

# Inside



Bayou Medical Management, PPO, LLC

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## Back to Normal: Surgery Improves Outcomes for Spine Patients

People with the spine disease called degenerative spondylolisthesis experience substantially greater relief from pain when they chose surgical treatment compared to those who do not have surgery, according to a study published in the issue of *The Journal of Bone and Joint Surgery* (JBJS, June 2009).

“There are thousands of surgeries completed each year to address degenerative spine conditions, yet, there has never been a large-scale trial to give us evidence that the surgeries really work, as compared to non-operative approaches,” said study author James Weinstein, DO, MS, Third Century Professor and Chair of the departments of orthopaedics at Dartmouth Medical School and Dartmouth-Hitchcock Medical Center.

Dr. Weinstein and his colleagues collected data from 607 men and women diagnosed with spondylolisthesis who were enrolled in the Spine Patient Outcomes Research Trial (SPORT), a multi-center study that included participants from 13 medical centers in 11 states. The study was the largest ever conducted of spondylolisthesis patients.

“Until this study, our ‘evidence’ was anecdotal and based on patient reports. We wanted data-based, scientific evidence that we could share with patients to help them make their decisions about taking an operative vs. non-operative approach,” Weinstein said.



Prior to completion of the study, SPORT looked at the three most common back conditions leading to surgery: herniated disc, spinal stenosis and spinal stenosis with degenerative spondylolisthesis.

To be included in the study, all patients had to meet certain criteria;

- nerve pain in the legs
- spinal stenosis revealed on cross-sectional imaging
- degenerative spondylolisthesis evident in radiograph imaging
- symptoms lasting for at least 12 weeks
- physician confirmation that the patient was a surgical candidate.

“Our results indicate that in these patients, there was a clear advantage for surgery,” said Dr. Weinstein. “Patients felt relief faster and at two and four years, reported better function, less pain, and higher satisfaction than those who chose to go the non-surgical route.”

Approximately 80 percent of Americans suffer from back pain at some point in their lives. Back pain is the most common cause of work-related disability, as well as the most expensive in terms of workers compensation and medical costs. Degenerative spondylolisthesis is one example of this kind of painful back condition.

“Degenerative spine disease can be a debilitating condition. When well informed, surgery is a good treatment choice,” said Weinstein.

Source: American Academy of Orthopaedic Surgeons

## LSU Wins Sixth National Championship by Andy Schwelm

Entering the College World Series, LSU was portrayed as the most consistent, dominating team in the postseason. Texas was seen as the team of destiny, the same title LSU held last season heading into Omaha.

Well, there’s one problem with destiny, as the Tigers found out last year: it can be fickle.

After a lackluster performance in their 5-1 loss to Texas on Tuesday night, the Tigers came out firing early and held on late en route to an 11-4 victory, improving their record to 15-1 after a loss.

The win sent the team into a dog pile full of tears of joy and got the thousands of LSU fans in attendance cheering out

“L-S-U” and “Geaux Tigers” as the Tigers captured their sixth national championship.

“We’ve been so consistent all year,” said LSU sophomore catcher Micah Gibbs. “We knew that we would be able to come back [from the loss], and that’s exactly what we did today.”

This is the second time LSU has won the Southeastern Conference regular season title, the SEC tournament title and the national title in the same year. The only other LSU team to do so was the 1993 squad. The Tigers are also 6-0 in winner-take-all national championship games.

