

Spine West Providers:

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Body Worlds at DMNS

Gunther von Hagens' *Body Worlds* is currently on display at the Denver Museum of Nature and Science. This exhibit has toured internationally many times since its inception, each tour focusing on a different bodily function or aspect. This time, the focus is on the human heart. Spine West's providers and staff members had the exciting opportunity to visit the exhibition this month, and take a tour of the fascinating "plastinates." *Body Worlds & The Story of the Heart* will be on display until July 18, 2010.

Have Spine West's newsletter emailed to you!

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:

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National Arthritis Month: The Many Faces of Arthritis

Arthritis is a very general term referring to over 100 conditions, but the most common types include: Osteoarthritis, Rheumatoid Arthritis, and Gout.

Osteoarthritis (OA) is the most common type of arthritis, and occurs when the protective cartilage in joints wears away, causing the bones to grind against each other and creating pain and swelling. OA involves the gradual degeneration of cartilage and tissues protecting the joints. This condition typically accompanies

aging, and is found most often in weight-bearing joints, like the hands, hips, and knees, or even in the facet joints of the spine.

Rheumatoid arthritis (RA) can be found in any joint in the body except the spine. It is actually a chronic disease in which the body's immune system mistakenly attacks itself. This leads to swelling and inflammation of the joint linings, and, eventually, cartilage and tissues break down. It is usually diagnosed through imaging or lab tests.

Gout is the painful buildup of uric acid in the joints, most often in the big toe, knee, and wrist.

Arthritis in any form is very common, and can be a factor of aging, gender (arthritis occurs more often in women), activity level, and obesity. The goal of any arthritis treatment is to reduce pain and restore function. Early diagnosis, maintaining a healthy weight, staying active, and eating healthfully can all help slow the effects of long-term joint damage.

Spine West Partners with Susan B. Ollar, PhD

Spine West is pleased to introduce Dr. Susan B. Ollar, a Clinical Psychologist who will be working with Spine West in partnership as an invaluable patient resource.

Dr. Ollar received her training from the University of Colorado at Boulder and currently serves as the Director of Boulder Integrative Psychology.

Dr. Ollar enjoys working together with patients' physicians to provide comprehensive, mind-body treatment.

Dr. Ollar is currently in private practice in Boulder. Her unique training and work opportunities in hospital settings have enabled her to offer specialized services to patients with chronic illnesses, chronic pain, depression, anxiety, and other painful life circumstances.

She provides tailor made treatment programs for her patients, providing education leading to pain reduction and increased quality of life. Like the providers at Spine West, Dr. Ollar aims to "create a purposeful life worth living."

Dr. Ollar will be leading group sessions on diverse topics, including pain and stress management. We look forward to working with Dr. Ollar as we continue to provide patients with the highest quality of care.



Dr. Susan B. Ollar