



**NAME:** Jens

**AGE:** 55

**REASON TO CONTACTING  
BEST DOCTORS:**

Fear of complication with surgery

**BEST DOCTORS EXPERT SPECIALTY:**

Neurosurgery

“ I can’t wait to have my old life back. I miss doing sports and just having days without pain!”

## LESS INVASIVE TREATMENT AS EXPERT FINDS THE EXACT SOURCE OF PAIN

Jens, a sports enthusiast who regularly did exercise, one day started experiencing lower back pain. When he couldn’t continue playing sports, he visited his doctor. He was sent for a spinal MRI which led to a diagnosis of Spondylosis, a degenerative condition of the spine. He was recommended to undergo surgery, but decided not to have the invasive procedure because of his serious fear of complications.

“ I was told surgery was my only option, but the risk of complication scared me too much. I decided not to have the surgery.”

He received a neural blockage as alternative course of treatment, took painkillers and underwent many sessions of physiotherapy. The combination of these treatments temporarily helped improve his situation. However, his symptoms eventually came back. Not only did the pain return more severely, he also started to experience numbness in his feet and in his leg. The situation started to affect his ability to work and walk.

“ I had already given up on sports, but when my condition started to affect my ability to work, I knew I had to do something.”

Despite new tests Jens’ doctors come to the same conclusion as they had done before: only surgery could potentially relieve him of his pain. But Jens was still concerned and worried if surgery was truly necessary and wanted to obtain a second medical opinion. He contacted Best Doctors which he had access to through his insurer to obtain the opinion of an international top expert in his condition.

Jens spoke to his dedicated nurse, and then Best Doctors started collecting Jens’ medical information and imaging on his behalf. From their database of 50.000 experts, they chose an international expert in Neurosurgery with Spinal Surgery as a subspecialty to evaluate Jens’ case.

The Best Doctors Expert reviewed the case and wrote a report with his findings and recommendations. He agreed with Jens’ treating doctors that surgery would be the best option. However, the Expert found the exact source of Jens nerve pain and recommended he undergo a different, less invasive operation. Also he was able to assure Jens that this surgery carried a very low level of risk of complications and that he would be immediately ambulatory with a prognosis of a quick and complete recovery.

THANKS TO THE BEST DOCTORS REPORT, I LOST MY FEAR AND I’M FINALLY CONVINCED THAT AN OPERATION WILL IMPROVE MY QUALITY OF LIFE.