

# IE MED SCENE

ADVERTORIAL

Profiling Inland Empire Physicians

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Profile

## Dr. Darren Bergey

Renowned Spinal Surgeon

Principal Investigator in Four FDA Trials  
that will be available to patients  
throughout the Inland Empire



**W**ith an ongoing commitment to his patients to make available the most advanced, cutting edge procedures,

Dr. Darren Bergey, founder of the Bergey Spine Institute and Executive Medical and Surgical Associates, Inc., in Colton has announced his participation as the principal investigator in four new FDA trials that will be available to patients throughout the Inland Empire.

As an internationally noted spine surgeon, nothing pleases Dr. Darren Bergey more than knowing he's given patients not only relief from pain, but a chance to "get back to life as soon as possible," he says.

The Canadian-born orthopedic spine surgeon does this by getting the diagnosis right the first time and meticulously following through with state-of-the-art tools and treatment. He prefers the least invasive, but most effective, methods to treat spinal problems.

"This reduces the patient's pain, expedites recovery, and generally results in an earlier rehabilitation and the return to normal daily activities," Bergey says.

Dr. Bergey explains "we already use some of the most advanced devices available in the country and are having great success with our patients. These new trials promise to bring even more advancements to our industry."

#### **FDA TRIALS**

For patients experiencing disabling back pain, with or without leg pain the Active-L Artificial Lumbar Disc Device promises additional relief. The Active-L device can be placed in lower lumbar where some of the most painful injuries occur and where in the past fusion was the only option. In this study 2 out of 3 patients will receive the new device and 1 out of 3 will receive the ProDisc. "The remarkable thing about these trials is that unlike previous trials where some participants receive a fusion and others receive an artificial disc replacement, all participants in these trials will receive an artificial disc replacement," says Dr. Bergey.

Dr. Bergey will also participate in a similar upcoming trial that utilizes a



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**The ProDisc, far left, is designed to never displace or shift position. Dr. Bergey is participating in FDA clinical research trials to test the Coflex, at left, an implant that is used for one- or two-level spinal stenosis.**

disc used in the cervical spine called the Active-C. The Active-C device can be used to treat disabling neck pain, with or without arm pain, generally caused by injury to the cervical disc. In some cases patients will experience pain in the back of shoulders, between the shoulder blade, in the neck or down the arms. Surgery will replace the damaged disc with either the Active-C device or the ProDisc System.

The Coflex study treats spinal *stenosis*, which creates leg pain and back pain, by integrating the titanium prostheses between the Stenosis process. This process elevates the spine to relieve direct decompression of the nerves resolving the pain. This is a small surgery compared to a Decompressive Laminectomy and fusion which is the traditional method. Results have been amazing with most patients requiring only one night in the hospital. In this trial 2 out of 3 patients will receive the Coflex and 1 out of three will receive the traditional fusion method.

The third FDA trial utilizes the Percutaneous Dynamic Stabilization system (PDS). This procedure treats back pain caused by disc degeneration. 2 out of 3 patients will receive the PDS and 1 out of 3 will get the traditional fusion method, which right now is the only option available. Results in Europe have shown this to be 80% effective and can be performed as an outpatient procedure. Dr. Bergey performed the first PDS surgery in the United States in April of this year.

Dr. Bergey is the only principal investigator of the Active-L, Coflex and PDS studies in the Inland Empire.

The fourth trial treats symptoms of leg pain caused by pinched nerves in the spine/sminal stenosis. The outpatient procedure, called Minimally Invasive Lumbar Decompression (MILD), decompresses pinched nerves in the spine which cause the leg pain. This procedure can be used instead of epidural steroids or the Lumbar Laminectomy which is a much more invasive procedure.

Fusions are still necessary in many cases and if performed correctly patients should expect success rates

## More than 65 percent of the nation's population will suffer from back pain at some point in their lives.

which should allow them to fully participate in their preferred activities and enjoy life. If patients have had a fusion and not had the results they hoped for then they should be evaluated to determine if there are fixable causes as much of Dr. Bergey's practice is revising failed work.

### PAIN MANAGEMENT

Pain management remains an important, integral part of the diagnosis and treatment process. Pain management specialists perform diagnostic tests to identify underlying causes of pain. To help identify where the pain is coming from pain management doctors can inject facets and the nerves. Some of these procedures are diagnostic and others are therapeutic. They can sometimes treat arthritis of the spine with a laser treatment, Radio Frequency Ablation (RFA) to alleviate pain from arthritic facet joints in the spine. If this is not effective patients may be a candidate for minimally invasive fusion procedure to alleviate their symptoms. This allows for faster recovery

and shorter hospital stay. Pain management doctors may also provide final options for patients with treatments like the spinal cord stimulator which are effective for some people as a last resort when nothing else can be done.

### CUTTING EDGE TOOLS

For patients with arthritis the Dynamic Stabilization System DSS allows for restoring stability of the spine without a large fusion. The device has mechanical rods for continuous motion of the spine and can be used in some patients instead of large reconstructive surgery. Dr. Bergey has had great success with patients suffering from arthritis pain using the DSS System.

Dr. Bergey says, "anyone experiencing pain should consider their options as no one should have to live with pain at a time when so many options to surgically relieve it are available."

For more information contact Bergey Spine Institute, 900 E. Washington St., Ste. 100, Colton; (909) 824-2422; [www.bergeyspine.com](http://www.bergeyspine.com)



Dynamic Stabilization System (DSS)



Percutaneous Dynamic Stabilization (PDS)