WELCOME to ANS, Atlantic NeuroSurgical Specialists (ANS) newsletter. Inside you will find the latest information about our staff, practice, and patients.

Atlantic NeuroSurgical Specialists is a premier neurosurgical practice located in Morristown, Sparta, Summit, and Neptune, New Jersey. We are the largest private neurosurgical practice in the state and are leaders in the areas of tumors and diseases of the brain and spine. We give patients access to doctors and treatments not found anywhere else in the state. ANS physicians have been trained at the most prestigious programs in the nation, and are proud to house this knowledge and expertise in New Jersey. Our doctors are affiliated with 15 NJ hospitals, including the Atlantic Health System, Meridian Health System, St. Barnabas Health System Englewood Hospital and Medical Center, Englewood, NJ, and Saint Clare’s Hospital, Denville, NJ. ANS continues to partner with hospital administration in the drive to acquire new treatment technology.

In this issue we are honored to introduce 2 of our patients with whom we have worked closely since our last issue: Adolph Carbone, an 86-year-old WWII war hero and Luis DaSilva, an avid golfer. Our patients are the heart of our practice and we are congratulating them on their progress since being treated by our neurosurgeons. You can read more about them inside.

ANS continues to grow and is now 15 strong. We would like to welcome Dr. Charles Blair Stillerman, a fellowship-trained spine surgeon. We are grateful for the talent and dedication he brings to the ANS family.

We hope this newsletter finds you in good health. For more information about ANS, please visit us at www.ansdocs.com or call 973.285.7800.
Back pain is a daily reality for many Americans

An unfortunate twist during a game of golf sent Luis Dalal to the operating table, but a brief surgical intervention was enough to solve the problem. Back pain is often caused by an individual’s professional or recreational activities, which may involve constant, often abrupt movement. The pain has a tendency to increase and, because of the direct connection between the spine and the nervous system, eventually affects other parts of the body.

David-Wellis-Roth, MD, is a surgeon specializing in spinal and neurovascular diseases. A graduate of George Washington University and Weil-Cornell Medical College, he initiated use of a new surgical technique called Coflex. The first patient to undergo this type of surgery was Luis Dalal, a 52-year-old resident of Bridgewater, New Jersey.

Prior to the introduction of Coflex, spinal surgery typically was followed by a long period of recuperation and extensive physical therapy that could be painful and costly. Therefore, such surgery was often considered the last resort for an individual with back pain who sought to return to a normal life. With this new technique, the duration of surgery is reduced, 1 to 2 hours, and the patient may immediately resume normal activities.

Dr. Wells-Roth described the Coflex technique: “This is a revolutionary method that allows doctors to be manipulated via the installation of a device that adjusts the movements of the dorsal spine. The patient’s pain disappears, and the patient generally may return to normal activities very shortly after surgery. Although physical therapy is required, the patient’s pain is alleviated almost immediately.”

World War II Hero Beats the Odds Again

Decorated Ww Hero Adolph Carbone proves he is not a statistic

When 86-year-old Toms River resident Adolph Carbone was rushed to Saint Barnabas Hospital with a ruptured brain aneurysm, the odds of survival were not in his favor. To save Mr. Carbone, Atlantic Neurosurgical Specialists (ANS) neurosurgeon Dr. Ron Benitez would have to perform a coil embolization—a procedure normally performed by accessing the treatment area from within the body. It was a technique that carried with it the case with the family and explained that Adolph had suffered a hemorrhagic stroke as a result of the ruptured brain aneurysm. To save Adolph, Dr. Benitez would have to take many steps, including a challenging angiogram and endovascular coil placement, to eliminate blood flow into the aneurysm. Endovascular coil normally involves placing of a catheter (small plastic tube) into the femoral artery in the patient’s leg. However, in this case, it had to be done through the wrist, a first for Dr. Benitez. The coil was navigated through the vascular system, into the head, and into the aneurysm. ANS performs more of these procedures than any other medical practice in New Jersey.

