



REDUCING “Surgical Footprints” WITH ADVANCED SPINE SURGERY

Back pain is a leading cause of doctor visits, missed work, and disability. Dignity Health-St. Rose Dominican hospitals' San Martín campus is planning to lead the way in relieving this pain and restoring quality of life by offering patients Endoscopic Spine Surgery which has not been performed in the region.

Efrem Cox, MD, a neurosurgeon who practices at San Martín, specializes in both complex and minimally invasive spine surgery, says, “In performing Endoscopic Spine Surgery, we make very small skin incisions (8-10 cm) and with the aid of a small tubular corridor, treat degenerative and deformity conditions of the spine that may cause pain, numbness, or weakness with minimal disruption of the paraspinal muscles.” The same treatments, when performed through traditional spine surgery, require making significantly larger incisions and cutting through and retracting the muscle layers that provide stability to the spine.

“Performing Endoscopic Spine Surgery effectively reduces the ‘surgical footprint’ which allays a good deal of our patient’s surgical concerns,” says Dr. Cox. “Patients experience less surgical blood loss, muscle damage, days in the hospital, and overall recovery time.”

For perspective, Dr. Cox notes that the amount of blood a patient loses through Endoscopic Surgery is generally less than a small prescription bottle thereby reducing the need for blood transfusions. Importantly, because the state-of-the-art surgery method results in less disruption to the body and thus less pain, post-surgical prescription opioid use for pain is significantly reduced.

To learn more about how you can support St. Rose’s neurosurgical programs, as well as its efforts to curb the opioid epidemic in southern Nevada, reach out to the Health Foundation at 702.616.4545 or visit supportstrose.org.

ENDOSCOPIC SPINE SURGERY & ITS BENEFITS

- Appropriate for moderate to severe disc herniation, osteoarthritic joint damage, sciatica, and spinal stenosis
- Smaller incision, less tissue and muscle disruption, less blood loss
- Shorter hospital stays, quicker recovery and regaining of normal mobility
- Less need for prescription painkillers

DR. COX IS FOLLOWING IN THE FOOTSTEPS OF HIS FATHER IN MEDICINE

Dr. Efrem Cox was inspired to become a neurosurgeon by his father, Emmett Cox, II, MD, who had an intrepid journey to become an orthopedic hand surgeon. His father overcame a near fatal bicycling accident. Hit head-on by a bus, his father sustained innumerable craniofacial fractures and Traumatic Brain Injury that have required more 65 reconstructive surgeries to date. While Dr. Efrem Cox initially had interest in becoming an orthopaedic surgeon like his dad, he was ultimately compelled to become a neurosurgeon.

As fate would have it, 40 years following his father’s accident, Dr. Efrem Cox completed his minimally invasive spine fellowship training at Jackson Memorial Hospital/University of Miami where neurosurgeons saved his father’s life.