

April 5, 2008

FOR IMMEDIATE RELEASE

For more information, contact Stacy Thornton, Director, Marketing & Professional Relations, North Cypress Medical Center (832-912-3846; 713-870-6430; stacy.thornton@ncmc-hospital.com)

**NEWLY APPROVED CERVICAL ARTIFICIAL DISC REPLACEMENT
PROCEDURE GETS LOCAL MAN BACK INTO ACTION**

Scott Washburn, a 45-year-old entrepreneur, knew something was seriously wrong with his health several weeks ago when he began experiencing pain, numbness, and a tingling that occurred on one arm first and then traveled to both arms.

Thanks to a new, revolutionary surgical procedure, the **Cervical Artificial Disc Replacement**, Washburn will be returning to his active life of tennis, golf, and snow skiing within a few weeks. The procedure, performed by Matthew Cabbage, M.D., Chief of Spine Surgery at North Cypress Medical Center, treated Mr. Washburn's failed disc in his neck with an Artificial Disc Replacement.

Cervical Artificial Disc Replacement, which can serve as an alternative in certain cases to Cervical Fusion, is one of the first to be performed in the Houston area and is now an option available for those, like Washburn, suffering from herniated discs in the neck and Degenerative Disc Disease (DDD).

"Cervical Artificial Disc Replacement offers patients an alternative to spinal fusion," says Dr. Cabbage. "Cervical fusion is a good option for patients suffering from herniated discs, but it is not a perfect solution. Although both surgical procedures treat the problem, spinal fusion restricts motion in the fused segment and ultimately may lead to premature degeneration of the adjacent discs," he explains. Studies have shown that over time, this can lead to more pain and the need for further surgery. Cervical Artificial Disc Replacement is a new procedure that was developed to address this issue of adjacent segment degeneration. In the new procedure, the nerve and spinal cord compression is alleviated resulting in a more natural range of motion, thus decreasing the stresses on the discs above and below the diseased level. Cabbage states that this new technique should provide better long-term results for patients. Although Cervical Artificial Disc Replacement may not be indicated in each case, it can be a safe and effective treatment for many suffering with cervical disc herniations and degenerative disc disease.

Washburn was able to return home the following day from his artificial disc replacement. "I noticed immediate pain relief following the procedure and the numbness and tingling in my arms

were gone as well,” he states. “I can’t wait to get back to doing the things I enjoy like tennis and golf. I would definitely recommend this procedure to others.”

Dr. Cabbage underwent specialized training to perform the new procedure. He is one of a select group of doctors nationally qualified to train other doctors in Cervical Artificial Disc Replacement.

For more information about Cervical Disc Replacement, contact Dr. Cabbage’s office at 281-955-7577 or call Stacy Thornton, Director of Marketing at North Cypress Medical Center at 832-912-3846.

North Cypress Medical Center is a 92-bed physician owned acute care hospital located in Cypress (northwest Houston area), Texas. The hospital offers patients state-of-the-art medical care and technology in an upscale, five-star hotel-like atmosphere. Medical services include Cardiology, Critical Care, Emergency Care, Orthopedics including a Total Joint and Spine Center, Cancer care including Radiation Oncology, and Surgical Weight Loss. Visit our website at ncmc-hospital.com for more information.

Dr. Matthew Cabbage graduated from Creighton University with highest honors and finished in the top of his class at Baylor College of Medicine. He completed his Orthopaedic residency at Scott & White Memorial Hospital, and was then awarded a spine surgery fellowship at The Spine Institute at Beth Israel Medical Center in New York City. Dr. Cabbage is well trained in all operative and non-operative aspects of scoliosis, complex spinal deformities, disorders of the cervical, thoracic and lumbar spine, as well as common disorders such as spinal stenosis and herniated discs. Dr. Cabbage is also trained in minimally invasive surgery and endoscopic techniques. He has unique experience with research and clinical training in new techniques, such as disc replacement surgery and alternative bone graft substitutes. Dr. Cabbage is a diplomate of the American Board of Orthopaedic Surgery and a fellow of the American Academy of Orthopaedic Surgeons.