

How To Read Your MRI At Home Intro 5 Reasons You Should See Your Cervical Disc on MRI

So, now we are going to talk about how to read your own MRI at home, and I guess the first question is, why would anybody want to do this, and even before answering that question, I want to let you know it is okay to do this. A lot of patients come to my office, and they have already seen their own MRI and they are sort of embarrassed about it and they say hope you do not mind, I looked at the MRI, and I tell them it is great. The more you know, the better off you are. So if you have got a disc from the MRI center or if you have got the films from the MRI center and you have gone through, go ahead and take a look, it is okay to do this. The second thing is why would you want to look at this, and there are five reasons why it is good to look at your MRI before the appointment you have with your spine surgeon. Number one, look at the MRI and seeing your herniated disc gets you a little bit familiar with the diagnosis and visually understanding what is going on with your neck, and the more you understand, the better you will be able to go forward with the process of figuring out how to get better with this problem. The second thing is, it satisfies your curiosity. Everybody wonders what is going on inside, and when you see the film on the MRI with a herniated disc, it is clear as day, and that is going to make you feel better. The third thing you have to know is that when you load the disc at home you are making sure that disc works. There is nothing worse than getting to the surgeon's office, having the history taken, the examination done, the doctor puts the disc in the computer to look at it, and it does not work. It happens frequently. So, when you do this at home, you are doing a trial and making sure that this disc is going to work, because when you get to the doctor's office, you want to have a good MRI film up in the screen so the doctor can evaluate you completely and you can get the answers you need. The fourth thing why do this, is because we have the technology now where it is so clear on the MRI that even if you are not a spine surgeon, you can see what is going on, so take advantage of that. It is just like the cellphones now. They are so easy that even my mother can make phone calls, send text messages, look at photographs, four or five years ago she could not do that because phones were too complicated, but now phones are easy to use and same thing with the MRIs, they are really user friendly and you can see beautiful pictures so take advantage of that technology. The fifth reason to look at your MRI at home before you see the doctor, it is fun. Look you are suffering with pain, numbness, tingling, and weakness. You are being tortured with all of this, why not have some fun, look at your MRI. Share it on facebook or other social media. Get some sympathy from friends. Print a copy for your refrigerator, so your kids will know why you are so nasty and take advantage of the diagnosis that you have. So, I am doing this introduction because it is a little complicated getting this information on the computer, and I want to let you know that we have a few different videos going over the topics, and number one is how to load this thing, how to get the images up.

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It seems to be very easy, but in actuality, it is complicated. So, the first set of videos how to load the image, the second thing is how to get those images from the computer up in your screen, and the third and last part will be how to interpret those images, what to look for, and I will also be telling you what the doctors are thinking when they are looking at your MRI, so you have an understanding of how we are covering this from our end. So, enjoy the videos, and I hope you learn about how to read your MRI at home.

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