

Panic Button

For whatever reason, a lot of people who have a cervical herniated disc or any condition of the spine for that matter, just become overwhelmed with anxiety and fear related to the condition. One problem may be that having this condition gives you pain, which forces you to take medication which makes you act differently, maybe you are not sleeping well, maybe you are not thinking well and then you go down this downward spiral or then start thinking of worse-case scenarios. You are going to need surgery, you are going to get paralyzed, you are going to die. And, it almost becomes a cocoon where you cannot even think straight and make proper decisions. So, let me tell you right now, we need to stop that and you need to start thinking clearly about what is going on. And there are only two ways that you are going to be able to do that, and I will tell you that in a minute. The first thing I have to tell you about is this idea of perceived fear and actual risk. These are two different things. And right now, you are in the world of perceived fear. When you look at the actual risk related to your problem and educate yourself about that, then the fear gets reduced and you can make some logical decisions, and overall be more optimistic, and that allows you to heal. So, what are the two ways you can do this? The two ways are number one, you need to right away find out what is your actual risk. What is the chance that you are going to need surgery. Number two, what is the risk if you have that surgery? And I think when you find those two things out, what you realize is that a lot of people do not even need surgery or a lot of people are not going to come to surgery, only maybe 10% of people with a cervical herniated disc need surgery. And the people that have surgery, almost everybody does really well, but you need to find that out for yourselves, so if I were you, I would go to the risk indicator which is above on the homepage of the website, figure out what your risk is, figure out your chance of needing surgery and that alone may make you feel better. The second thing that is going to make you feel better is for you to educate yourself about this condition. You have a definite diagnosis. You have a cervical herniated disc, so we know what is going on, and by the time you go through the website, you will have a good understanding of why you have this and what is going to happen in the future, and most importantly, even in a worse-case scenario if you have surgery, you are going to feel very comfortable with the concept of having that procedure, and the only way you are going to do that is by listening to people that have had it done. So, go right to the end of the website, where its patient stories, and listen to real people talking about the condition. Listen to them talking about their anxieties before the procedure. Listen to them talking about what it was like to go through the procedure, and most importantly, what it was like to have the procedure and feel good about themselves. I hope that you would not need the procedure, and I think that most people, hopefully you will be in that group, would get better on your own, but even if you get to that spot, I think you are going to do really well.

Panic Button
01/16/14

Page 2

So, educate yourself, find out your risk, and at that point, I think your fear and your anxiety about this condition will be reduced dramatically.

Seth L. Neubardt, M.D.

SLN/gisl/law/gee/011714/SLN10006-1