

# RESTORING SPINES, RENEWING LIVES

MiTLIF, a new minimally invasive spine procedure, uses small incisions to produce mighty results for many patients suffering from lower back pain.



**W**hen a nursing professor first came to Sanjay Ghosh, M.D., a board-certified and fellowship-trained neurosurgeon, she could hardly walk two blocks before her legs became weak and numb. Like so many active adults her age, she suffered the debilitating symptoms of spinal deterioration.

Dr. Ghosh performed his revolutionary procedure on her called MiTLIF. Pronounced “mighty-lif” and serving as an abbreviation for minimally invasive transforaminal lumbar interbody fusion, it is designed to restore strength to the spine while sparing blood loss and healthy muscle. Eleven months later, the patient summited Mount Whitney, the tallest peak in California.

Stories like this are remarkably common in Dr. Ghosh’s practice.

“As people are living longer and more active lives, issues with the spine become almost inevitable,” says Dr. Ghosh, director of neurosurgery at the world-renowned SENTA Clinic in San Diego. “Just like brake pads can wear out during

the lifetime of a car, people’s backs often degenerate and require treatment while they’re still in their prime.”

## The Path to Healing

As people age, the spine can develop arthritic bone spurs that compress the spine’s nerves and cause radiating pain and numbness through the back and legs. Using minimally invasive techniques that disrupt as little muscle as possible, Dr. Ghosh removes the spurs and restabilizes the spine to relieve pressure and discomfort.

“Traditional spinal fusion surgery results in significant muscle trauma and such extreme blood loss that up to 20%

of patients require a blood transfusion. With our minimally invasive approach, less than 1% of patients require a blood transfusion,” Dr. Ghosh reports.

Most candidates for the procedure are over 50 years old, though Dr. Ghosh has performed it on younger patients in their 20s. Patients are often up and walking the same day as the operation, and most can return to normal activities such as hiking, biking, swimming, tennis, and



## Meet Dr. Ghosh

Sanjay Ghosh, M.D., has been a board-certified neurosurgeon for nearly two decades. As an early adopter of minimally invasive techniques, he’s performed over 600 MiTLIF procedures and is one of the world’s most experienced surgeons in the technique.

“The demand for this procedure has been growing by leaps and bounds,” he says. “People want to remain active and pain-free well into their senior years, and this technique is proving to be the most effective solution with the fastest road to recovery. It’s very rewarding to offer this option to help patients regain and maintain their quality of life.”

golf within three months. Best of all, 90% of patients report substantial or complete relief of their symptoms.



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