

Spine West Providers:

Cliff Gronseth, M.D.
John Tobey, M.D.
Nina Baker, M.D.
Vaheed Sevvom, PA-C

What We Do:

The health care team at Spine West specializes in Physiatry and Orthopedic Medicine. We are focused on advanced non-surgical care with an emphasis on making the diagnosis and treating all spine pain, nerve problems, and joint issues. Our goal is to provide excellent patient centered medical care.

Have Spine West's newsletter emailed to you!

Spine West produces a patient newsletter which you can receive directly in your inbox. From articles written by our physicians or physical therapist to articles discussing the latest medical advances, we strive to create a newsletter that will provide you with information relating directly to your health, our staff, and our clinic. If you would like to automatically receive the latest copy of the newsletter please submit your email address to:
Newsletters@SpineWest.com

Have suggestions for the newsletter?

Feel free to send feedback or topics you are interested in to:
Newsletters@SpineWest.com



Corticosteroids: The Pro's and Con's

Corticosteroids, or cortisone, have been used for many years to treat a variety of medical conditions, ranging from skin conditions and asthma to autoimmune diseases and spinal cord injuries. The principle behind this is the potent anti-inflammatory effects. They can have profound benefits but, like all medications, they do have their risks.

At Spine West, we often use oral and injectable steroids for inflammatory conditions related to arthritis and nerve inflammation. When used safely and responsibly, they are a very effective means of treatment.

Oral steroids are absorbed throughout the body and affect all body systems. There is less risk associated with this in terms of pain or infection, as no needle is required. Side effects may be increased due to body-wide absorption.

Injectable steroids have the advantage of more focused placement of the steroid with less body-wide absorption. We often use x-ray or ultrasound guidance when injecting steroid to confirm the injection is in the right place.

Possible side effects of steroids range from mild to severe and are related to

the dosage and duration of treatment.

Common side effects of the short term oral or injectable steroids we use at Spine West are difficulty sleeping, increased energy, facial flushing, increased blood sugar and irritability.

A new alternative to steroid injections is platelet rich plasma (PRP) injections. This involves removing the healing cells from your own blood and then re-injecting them in the desired area. Side effects are minimal with no allergic reaction. Depending on the location, results are equivalent or better than steroids.

New Providers

Nina Baker, MD



- Board Certified: Physical Medicine & Rehabilitation, 2009
- Fellowship: Univ. of Virginia, 2009
- Residency: Sinai Hospital of Baltimore, 2008 Physical Medicine and Rehabilitation
- Medical School: Loma Linda University, CA 2004
- Member: Association of Academic Physiatrists, Performing Arts Medicine Association, International Society of Physical Medicine & Rehabilitation

Vaheed Sevvom, PA-C



- Board Certified: 2008
- Graduate Education: Pacific University of Oregon, 2008 Master of Science in Physician Assistant Studies
- Undergraduate Education: University of Colorado at Boulder, 2001 Bachelor of Arts in Kinesiology and Applied Physiology

Spine West is excited to have these two new additions to our team and looks forward to continuing to provide excellent patient-centered care in Boulder, Steamboat and now at the Longmont Clinic.