As Dr. Benitez explained the risks of the procedure, especially for an 86-year-old man, Adolph’s daughter spoke for the family: “We want you to go aggressive, do everything you can to save my father. He is not a typical 86-year-old man.” Can Adolph Carbone’s life be described as normal? No. Indeed, his life has been a roller-coaster ride of many highs and lows. His luck could be compared to someone having been struck by lightning twice, a rare and random occurrence of misfortune; but in his life, it was the stroke of good luck, not lightning, that would save Adolph Carbone more than once in his lifetime.

Adolph Carbone was born in Newark, New Jersey, on April 29, 1921, the oldest child (he had a brother, Vincent, and a sister, Patricia) of Patsy and Frances Carbone. At the age of 17, he enlisted in the US Army Air Corps with hopes of becoming a pilot. His dreams came true at the age of 18 when he was assigned to Captain Harold L. Lanning’s crew and later assigned to the 491st bomb group 854 squadron based at North Hickenham, UK.

In Adolph’s Army career, he would cheat death not once, but three times. First, on November 10, 1944, returning from a mission over Germany, his plane crashed, killing his friend, the radio operator Ruppel. Prior to the mission, Ruppel had given Adolph his valuables to hold in case anything happened to him. It was as if his brother-in-arms knew that Adolph was special and that if anyone could survive the dangerous world of war, it would be Adolph.

Adolph’s second brush with death occurred on November 15, 1944, when he was in his second crash without receiving a scratch. The third event happened on November 25, 1944. Carbone had passed out due to faulty oxygen equipment, the pilot aborted the mission, and he fell to 10,000 feet. The next morning Carbone and his crew were scheduled to fly a mission to Miburg (Germany). While near the target, enemy fires engaged Carbone’s squadron with a hail of bullets. A majority of the planes were either shot down or blown from the sky. Captain Lanning and his crew, including Carbone, bailed from the damaged plane. Carbone recalls, “My first thought was to count to ten, then pull the ripcord. I got to three and found I could not raise my right arm to grasp the ripcord handle. I was frantic, but I did not lose my senses. As I was tumbling towards the earth, I used my left hand to raise my right hand over the pull handle of the chute, but I had no strength to pull the cord. I then began to hit my right hand with my left and the chute finally opened. To this day, I believe it was more than my hands that opened that chute. Once the chute opened, I had a strong feeling that I was safe. As I got closer to the ground, I tried to observe the terrain to decide whether to cross my legs or not. All of a sudden the ground was coming up fast. I landed in a soft patch surrounded by trees. I was unable to move.”

Adolph had landed in Luxem, Belgium, very close to a hospital, a place where, much later in life, he would be honored and memorialized for his bravery. During his recovery in Belgium, he underwent surgery. The doctor who performed the operation wrote, “Chance of survival one in a million.” At one point, his parents were even contacted and advised that their son’s injuries were mortal and survival was unlikely; however, Adolph fought his way through his injuries and had been living the good life ever since.

Adolph was awarded the Silver Star, Purple Heart, and Air Medal for his dedication and service in the Army, but if you ask Adolph his greatest accomplishments in life, he would answer, “My family.” Adolph married Anne Cacholle in 1950, and they have five children, Patricia (Patti-corn), Adolph Jr. (Butch), Michael, Kathleen, and Jamie; 18 grandchildren and 3 great-grandchildren with many more on the way. His career path is an interesting journey, including owning amusement parks in Seaside Heights, NJ; studying for and receiving his law degree, and teaching history to high school students for over 12 years.

When asked his feelings about Dr. Benitez, Adolph simply states, “He saved my life.” Dr. Benitez’s view on the case is different. “I may have helped save his life, but Adolph is unique,” states Dr. Benitez. “Nine hundred ninety-nine people out of 1000 would not have survived his scenario. After learning about Adolph, it is clear to me he has fight within him which all people should strive for in their lives. Adolph still has it. He is phenomenal.”

