



spotlight on health

Cross-Country Journey In Search Of Relief

(NAPSA)—Medical “miracles,” it seems, can happen. Consider the case of Deb Selzer. She thought she might never walk comfortably again, let alone ski or run. A skiing accident left her with debilitating back pain that made even the most pedestrian activities difficult.

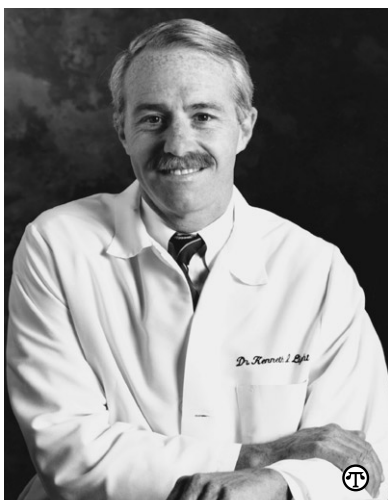
Barely 40 years old, the former triathlon competitor refused to accept her doctor’s grim prognosis. With one unsuccessful surgery behind her, she continued to research new treatments and approaches, holding out hope that somewhere, someone would help her return to the physically active lifestyle she craved.

A TV news segment on a new surgical procedure led her to orthopedic surgeon Dr. Kenneth Light, the medical director of the San Francisco Spine Center at Saint Francis Memorial Hospital. Light has a reputation as the “doctor of last resort,” a physician who relishes the challenges of complicated cases and takes on patients whose previous treatments yielded unsatisfactory results.

Light and his associate, Dr. Clement Jones, have brought the San Francisco Spine Center national recognition for their aggressive approach to surgical treatment of neck and back pain. The Center also specializes in nonsurgical treatments, through physical therapy and advances in pain management.

Undeterred that Dr. Light practiced clear across the country, Selzer flew out from her home in Boston for a consultation and, eventually, surgery. The results, she attests, amount to nothing short of a new lease on life.

Now living in Alabama, Selzer has returned to her physically demanding full-time job as an



Dr. Kenneth Light has given patients new hope in triumphing over back pain.

oncology nurse. And once again, she is able to enjoy the outdoors—hiking, running, in-line skating and volleyball. Recently, she returned to the West Coast for a vacation that included climbing Washington’s Mount Ranier.

“Before I met Dr. Light, all the doctors I had seen told me I would have to adjust my expectations and accept the fact that I would never be pain-free,” says Selzer. “But I never gave up hope. Dr. Light was the first one who really gave me reason to be optimistic.”

“Deb had a very bad problem, but she was determined to get well,” says Dr. Light. “With the right procedure and the right motivation, problems can be fixed. The key is, don’t give up.”

Patients travel from all over the country to see Dr. Light and the Spine Center team. To reach the San Francisco Spine Center at Saint Francis Memorial Hospital, call (415) 353-6464, or visit www.spinenet.com.