

TO ACCESS BEST DOCTORS CALL 1800 830 082 OR VISIT WWW.ASKBESTDOCTORS.COM



NAME: Jeff

AGE: 46

REASON FOR CONTACTING BEST DOCTORS

To find out more about treatment options to overcome increasing back pain

BEST DOCTORS EXPERT SPECIALTY:
Neurosurgery

“ I would recommend the Best Doctors service to everyone. The Best Doctors team is very friendly and the expert report provides patients with a professional unbiased opinion on every unique case.

BEST DOCTORS EXPERT REPORT GIVES MEMBER PEACE OF MIND

In early 2016, Jeff went on a ski vacation and hurt his tailbone when falling down. Once back home he started to feel a sudden uneasiness and pain that, when sat down, radiated to his lower back, left lower buttock and his whole left leg. Jeff decided to see a physiotherapist, but when these sessions didn't seem to make a difference, he was referred to a neurosurgeon.

Jeff had scans performed that revealed a herniated lumbar intervertebral disc, which had been causing his back pain. His treating neurosurgeon gave Jeff three treatment options: continue with physiotherapy treatment to see if the pain decreases; medication including anti-inflammatories and pain killers; or surgery.

Even though his surgeon promoted it, Jeff wanted to avoid having surgery and started to use anti-inflammatories. The medication didn't really help and Jeff's wife encouraged him to contact Best Doctors, which her family had access to through her employer.

“ The experts' report was consistent with what my local doctor was saying. It gave me reassurance that I was receiving the right information and treatment.

The Best Doctors team collected all of Jeff's medical information and found a world leading neurosurgeon suitable for the case. After carefully reviewing Jeff's medical history, the expert agreed on the diagnosis given to Jeff by his local doctor. The expert wrote a thorough report, providing Jeff with recommendations and information for his specific case.

The expert recommended Jeff to start by trying medication and anti-inflammatories. However, he believed surgery should be a last option and only to be done if the recommended medication wouldn't relieve Jeff's pain. He additionally advised Jeff not to have nerve blocks, as the pain might reoccur after time and he would need to have surgery nevertheless.

Jeff felt reassured to know he was receiving the right treatment. The Best Doctors expert's recommendations were perfectly in line with Jeff's current treatment plan and this gave him peace of mind. His medication reduced a lot of his pain and Jeff's condition is now improving, without the need for surgery.

REASSURANCE THROUGH THE UNBIASED OPINION OF A BEST DOCTORS EXPERT