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Journey Back to Life

The impact you have in someone's Life













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DAVID D. BURNS, M.D.

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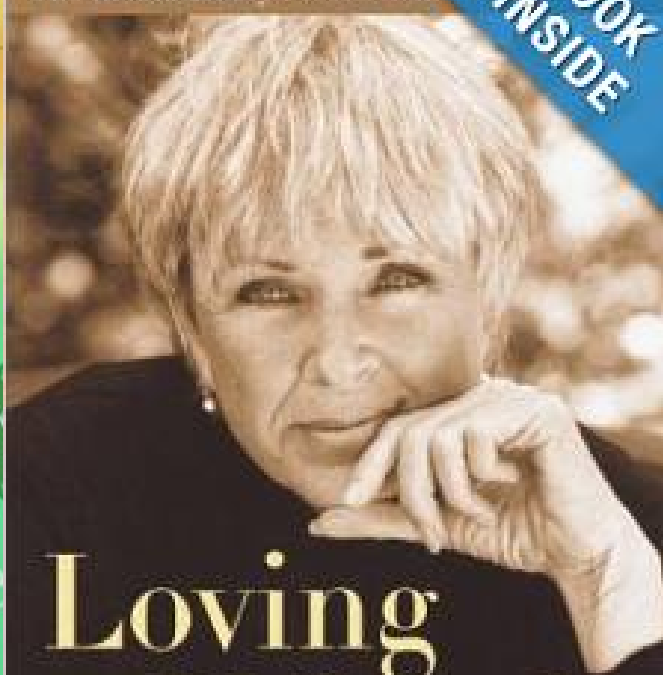
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"One of the best books to come along in years.
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— Deepak Chopra, author of *The Seven Spiritual Laws of Success*

The Revolutionary Process Called

LOOK
INSIDE



Loving What Is

Four questions that can change your life

Byron Katie *with Stephen Mitchell*

March 29, 2006

Dr. Ralph Fennell
United Airlines
Medical Department
Denver International Airport
Denver, CO 80249-6363
303 348 4300
FAX: 303 348 4338

Dear Dr. Fennell,

I have worked with Mr. Luis Perez to treat his depression, which was diagnosed by Dr. Judith Landau. Dr. Landau diagnosed Luis with depression reactive to his wife's untreated postpartum depression and chronic fatigue.

We conducted one therapy session a week for the period of three months, from November 17th, 2005 until February 16th, 2006. He responded positively to therapy without the need of medication.

Luis' response to treatment was gradual and positive. His progress was such that I can attest to his capacity to return to his normal daily activities to include his normal job duties.

If you should have any questions, feel free to contact me.

Respectfully yours,

Dr. Juan Carlos Lostalo
Av Colon 737 Piso 3, Depto. 4
5000 Cordoba, Argentina
Phone: 54 351-4233028
Fax: 54-351-4516866
Email: lostalo@arnet.com.ar





