

# SPINE SPOTLIGHT

January



Our spines support everything we do—from work and play to treasured time spent with those you love. Debilitating spinal conditions affect millions of people and have a devastating economic and social impact – yet knowing how to take care of our spines is under appreciated. It's time to make spine health a national and global priority. Let's change the conversation with **Strengthen Our Spines (S.O.S)**: a nationwide call to action to protect the backbone of our lives.

From osteoporosis to long term patient success, this month's Spinal Champion stories inspire hope. Ever heard the expressions 'slipped disc', 'herniated disc', or 'disc disease'? Read all about the remarkable spinal discs that are the shock absorbers of your spine.

Finally, as we work to improve access to care, read our fascinating article on overcoming insurance challenges with disc replacement surgery.

Like what you see? Imagine the power of collective generosity. With just **\$25 for 2025**, we could **triple** our reach, **expand** life-changing resources, and **multiply** the support networks available to those in need.

**Spine-Talks**  
UNPARALLELED ACCESS TO WORLD-CLASS EXPERTS

**Back to the Future: A Patient and Her Surgeon Celebrate 10 Years After Successful Complex Deformity Surgery**  
Featuring: Ms. Peggy Schmidt, Dr. Lawrence Lenke, Dr. Rita Roy

WATCH NOW

## 10 Years After Complex Surgery: A Decade of Mobility Progress

From a teenager managing her spinal deformity to a woman thriving after spinal reconstruction, Peggy reflects on a decade of progress and how her life has been transformed. Guided by Dr. Lawrence Lenke, her journey showcases the power of perseverance and cutting-edge care.

Watch Now

**Was Your Prep Enough?**

**Got 5 Minutes?**

Are you over 21 and have had spine surgery? Take our quick survey now to rate your preparation.

Your feedback is essential for **improving care.**

Take the **survey now!**

## Let Us Know!

**Were you ready for your spine surgery?**

If you are over 21 and have had spine surgery, please take our quick survey to rate how well prepared you felt.

*Thank You for taking our survey! Your feedback helps us improve care!*

Take the Survey



## Article: Degenerative Disc Disease (DDD)

The spine is your body's most valuable player (MVP), providing structural support, protection of vital organs, and the ability to move throughout your entire life. By understanding how the health of discs changes over time and what symptoms to look out for, degenerative disc disease (DDD) can be managed effectively. Peruse the article to learn what the symptoms of DDD are, what factors contribute to the condition, when you should see a doctor, and more.

Read Now



## Article: Overcoming Insurance Challenges for Disc Replacement

Healthcare coverage in the United States is a complex topic. It has been a long journey for arthroplasty reimbursement and more is left to achieve. In our latest [article](#) from the Spine Health Journal, Dr. Jack Zigler and Kimberly Norton of Texas Back Institute dive into the challenges and progress in securing coverage for motion-preserving procedures like arthroplasty.

Read Now

**Get Back To It**  
Real Stories of Healing and Recovery

**The Silent Disease Meets a Fighter: Overcoming Osteoporosis**  
With Margaret Brown  
spinehealth.org

## The Silent Disease Meets a Fighter: Overcoming Osteoporosis

A Muay Thai class, a sharp twinge in the back and then a shocking diagnosis—what seemed minor turned out to be a spinal fracture caused by osteopenia, the silent precursor to osteoporosis.

Hear how an active 60-year-old woman underwent a transformative minimally invasive procedure and reclaimed her life.

Listen In

# \$25 for 2025 Give hope. Change lives.



A **\$25 gift provides** individuals with access to world-class experts and trusted resources. Make 2025 a year of strength—start it off **#spineSTRONG** with your support!

Give Hope Now!



The National Spine Health Foundation is the leading patient advocacy non profit in spinal healthcare, focused on award-winning patient education, patient advocacy and clinical research. Our mission is to empower patients to protect their spine health and take back their lives from debilitating spinal conditions. We give patients the tools they need to make informed decisions about their spine health and navigate their own treatment journeys with confidence. We believe patients deserve real solutions, real answers and real hope.



spinehealth.org

© 2025 National Spine Health Foundation. All rights reserved.

NSHF is a 501(c)(3) IRS designated public charity EIN 55-0803996. Donations are tax deductible.

National Spine Health Foundation | 11800 Sunrise Valley Dr | Suite 330 | Reston | VA | 20191-5300

You can [update your preferences](#) or [unsubscribe](#).