

St. Joseph's Hospital

A Spirit of Healing



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Contact:

Jill Parsons
Vice President
St. Joseph's Hospital
304.424.4063

Tim Corrigan
Director of Marketing
Pars Brain & Spine Institute
304.865.3612

**St. Joseph's Hospital and Pars Brain & Spine Institute partner
to offer new lumbar spinal stenosis procedure**

*Local Neurosurgeon Dr. Abdi Ghodsi first to perform
X-STOP® IPD® Procedure in the Mid-Ohio Valley*

Parkersburg, WV – Pars Brain & Spine Institute and St. Joseph's Hospital are pleased to announce that Dr. Abdi Ghodsi is the first neurosurgeon in the Mid-Ohio Valley to perform a new procedure for patients suffering from lumbar spinal stenosis (LSS). Dr. Ghodsi is a member of the Parkersburg-based Pars Brain and Spine Institute, along with fellow neurosurgeons Dr. Rammy Gold and Dr. Houman Khosrovi.

LSS is a common problem caused by a narrowing of the spinal canal. As the spinal canal narrows, the nerves along the spine can be compressed causing dull or aching back pain, numbness in the legs or calves, and general weakness or balance issues. The X-STOP procedure involves insertion of a titanium implant in the back. The implant maintains the spacing between the vertebrae to reduce the pinching of the nerves in the spine. The implant limits the degree of extension at the level of stenosis, preventing irritation of nerve roots, thereby minimizing patients' symptoms. The X-STOP implant is the first device approved in the United States to treat the symptoms of lumbar spinal stenosis.

Dr. Ghodsi performed the first X-STOP procedure on patient Dennis Armstrong at St. Joseph's Hospital on Wednesday, May 7. "This technology is a great thing for St. Joseph's Hospital and our community," explained Dr. Ghodsi. "Wednesday's procedure was the first time this technology has been used in the Mid-Ohio Valley."

Dennis Armstrong of Parkersburg started having back pain that would shoot down his legs about five months ago. After visiting his family physician, he was referred to Dr. Ghodsi. It was during his office visit that Dr. Ghodsi told Mr. Armstrong about the new X-STOP procedure. "I was a little apprehensive about being the first in the community to have this procedure, but after doing my research and talking to Dr.

Ghodsi, I knew I wanted to stay in Parkersburg to have this done," shared the 82-year old retired DuPont employee. Mr. Armstrong was recovering from his surgery Wednesday morning and speaking highly of Dr. Ghodsi and the St. Joseph's staff. "This is my hospital. I was born here and am proud that we have such skilled surgeons in our community."

"St. Joseph's Hospital strives to provide our patients access to the most innovative technologies and treatment options," Alan King, CEO at St. Joseph's Hospital. "We are proud to partner with the neurosurgeons from Pars Brain & Spine Institute to provide advanced surgical care in the Mid-Ohio Valley."

Before the X-STOP procedure was developed, patients requiring surgical treatment for LSS would have two possible surgical options: a laminectomy or a fusion procedure. The laminectomy involves removing parts of the bone and tissue that are narrowing the spinal canal. It is an open and invasive surgical procedure that requires general anesthesia. "Often this is not an appropriate option for patients who cannot tolerate general anesthesia due to age and other co-morbidities," shared Dr. Ghodsi. "The X-stop procedure takes about 1 hour, is performed under local anesthesia and IV sedation, and is 'minimally invasive' meaning the procedure can be performed with small incisions and a short recovery time."

"A good candidate for the X-STOP procedure is someone aged 50 or older, with prohibitive medical conditions, who is suffering from back or leg pain as a result of lumbar spinal stenosis," said Dr. Khosrovi, who is also trained to perform the X-STOP procedure.

The patient benefits of the X-STOP procedure include:

- Minimally invasive surgical procedure
- Does not require general anesthesia; can be done under a local anesthetic as an outpatient procedure
- Typically no bone or soft tissue removal
- The implant is removable and does not prevent a patient from undergoing surgery at a later time
- Quick recovery time

The procedure and technology were developed by surgical spine company Kyphon. For more information about LSS and the X-STOP device, visit <http://www.kyphon.com>.

About Abdi Ghodsi, MD

Dr. Ghodsi is a board-certified neurosurgeon that completed his medical and neurosurgical training at the University of Iowa. He is an active member of the American Association of Neurological Surgeons and the Congress of Neurological Surgeons. Since 2000, Dr. Ghodsi has been an established physician of the Mid-Ohio Valley, and is currently a neurosurgeon and partner at the Pars Brain & Spine Institute in Parkersburg, West Virginia.

About Houman Khosrovi, MD

Dr. Khosrovi is a board-certified neurosurgeon and an established physician of the Mid-Ohio Valley since 1998. Dr. Khosrovi completed his medical education and neurosurgical training at West Virginia University. He is an active member of the American Association of Neurological Surgeons, the Congress of Neurological Surgeons, the WV State Neurosurgical Society, and the WV State Medical Society. Dr. Khosrovi is currently a neurosurgeon and partner at the Pars Brain & Spine Institute in Parkersburg, West Virginia.

About the Pars Brain & Spine Institute

The Pars Brain & Spine Institute (Pars BSI) is a medical facility dedicated to serving the Mid-Ohio Valley as the premier neurosurgical practice diagnosing and treating disorders of the brain, spine, and peripheral nerves. In addition to a team of three board certified neurosurgeons, Pars BSI employs two additional doctors in the Pars Interventional Pain & Wellness Center, as well as over 50 medical professional, administration, and support staff. Pars BSI is located in Parkersburg, West Virginia.

For more information on the Pars Brain & Spine Institute, please visit www.parsbsi.com

About St. Joseph's Hospital

St. Joseph's Hospital is a 325-bed acute care facility located in Parkersburg, West Virginia. Founded in 1900 by the Sisters of Saint Joseph, the hospital boasts state-of-the-art technology and a team of dedicated employees and physicians. St. Joseph's offers comprehensive acute medical care and surgical services on both an inpatient and outpatient basis. The facility is the only open-heart surgery and angioplasty program within a 90-mile radius and was the first permanently designated Level III Trauma Program in the Mid-Ohio Valley. The hospital was named a Top 100 Hospital by Solucient in 2000.

For more information on St. Joseph's, please visit www.stjosephs-hospital.com.

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