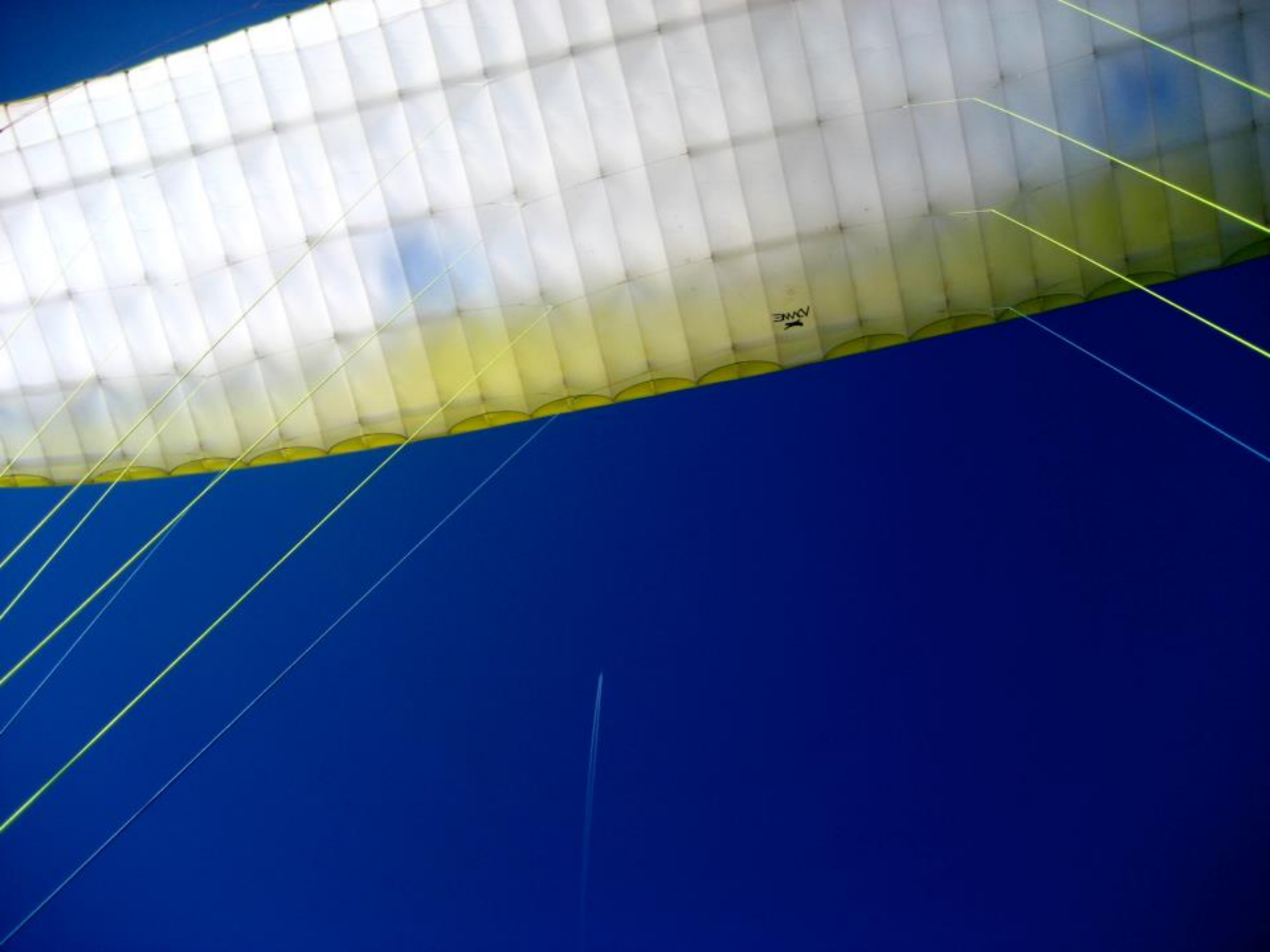








CHARLY.
INSIDER













- + Left and right lungs collapsed
- + Broken sternum
- + L1-L2 shattered
- + Broken sacrum
- + Broken coccyx
- + Broken pelvis (in three places)
- + Lacerated liver







Mindfulness Meditation for Pain Relief

JON KABAT-ZINN

Guided Practices for
Reclaiming
Your Body
and Your Life



















720225D8000
Ex: 000513916
Thoracic-spine
Se: 1674/2
Im: 3/2

SKY RIDGE MEDICAL CENTER
PEREZ LUIS A
1967 Sep 09 M 00094077
Acc: 513916
2009 Dec 18
Acq Tm: 11:44:23.000

Mag: 0.3x
Lat: U

Lin:DCM / Data:DCM / Id:ID
NORMAL W:100% L:50%

1-1-10





Return to work: Documents Needed

- Surgical / Operative Report
 - Sept. 18, 2009. Dr. Mason
 - Sept. 22, 2009. Dr. Mason
- Discharge Summary
 - Sept. 30, 2009. Boulder Community Hospital
 - Nov. 13, 2009. Craig Hospital
- Rehab Summary
 - Dr. Hsu
 - Dr. Doolan
 - Physical Therapist – Natasha
 - Note: Summary must include clearance to return to work.





I was shocked to find though that at least at 3 different sites large portions of lamina had clearly punctured the thecal sac and there were a great many nerve roots that were entrapped within these...

...Several of the smallest nerve roots clearly had been injured beyond recovery.

I then ensured that we had adequate decompression by felling both cephalad and caudad.

I then went ahead and carefully closed the largest of these with a piece of DuraGen patch. I then went ahead and did a volumetric 3-dimensional spin of the pedicles at T11, T12, L1, L2, and then a second spin at L3, L3, L4 and then cannulated the pedicles at T11 and T12, L3 and L4. These were done using the following technique: Anatomic landmarks were obtained and reconfirmed with Stealth stereotactic navigation. I then went ahead and used a pedicle finder to cannulate the pedicles. I then used a ball tip probe to ensure that I had cancellous bone throughout. I then went ahead and tapped these again under navigation and then I placed the appropriate size Medtronic screw.

I then did a confirmatory spin to ensure that my screws were ideal, which they were. I was able to work around the screws of my anterior plate at T11 and L3.

I then went ahead and fashioned a rod and then placed these in. I then went ahead and decorticated laterally and placed a large amount of bone in particular from T12 to T1, T1 to T2 and T2 to L3 thereby performing an arthrodesis from T11 to L4.

I should make a note here that there was absolute gross instability from L1 and L2 with no clear stability

Perez, Luis Alberto 1111
DOB: 09/09/1967 42
AET NO: MR:
ATT DR:

General Operative Note
Page 2 of 3



1. Patient's Name: Lalo Perez

Medication Schedule

Week of:	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Medication	900	1500	2100	900	1500	2100	900	1500	2100	900	1500	2100	900	1500	2100	900	1500	2100	900	1500	2100
Name: OXYCONTIN How Much: 20 mg Why: Pain Times: 9, 15, 21	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1		
Name: GABAPENTIN How Much: 800 mg Why: Nerve Pain Times: 9, 15, 21	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1		
Name: CELEBREX How Much: 200 mg Why: Inflammation/Pain Times: 21			1			1			1			1			1			1			
Name: DOCUSATE How Much: 200 mg Why: Stool Softener Times: 9, 21	2		2	2		2	2		2	2		2	2		2	2		2	2		
Name: PRILOSEC How Much: 20 mg Why: Ulcer Prevention Times: 0730 and 1730			1	1		1	1			1			1		1	1		1	1		
Name: TRIPHALA How Much: Why: Bowel Management Times: 9, 15	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1		
Name: OXYCODONE (ROXY) How Much: 15 Max mg Why: Pain Times: PRN	2	4	4	4	2	3	2	4	3	3	2	3	3	2	3	2	4	2	5	2	2











Dr. Ralph Fennel



Dr. Quay Snyder

