



# BEST DOCTORS IN REAL LIFE

PASSION FOR  
YOUR HEALTH

David O'Donnell



## *Best Doctors triggers treatment options for David.*

*"Best Doctors were absolutely brilliant – diligent and effective. I would give them 11 out of 10!"*

**Background.** "I am a police officer with quite a physical job and I am suffering with a great deal of back and leg pain. My orthopaedic consultant has offered pain relief only and suggested that I change career and get a desk job.

We had an MRI scan done recently and that showed a worn disc at L5-S1 level. My consultant offered injections to relieve the pain but said they may or may not work.

I wanted to know if there were other, more effective, treatment options so I contacted Best Doctors. I have access to the Best Doctors second opinion service as part of my Police Federation group insurance scheme. Best Doctors found a world leading orthopaedic doctor with expertise in spines to review my case."

**Best Doctors outcome.** "The Best Doctors specialist concluded that I need to determine whether a) my leg hurts more than my back, in which case a microdiscectomy should be performed, which is a relatively easy surgical procedure with a 80 to 90 % chance of relieving my pain and a 50 % chance of improving my back pain as well; or b) if my back hurts more than my leg, then the surgical treatment would be more complex with consideration of disc excision and instrumented fusion.

Once I had received the Best Doctors report, I took it to my GP who forwarded it to my consultant. As a result of him receiving this report, my appointment to see him was brought forward six months!

As a first step, the specialist recommended an epidural steroid injection or nerve root block and physical therapy measures to decrease the pressure on the disc. Then, if the symptoms get worse, we will go down the surgical route. Best Doctors were absolutely brilliant – diligent and effective. I would give them 11 out of 10!"



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