

## Meds Are Not Working And I'm A Miserable Mess From My Cervical Disc. What Do I Do

So just know that you are not alone and you are not, this is very typical, if you are working type of person and you are unable to work, you are unable to sleep, you are getting all the side effects from the medications, you are a mess, and we know this. But you have got to try to keep it together, you have to try to take each section, and if you are not sleeping well get good sleep, if you are not having pain control try to get good pain control, if your family is not giving you the support you need you have to talk to them about it, and if things are not really going well you have got to see the doctor and move forward in your treatment. If you are living in pain for months that is just not sustainable and you are just not going to be able to do it. So as much as you do not want to consider things like surgery, surgery may be actually a really good option for you. You have got to get your life back. So go through the website, start with the nonsurgical treatments first, and then go to the surgical treatments. But if right now, if you have been through all of that months of treatment or weeks of treatment or if you are just getting worse and cannot handle it, you have really got to look carefully at the surgical option. You have got to weigh the risk and the benefit and what you will see is the procedure is really a micro procedure and in our hands patients go home within hours and it really fixes the problem.

Seth L. Neubardt, M.D.

SLN/gisl/law/qap/030214/SLN100023-1

**New York City, NY Office**

315 W. 57th St. Suite 304

New York, NY 10019

Tel: (914) 948-5067

Fax: (914) 948-5602

\*\*Manhattan Practice Limited to Cervical Herniated Disc Surgery.

**White Plains, NY Office**

244 Westchester Avenue, Suite 310

White Plains, NY 10604

Tel: (914) 948-5067

Fax: (914) 948-5602