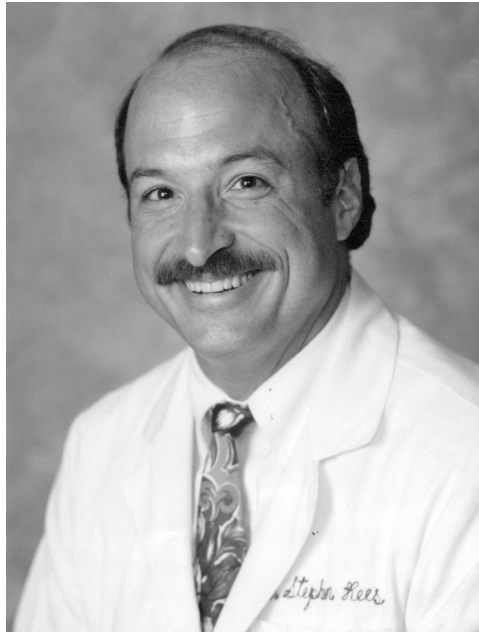
*Continued on page 3*

# Steve Rees M.D.

## Physical Medicine, Rehabilitation, and Pain Management

Bayou Medical Management is delighted to welcome Dr. Steve Rees as the newest provider to our PPO Network. Dr. Rees has been practicing Physical Medicine and Rehabilitation in the Acadiana area for over fifteen years. He has expanded into Interventional and Diagnostic Pain Management over the last five years. As the only Physiatrist in the area, Dr. Rees practices aggressive Interventional Pain Management by providing a comprehensive program that includes physical medicine examinations, pharmacological management. He uses a variety of injection techniques including therapeutic and diagnostic fluoroscopic guided cervical, thoracic, and lumbar procedures. These procedures include facet injections, Medial Branch Blocks, Discograms, and Intrelaminar and transforaminal epidural steroid injections.

Dr. Rees began his education at the Louisiana State



University Medical Center in New Orleans. After finishing school, he completed his residency in Physical Medicine and Rehabilitation at LSU School of Medicine in New Orleans. He opened his own practice in Opelousas and has been treating patients since 1993. Dr. Rees is board certified in Physical Medicine and Rehabilitation and in 2004 became board certified in the subspecialty of Pain Medicine. Dr. Rees is one of only 2000 physicians nationally that are board certified in Pain Medicine by the American Board of Medical Specialties.

Dr. Rees recently relocated his outpatient Interventional Pain Management and Physical Medicine practice to the Opelousas General Health System South Campus. This location is on the I-49 Service Road, minutes from Lafayette, making him more accessible to patients and attorneys in Lafayette.

## LSU Wins Sixth National Championship (continued from page 1)

This national championship is the first for LSU coach Paul Mainieri, but the second for his immediate family. His father, Demie Mainieri, is a legendary junior college coach who won a national championship in 1964.

Texas felt the wrath of the baseball gods, as Preston Clark and Travis Tucker were both in tears during the postgame press conference. Even Texas coach Augie Garrido was nearly crying.

"I don't think we lost this tournament," Garrido said. "I think they won it."

The Tigers seemed to have shaken off Tuesday's loss early in the game, as junior right fielder Jared Mitchell, the tournament MVP, blasted a three-run home run around the right-field foul pole in the first inning. It was set up when junior designated hitter Blake Dean was hit by pitch and junior first baseman Sean Ochinko singled in his first at bat in the cleanup spot in the tournament.

Ochinko finished 4-for-5 with a home run, three RBI and two runs scored. Mainieri said he inserted Ochinko into the cleanup spot to add a powerful right-handed batter between left handers Blake Dean and Jared Mitchell.

"I told him right before lunch he was going to get the start," Mainieri said. "He told me he wasn't going to let me down, and he didn't."

But after another run in the second to take a 4-0 lead, LSU right-hander Anthony Ranaudo blew up in a 43-pitch third inning, giving up two runs.

The Jackson, N.J., native gave up two more runs in the fifth inning on Texas right fielder Kevin Keyes' two-run home run to left-center field in the middle of the Texas student section. It was the first multi-run home run for the Longhorns in the championship series and the second in the series for Keyes.

Then LSU blew the barn door open with a five-run sixth to take a 9-4 lead on two hits and two hit-by-pitches, as Texas used three pitchers in the inning.

That allowed senior Louis Coleman to close the game and get his 300th career strikeout in the process.

"It couldn't have felt any better," Coleman said.

And then the celebration began throughout Rosenblatt Stadium.

But Mainieri wanted a little more than just a trophy.

"Hey, Joe, I'm putting you on the spot," Mainieri said to LSU Athletic Director Joe Alleva during the press conference. "Are we getting a new Intimidator with a new number on it?"

"Oh yeah," Alleva replied.



# Diagnostic Health

Bayou Medical Management would like to welcome Diagnostic Health as the newest addition to our network of providers. Diagnostic Health is located in Baton Rouge behind Woman's Hospital on Cumberland Place. Procedures are administered by highly trained and certified imaging technologists with imagery interpreted by professional radiologists.

