEBSITE AT
www.CSandNC.com

CAROLINA SPINE & NEUROSURGERY CENTER NOW OFFERING THE NATIONALLY RECOGNIZED CENTER FOR MEDICAL WEIGHT LOSS PROGRAM

Dr. Margaret Burke of Carolina Spine and Neurosurgery Center (CSNC) is now offering the nationally recognized Center for Medical Weight Loss program to patients.

Dr. Burke saw the need to find a weight-loss program for her patients whose weight affected their ability to handle their physical therapy. "They simply could not perform the exercises that would enable their recovery," Dr. Burke said. "Patients with a body mass index over 30 have problems performing even simple exercises."

After researching different options, she chose the Center for Medical Weight Loss program. "It was the best solution to help patients reach their weight-loss goals and get on the road to recovery," she said.

Through the Center for Medical Weight Loss program, Dr. Burke develops a plan tailored to the individual needs of the patient.

Components include:

- Doctor supervised food plans
- Metabolism regulation
- Appetite management
- Lifestyle and motivational coaching
- Science-based activity recommendations

Each weight-loss plan varies according to the metabolic needs of the patient. These personalized plans are modified and perfected until the desired results are achieved, whether it is 100 pounds or 10 pounds. Almost all patients (99%) who follow the program – which includes a low-calorie diet and individual counseling – lose weight, according to Center for Medical Weight Loss statistics.

CSNC has extensive exercise/rehabilitation equipment and a therapy pool to help in the exercise component of the program, according to Roger Meade, director of Carolina Spine's Rehabilitation Services.

The Center for Medical Weight Loss program begins with an introductory evaluation and explanation of the different weight-loss options available. The initial evaluation, which costs \$19, includes a detailed body composition analysis that indicates the amount of fat, muscle and water in the patient's body. The information is used at subsequent office visits to track the patient's progress.

"Helping the patient lose fat and maintain muscle mass is an important part of the program," Dr. Burke said. "One challenge with my patients is to change their eating habits."

Some patients may go to a plan involving total meal replacement with vitamin supplements, which are 100 percent natural. Some patients may use a plan that incorporates partial meal replacement with a calorie-specific dinner. All plans include diet modification and exercise with or without medications. The medications are high quality, and they include appetite suppressants and necessary vitamins and minerals.

The different weight-loss options allow patients to lose weight at varying rates, depending on their medical history, degree of fitness and motivation.

Patients do not have to be extremely overweight to participate. "The Center for Medical Weight Loss plans are for anyone who is unhappy or feels unhealthy due to their weight," Dr. Burke said. "The first priority is the patient's overall health and well being."

The program is safe for people with diabetes, hypertension and other medical problems, she said. It also may help control complications from these diseases and alleviate other conditions that result from obesity, such as arthritis, coronary heart disease, sleep apnea, persistent lymphedema, lower extremity edema, hypertension and high cholesterol.

Results show the Center for Medical Weight Loss program is effective because it offers:

- Individual attention from the start. The initial in-depth evaluation is the first step to a personalized program.



CAROLINA SPINE & NEUROSURGERY CENTER OPENS NEW WNC OFFICES TO SERVE PATIENTS OUTSIDE ASHEVILLE

- Safe and effective weight loss. Because Dr. Burke monitors the fat or muscle weight loss, she can adjust the individual plan accordingly.
- Realistic and accurate expectations. By employing measurements and body composition information, she can accurately predict the amount of weight a person can lose over time.
- Personal support. With each visit, Dr. Burke offers insights concerning how patients can approach daily life in ways that improve their ability to maintain the weight loss achieved.

Dr. Burke is committed to helping her patients through the Center for Medical Weight Loss. "It is important to me to help my patients lose weight quickly and safely, and most importantly, to help them keep the weight off long term while promoting their physical recovery."



- Patients in Western North Carolina no longer have to travel to Asheville see a spine specialist.
- Carolina Spine and Neurosurgery Center has opened an office in the Franklin area. Our Franklin office is located in the Outpatient Facility at Angel Medical Center.

