

Upper Chesapeake Health

Have your Spinal Surgery Performed at Upper Chesapeake Health

The bones in your spine keep you standing tall and also house your spinal cord—the nerves that connect your brain with the rest of your body. Without a spine, you couldn't stand, bend, support your head, control any movements, and your vital organs couldn't function. Because so much depends on the spine, it is vital to keep it healthy. When a common problem arises, you can be reassured that the skilled surgeons and team members at Upper Chesapeake Health can usually treat your spinal problem with the most state-of-the-art equipment and facilities right in Harford County.

Twenty-four small bones make up the spine which is divided into three segments: the upper part or the cervical spine, the middle or the thoracic spine and the lower or the lumbar spine. Problems can arise in any of the areas from overuse, age, or injury.

Spinal Cord Compression

Take George McNally, for example: "I had pain in my upper back for 20 years and didn't do much about it. There was a tightness in my shoulders and neck that caused pain and weakness in my neck and arms. Once while hanging ceiling fans, I looked up and lost feeling in whole body and finally realized that it needed to be taken care of; I didn't need to live with this pain," he said.

Orthopedic surgeon John Sefter, D.O. diagnosed George's problem as spinal cord compression that could be corrected with spinal fusion, a solution that permanently connects two or more bones in the spine to alleviate pain resulting from overuse, injury, or arthritis. In George's case, Dr. Sefter removed the three disks that were compressed from between the vertebrae and then filled the empty spaces with bone graft substitute. To keep his spine steady and to promote fusion, a metal plate was secured over the vertebrae and graft with screws.

State of the Art Facilities & Expert Care

"The keys to George's treatment were the great diagnostic tools available, well directed surgery, and the technology to back up his plan of care. Patients at Upper Chesapeake Health are treated with the latest technological advances that include state of the art MRI scans, spinal cord monitoring, titanium implants, and bone graft substitutes in addition to the expert care delivered by the nurses and techs on staff," says Dr. Sefter.

"It is amazing what the lack of pain is like after being in pain for so long. Now I work out every day at 5:30 a.m. and am able to resume all of the tasks that were limited by my pain. I have to thank Dr. Sefter and the team members at Upper Chesapeake Health who helped make my surgery and recovery time so successful," concludes George.

Spinal Surgery Close to Home

The state of the art equipment and facilities and the team of highly skilled team members at Upper Chesapeake Health allow Harford County residents the convenience and confidence to have their spinal surgery close to home. To learn more about the types of spinal surgeries discussed in this article, please call 410-879-0090.