The Hitachi Aris II Open MRI features an air gantry design, which reduces claustrophobic feelings. This results in lower anxiety levels during an imaging session. Diagnostic Health is proud to boast one of the fastest turnaround times for getting imaging results to a patient's referring physician. The facility also performs various types of MRI's as well as CT Scans, X-Rays, Myelograms, Arthrograms, Ultrasounds, and IVP'S.

Their radiologist group is Diagnostic Radiology Consultants. Each one of their radiologists brings

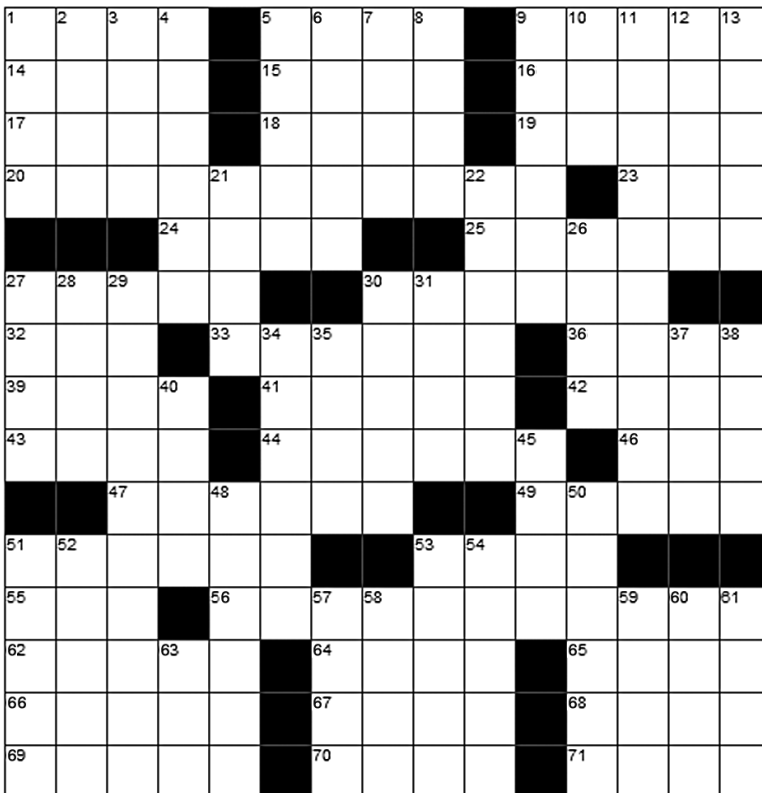
something different to the table. They set the bar in turn around time with your clients' reports back in their doctor's hands within 48 hours. The staff will go out of their way to make sure that your client has a thorough understanding of the scan that was ordered. They will also make sure that you are informed of any no show/cancellation so that we can maintain great patient compliance.

Diagnostic Health provides services with the comfort and safety of the patient in mind and with the goal of providing their referring physicians with high-resolution images in as short a timeframe as possible. Diagnostic Health practices a "patient first" approach to their imaging. Diagnostic Health equipment, staff, and technology are one of the best in the area, providing competent and professional care both to patients and physicians. The staff at Diagnostic Health can be reached



at 225-927-3324 or 225-927-3330.

# Crossword Puzzle



## ACROSS

- 1: Beldames
- 5: Insulting remark
- 9: Supports, with 'up'
- 14: Earthenware jar
- 15: Brainwave
- 16: Eagle's nest
- 17: Responded 'Not guilty'
- 18: Stapleton of 'All in the Family'
- 19: New South Wales, for one
- 20: Ophthalmologist's supply
- 23: Quarterback Brady of the Patriots
- 24: Galoot
- 25: Long-legged birds
- 27: Raised
- 30: Point maker
- 32: Spoil
- 33: Many a prime-time series
- 36: 'Goddess' of the opera, literally
- 39: Lions and Tigers and Bears
- 41: Chocolate substitute
- 42: Sign of healing
- 43: Final prelim
- 44: Like 'The Gift of the Magi'
- 46: Tap output
- 47: Straighten out, as an iron bar
- 49: Tended a squeaky hinge
- 51: Some condiments
- 53: Black, to a bard
- 55: Show of affection
- 56: Its depth is illusory
- 62: Culture media
- 64: Copter's cousin
- 65: Overwhelmed
- 66: Fix loose laces
- 67: Insincerely fluent
- 68: Kane's dying thought
- 69: Bottom-of-the-barrel stuff
- 70: Goes out with
- 71: Get a glimpse of

