

The logo for Beth Israel, featuring the text "Beth Israel" in white on a black, tilted rectangular background.

**Continuum** Health Partners, Inc.

Roosevelt Hospital's Free Educational Event: Relief From Lumbar Spinal Stenosis  
Finding Your Way Through Treatment Options

New York, NY (March 12, 2009) Roosevelt Hospital is pleased to announce two free educational events for patients suffering from the symptoms of lumbar spinal stenosis (LSS). This is an opportunity for patients with spinal stenosis to meet with physicians and learn more about the management and treatment of their disease. LSS patients will gain an understanding of treatment options including: non-operative therapy, traditional surgery and a new, minimally-invasive technology.

WHAT: FREE Educational Event: Lumbar Spinal Stenosis  
With Spine Surgeon Jonathan Stieber, MD

WHERE: Roosevelt Hospital  
1000 Tenth Avenue between 58<sup>th</sup> & 59<sup>th</sup> Streets

WHEN/WHERE: Monday, March 23, 2009  
6:30-7:30pm  
Conference Room B

Thursday, March 26, 2009  
6:30-7:30pm  
Conference Room C

About Lumbar Spinal Stenosis:

Lumbar spinal stenosis (LSS) is the most common reason for back surgery in people over the age of 65 in the United States. LSS is a sometimes painful condition caused by a gradual narrowing of the spinal canal. This narrowing can impinge and put pressure on the nerve roots and spinal cord, causing pain and discomfort. Patients with LSS often notice pain in the buttocks or a "pins and needles" sensation in the thigh or leg that occurs when standing (extension) or walking. The discomfort is usually relieved by bending forward (flexion) or with sitting. In some cases, a patient will complain of leg pain and weakness without having any back pain. Symptoms often limit self-supporting daily activities, work, social and recreational pursuits. Lack of activity can lead to obesity, depression and general physical deterioration.

To Register, please call (212) 523-5690.