



Press Release

CERVICAL ARTIFICIAL DISC RECEIVES FDA APPROVAL **State-of-the-art Surgical Technique Provides Indianapolis Patients An Ideal Alternative for Spine Surgery**

INDIANAPOLIS, IN - JULY 17, 2007 - Patients seeking to “keep the motion” in their neck previously had to travel abroad, or be accepted into a medical research study to receive a cervical artificial disc. Now, this state-of-the-art surgical technique is available in the U.S. On July 16, the FDA gave final approval to the Prestige Cervical Disc System. It is the first cervical disc to receive FDA approval and gives patients an ideal alternative to traditional fusion surgery – the current standard surgical treatment for cervical degenerative disc disease. Rick Sasso, M.D., a spine surgeon with Indiana Spine Group, predicts that the cervical artificial disc will be the new “gold-standard” for the surgical treatment of degenerative disc disease.

Cervical degenerative disc disease is a result of the natural aging process or trauma. When medical management is no longer effective, surgical repair is the patient’s option to eliminate the pain as a result of the nerve compression. According to a 2006 study by Merrill Lynch, in the United States more than 200,000 individuals undergo spine fusions to treat degenerative changes in the cervical spine every year. With the standard fusion surgery, a bone is grafted into place between the vertebral bodies where the damaged disc was removed. This bone is from either the patient (creating a second surgical site) or donor bone. Typically plate and screws will be used to hold the bone graft into place. Following fusion surgery, neck motion is limited, and additional pressure may be put on the discs above and below the surgery area. With the newly FDA approved Prestige Disc, this metal-on-metal disc is placed into the intervertebral disc space where the damaged disc is removed. Many times, patients go home the same day as surgery, and can often resume normal activities immediately. “The key advantage for the patient who receives a cervical artificial disc rather than a fusion is that their neck motion and mobility are not limited following surgery,” says Sasso.

Providing the full spectrum of spine care



Press Release

Two Indianapolis patients who participated in the clinical studies are now very active after their procedures. Nazli Kahn, a 51-year old owner of two day care centers and mother of three, was sidelined after a neck injury. Today, "she does not hold back from anything." She loves to play volleyball, badminton and hike. For 47-year-old Mike Rudicle, a cervical disc fusion was not an acceptable option. At age 17 he injured his neck while waterskiing. When he reached age 42, medical management was no longer effective, and he started to lose function on his left side. With his active lifestyle and love of golfing and water skiing, he did not want the limitations resulting from a fusion – and he sought a surgeon who was participating in the cervical artificial disc studies. "If I had not met the study criteria, I would have traveled abroad for the procedure," states Mike. Five years later, both patients are doing great and continue to be active. (In the fall of 2002 both Mike Rudicle and Nazli Kahn received the Bryan Disc, which received preliminary FDA approval on July 17).

Rick C. Sasso, M.D., is a board-certified spine surgeon with Indiana Spine Group. Specializing in spine surgery, Dr. Sasso has dedicated his medical career to the comprehensive treatment and surgery of spinal disorders and abnormalities. Actively involved in spine surgery research, Dr. Sasso is a pioneer in the development of minimally invasive spine surgery techniques. He is actively involved in many research studies, as well as the development of instrumentation technology used to treat spinal disorders.

Indiana Spine Group is a Center of Excellence for comprehensive spine care. Providing comprehensive diagnosis and treatment for all spinal disorders, our spine specialists are experts in using the most advanced diagnostic and treatment tools, with a focus on minimally invasive non-operative spine treatments. The comprehensive patient care team includes board-certified spine interventional specialists and spine surgeons.

Providing the full spectrum of spine care