## DOWN

- 1: Anticipatory feeling
- 2: Friend
- 3: Tickled-pink feeling
- 4: Bicycle part
- 5: Dainty ornament
- 6: Well-versed
- 7: Sow's opposite
- 8: Problem source
- 9: Quarterback, at times
- 10: Out of work? (abbr.)
- 11: Like a long speech
- 12: Mountain climber's spike
- 13: Appears to be
- 21: Fishing gear
- 22: Equilateral quadrilaterals
- 26: Crimsons
- 27: Baseball VIPs
- 28: Cut back
- 29: Announce
- 30: Young codfish
- 31: Ring-tailed critter
- 34: Most chilling?
- 35: Mountain lake
- 37: Apt rhyme for 'dale'
- 38: All tucked in
- 40: Greed and gluttony
- 45: Murmurs tenderly
- 48: Low strings
- 50: If
- 51: Glass fragment
- 52: Boring tool
- 53: Spine-tingling
- 54: Dimwits
- 57: They're beaten in the kitchen
- 58: Get all stirred up
- 59: Night birds
- 60: Tiniest protest
- 61: Small whirlpool
- 63: Trucker's ride

For the solution please go to:  
[www.bmmppo.com/solution](http://www.bmmppo.com/solution)

# Lewy Physical Therapy - More Than Just Healing

Bayou Medical Management is happy to welcome Lewy Physical Therapy as the newest provider to our PPO Network. Established in 2001, Danny and Shannon Lewy opened Lewy Physical Therapy providing the highest quality physical and occupational therapy for people in Baton Rouge and the surrounding areas. With so many patients unable to attend therapy during normal business hours, Danny and Shannon began after-hours and Saturday morning sessions to accommodate their patients. This patient-first mentality has allowed Lewy Physical Therapy to flourish and expand to Denham Springs where they can better serve the people of that area.

After noticing patients having a difficult time with pain while performing traditional exercises, they designed a state-of-the-art therapy pool. The buoyancy of the water helps support the patient's weight, putting less stress on the joints, and making exercises easier and less painful. The 94 degree pool temperature helps relax the patient's muscles, and dilates vessels to increase blood flow to injured areas. Patients are also able to increase



flexibility, improve balance, and gain more stability and postural alignment through aquatic therapy.

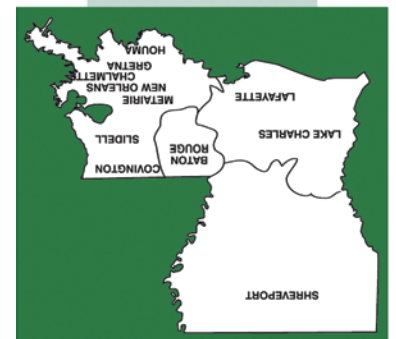
In addition to aquatic and land-based therapies, Danny and Shannon also rely on manual therapy. This hands-on approach includes massage and mobilization, which restores mobility to the joints and reduces muscle tension, allowing the patient to move more naturally and with less pain. This combination of aquatic, land-based, and manual therapies give Lewy Physical Therapy a thoroughly comprehensive and versatile program for back pain.

Lewy also has a certified hand therapist on board, in Kevin Lalonde, OT, CHT. Kevin completed his training at the world-renowned Philadelphia Hand Center, and is highly skilled in treating injuries of the hand, finger, wrist, elbow and shoulder.

Lewy Physical Therapy is outstanding in the Baton Rouge area for its incorporation of all aspects of treatment, providing patients with a challenging, energetic, and comfortable environment which maximizes therapeutic results.

Inside BMM is a quarterly newsletter published by Bayou Medical Management, PPO LLC. BMM does not prescribe medical advice. Comments are welcome. For additional information, contact us as follows: Tel: 225-448-2591, Fax: 225-448-2594. Mailing address: BMM, Attn: Kyle Kinberger, Marketing Manager, 9441 Common St., Suite C, Baton Rouge, LA 70809.

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