On September 7, 2010 we celebrated the Grand Opening of this location with a Ribbon cutting Ceremony. The Franklin location is a partnership between Mission Spine Center, Angel Medical Center and Carolina Spine and Neurosurgery Center. Services offered at this facility include physician evaluations, CT scans, MRIs, plain film X-rays, pre-operative care and most post-operative treatments, and on site physical therapy services provided by Angel's physical therapists under the surgeons' directions.

Due to the complexity of surgery, surgeries will continue to take place in Asheville at Mission Hospital in their 20-bed spine surgery unit. Mission Spine Center is the only facility in the region that is recognized as a Blue Distinction Center® for spine surgery by Blue Cross Blue Shield of North Carolina. Blue Distinction Centers for Spine SurgerySM provide comprehensive inpatient spine surgery services, including discectomy, fusion and decompressions procedures.



Left to right: Kevin Fleming, Bob Jones, Dr. Hubert L. Gooch Jr. , MD, Tim Hubbs, John Maher, and Jonathan Bailey at the Ribbon Cutting on September 7, 2010, in Franklin.



Kevin Fleming, CEO of Carolina Spine & Neurosurgery Center, speaking to the crowd at the Ribbon Cutting on September 7, 2010, in Franklin.

In Franklin, neurosurgeons Dr. Richard Lytle and Dr. Wesley Fowler currently see patients on Tuesdays, and orthopedic spine surgeon Dr. Hubert Gooch sees patients on Fridays. “We are excited about the combined effort of Carolina Spine & Neurosurgery Center, Angel Medical Center and Mission Health System to bring state-of-the-art spine care to multiple locations across Western North Carolina,” said Kevin Fleming, CEO of Carolina Spine and Neurosurgery Center. “Patients will now have easier access with noticeably reduced drive times to some of the most advanced spine care in the region.”

Continuing its commitment to serve patients who cannot travel to Asheville, Carolina Spine and Neurosurgery Center also opened an office at Grace Hospital’s Medical Office Building in Morganton, where Dr. Jonathan Sherman, also a board-certified neurosurgeon, performs surgeries and follow-up care. The Morganton office opened in Mid August.

Carolina Spine & Neurosurgery Center will also be opening an additional office at Mission Health System’s Outpatient Care Center in Clyde, NC. The physicians from CSNC that see patients in Clyde will be neurosurgeons Dr. Ralph Loomis and Dr. Jon Silver, and orthopedic spine surgeon Dr. Mark Moody. The practice expects to begin seeing patients in Clyde early in 2011.

For more information and to schedule appointments, contact Carolina Spine and Neurosurgery Center, (828) 255-7776 or visit www.csandnc.com.



Mission Health System’s Outpatient Care Center, located in Clyde, is where CSNC physicians will begin seeing patients in early 2011.

CAROLINA SPINE’S DR. SILVER NAMED TO BUSINESS NORTH CAROLINA’S “BEST DOCTORS OF 2010” LIST...*cover story continued.*



recognition of Dr. Silver is certainly high praise for one of our outstanding neurosurgeons.”

In compiling its list of Best Doctors in North Carolina, Business North Carolina magazine obtained information from Boston-based Best Doctors Inc. The full list includes 1,600 doctors in 49 specialties.

Business North Carolina magazine has earned a reputation as one of the nation’s best regional business magazines, consistently winning editorial awards from the Association of Area Business Publications for best magazine, best feature, best profile, best body of work by a single writer, best local coverage of a national story, and best use of photography/illustrations.

Dr. Silver is one of 13 CSNC physicians specializing in comprehensive spine services, brain disorders and cranial surgery. CSNC also offers on-site imaging services (MRI), non-surgical services and physical therapy, and has offices in Brevard, Columbus, Marion, Rutherfordton, Sylva, and Franklin. For more information, contact Carolina Spine and Neurosurgery, 7 Vanderbilt Park Drive, Asheville, (828) 255-7776.