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Am I a Candidate for Minimally Invasive Spine Surgery?
Our doctors believe in taking a conservative approach to surgery; it should always be a last option and visited only after other nonoperative approaches have been explored. ANS is proud of the relationship we have with our patients, and will be by your side from initial consultation to postoperative followup.

How to Avoid Back Injury
In everyday life, there are steps you can take to reduce your chances of injury. While they aren’t guaranteed, it is always best to use caution in your day-to-day activities. Here are some examples:

- Exercise is key in maintaining a healthy spine
- To prevent falls in the home, keep the floor clear and free from debris
- Install and use handrails in stairways
- Avoid reaching and climbing to high places; this will increase your chance of a fall
- While lifting objects, keep your back straight and always bend from your knees

What is Osteoporosis?
If your back pain is not from an injury but from a medical condition like osteoporosis, ANS offers another type of minimally invasive spine surgery called a kyphoplasty. ANS’s own Jonathan J. Baskin, MD, FACS, is specifically trained in this procedure.

“A person who suffers from osteoporosis can have fractures in their spine. A kyphoplasty is used to subdue pain and stabilize the spine following these fractures,” says ANS’s own Jonathan J. Baskin, MD, FACS. “When performing a kyphoplasty, I inject cement into a vertebral fracture. This is done today. But humans are distinguished from the rest of the living beings by hope. For other living beings, there may not be tomorrow. But hope is life for humans. Tomorrow may not come for a few. But the others are sure that there will be a day after the present one. And it is hoped by many to be a little better than today. What is not realized today may be within our reach tomorrow. It is hope that helps people live through all of its torment. The moment a person loses hope, the very zeal to live is lost. Hope means many things to different people, and here at ANS we strive to fulfill your definition of hope while treating your illness. For more information about our new office, treatment, and beautiful new office, visit us on the Web at www.ansdocs.com.”

What Is Hope?
Hope is a belief in a positive outcome related to events and circumstances in one’s life. Hope implies a certain amount of perseverance; it is, believing that a positive outcome is possible even when there is some evidence to the contrary.

A person who does not have the zeal for tomorrow cannot live in the present even for one day. I do not agree that ‘any person can fight the battles of just one day.’ There are many in the world who fight their battles, life-long, and still live with some hope. It is nice to live for today and complete what is to be done today. But humans are distinguished from the rest of the living beings by hope. For other living beings, there may not be tomorrow. But hope is life for humans. Tomorrow may not come for a few. But the others are sure that there will be a day after the present one. And it is hoped by many to be a little better than today. What is not realized today may be within our reach tomorrow. It is hope that helps people live through all of its torment. The moment a person loses hope, the very zeal to live is lost.

Parthenon of Hope
Doctors Edward Zampella and Brian Beyerl introduce the Partnership of Hope Center for the Treatment of Brain Tumors.
A diagnosis of a brain tumor does not mean you give up hope.

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Finally, you found what you’re looking for.
No longer search for the most minimally invasive spine techniques — ANS offers the best, close to home.

When reaching the point in your treatment journey, consider your options carefully. There are many important factors to consider and take into account. We are here to help.

What makes ANS unique is our doctors’ partnership of groundbreaking procedures and exceptional care in our state. This is largely due to our physicians’ ability to collaborate in partnership, offering our patients expertise in diverse conditions. To learn more about our latest advancements in treatment or to view a list of all treatments and services, visit our new office, located one floor up in the same building at 310 Madison Avenue.

Welcome to our new office, located one floor up in the same building at 310 Madison Avenue. The new office is designed to provide our patients with the atmosphere and accessibility they deserve. We wanted to create a relaxing and serene environment ensuring privacy and relaxation. Our new office boasts a grand entry area with a concierge desk to direct you to the appropriate waiting areas. Our waiting areas are designed to maintain a tranquil and comfortable feeling while providing educational reading materials during your visit. When you enter our exam rooms, you will notice our unique size and accessibility. Each area was decorated to provide a truly enjoyable experience for our patients.