A Life Restored...

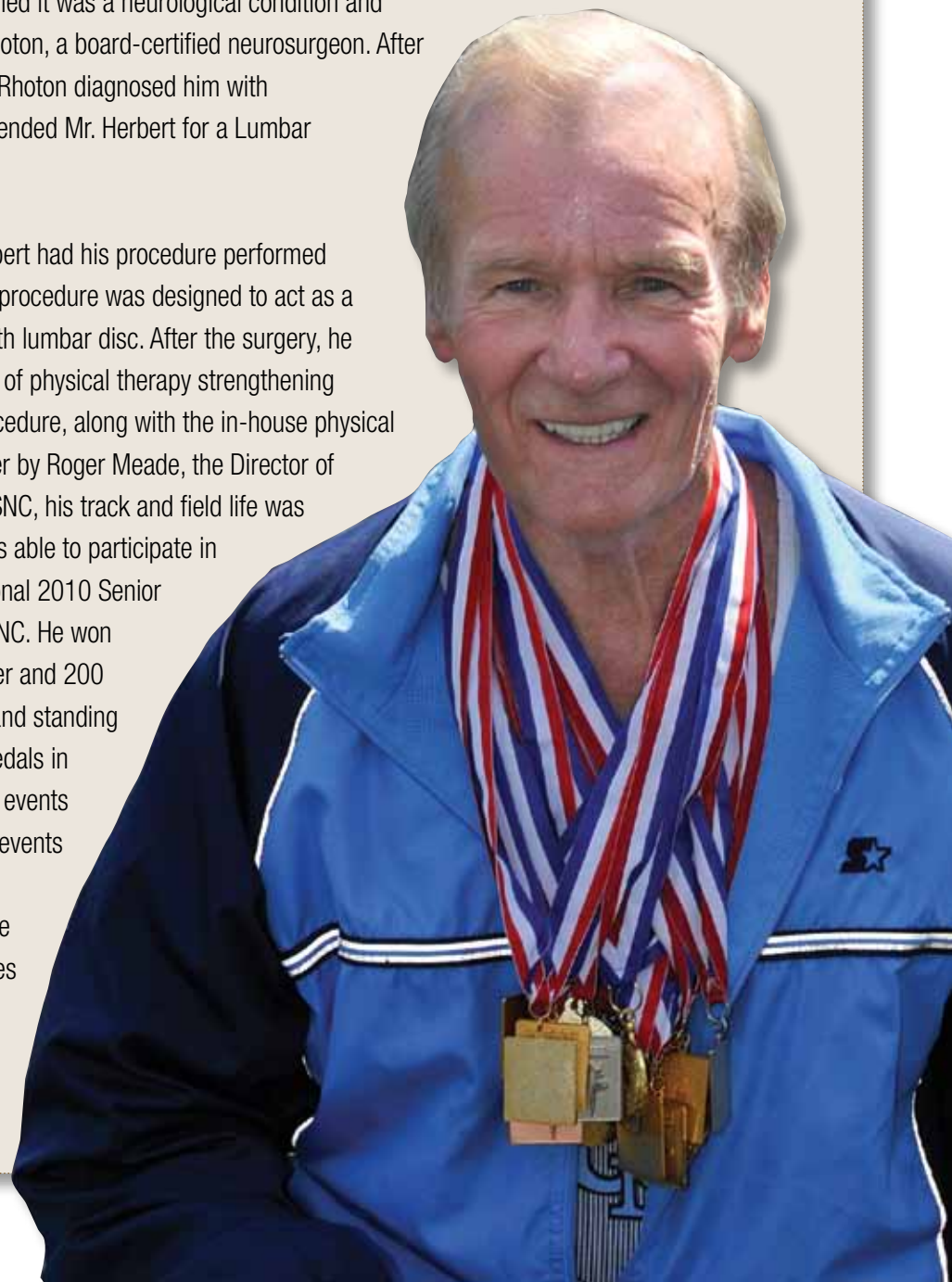
DAVID HERBERT



David Herbert, a seasoned athlete at 80 years old, has aggressively participated in local, State and National Senior Olympic games for many years. Having a long history of intense competitions including the World Masters and Los Angeles Marathons, Mr. Herbert was no stranger to pain and often pushed through it to get the results he wanted. As he recalled, while qualifying for the 2003 National Senior Olympics in Norfolk, VA, he began experiencing painful back spasms that he'd never had before. After the 2003 competition, he decided to remain active in his lifestyle but to take a few years off of the intense training hoping that his back would have time to heal.

Returning to 2007 National Senior Olympic games in Louisville, KY, Mr. Herbert's painful back spasms not only returned, but he began experiencing persistent pain in his back extending down his left leg. Seeking relief from his pain, he visited his primary care physician, Dr. Craig Mills. After reviewing Mr. Herbert's symptoms, Dr. Mills determined it was a neurological condition and referred him to Dr. Eric L. Rhoton, a board-certified neurosurgeon. After a thorough examination, Dr. Rhoton diagnosed him with spinal stenosis and recommended Mr. Herbert for a Lumbar Laminectomy procedure.

In October of 2008, Mr. Herbert had his procedure performed by Dr. Rhoton. This specific procedure was designed to act as a "strengthening box" for his 4th lumbar disc. After the surgery, he went through 4 to 5 months of physical therapy strengthening his back. Thanks to the procedure, along with the in-house physical therapy program put together by Roger Meade, the Director of Rehabilitation Services at CSNC, his track and field life was restored and Mr. Herbert was able to participate in the local as well as the regional 2010 Senior Games this year in Raleigh, NC. He won gold medals in the 100 meter and 200 meter sprints; the running and standing broad jumps; and bronze medals in the discus and ball throwing events qualifying him for those five events in the 2011 National Senior Olympics in Houston, TX. He continues to run several times a week and also enjoys biking and swimming.



A Life Restored... ELIZABETH MATTHEWS

Elizabeth Matthews, who ran daily, began experiencing severe back pain in June 2009. Her pain became so intense that it hindered her ability to walk correctly. She tried multiple ways to alleviate the pain, including stretching exercises as well as pain medication.

Elizabeth decided to see Dr. Jana Watts, a Sports Medicine Physician. After her initial assessment, an MRI showed a herniated disc and sciatica. Elizabeth was referred to Dr. Hubert L. Gooch at Carolina Spine & Neurosurgery Center, where she was able to get an appointment right away.

Dr. Gooch examined her MRI results and explained that surgery may possibly be avoided depending on her reaction to treatment. Elizabeth was originally scheduled

to have a series of three epidural steroid injections, receiving one injection every two weeks. "Although I was a little worried about the procedure, the staff at Carolina Spine & Neurosurgery Center went out of their way to put me at ease... Dr. Gooch and Tony, an x-ray technologist, were very professional and worked well together," Ms. Matthews commented.

After Elizabeth received her first injection, she experienced a drastic improvement in her pain level. She improved so much, it was determined she would not need any further treatments.



Laura B. Fleck, MD
SPINE NEUROLOGY:

Chip Thompson, MD
INTERVENTIONAL SPINE WELLNESS:

Margaret O. Burke, MD
PHYSIATRY:

Hubert L. Gooch, Jr., MD
Mark L. Moody, MD, FACS
James J. Hoski, MD

ORTHOPEDIC SPINE SURGERY:

Richard A. Lytle, Jr., MD
Jonathan D. Sherman, MD, FACS
Wesley C. Fowler, III, MD, FACS
Harold J. Pitkus, MD
Jon M. Silver, MD
Eric L. Rhoads, MD, FACS
Ralph C. Loomis, MD, FACS

NEUROLOGY: