



Rotary
Club of Jackson,
Mississippi



Rotagram

September 30, 2024

The Rotary Club of Jackson welcomed Dr. Kelsey Walsh, MD, Neurosurgeon – NewSouth NeuroSpine. The title of her presentation was: “Back Pain: When to See a Surgeon and How Surgery Can Help?”



L to R: Rotary President-Elect Richard Wilbourn, Attorney, Richard Wilbourn and Associates, PLLC; Dr. Kelsey Walsh, MD, Neurosurgeon, NewSouth NeuroSpine; Rotary President Phillip Carpenter, Owner, Carpenter Properties; and Amanda Fontaine – Rotary Past District Governor; Executive Director, Mississippi Association of Broadcasters

President Phillip Carpenter welcomed Rotarians and guests.

Seth Dickinson, Special Assistant Attorney General, Mississippi Attorney General's Office, delivered the Invocation; Bill Blackwell, Executive Director, Mississippi Sports Hall of Fame, led club members in the Pledge of Allegiance; and President Phillip led members in the Four Way Test.

Thomas Dunbar introduced Visiting Guests:

- Seth Dickinson's guest - Henry Biemann, CEO of The Biemann Group
- Kathryn Caine, NewSouth NeuroSpine Nurse
- Mallery Hemphill, NewSouth NeuroSpine Marketing Director

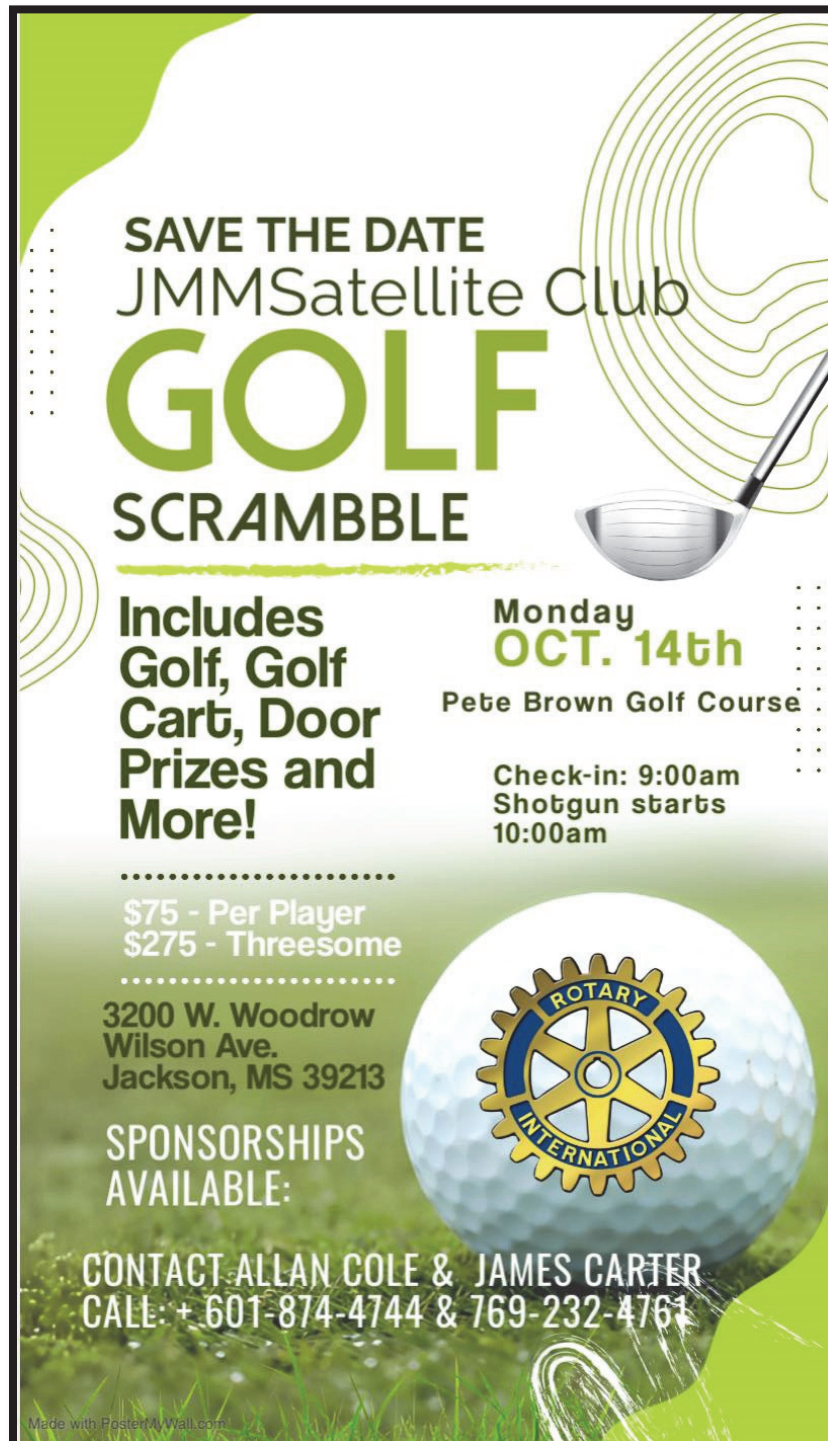
ANNOUNCEMENTS:

The Rotary Club of Jackson participated in a canned food drive for the **Friendship Connection**. Thank you to all who donated.



District 6820 is now accepting applications for District Governor for Rotary year 2027-2028. For more information or to access the application, please visit <https://www.rotary6820.com>. The deadline to apply is October 31, 2024.

Save the Date: On Monday, October 14, the JMM Satellite Club is hosting a golf scramble at the Pete Brown Golf Course. The cost is \$75 per player or \$275 for a team of three. For more information, please email President Erica Reed at ejohnson@jacksonmedicalmall.org.



The flyer features a green and white color scheme with decorative topographic lines. It includes an image of a golf club head and a golf ball with the Rotary International logo. The text is arranged in a clear, hierarchical layout, starting with the event title and date, followed by details about what is included, the location, and contact information.

SAVE THE DATE
JMM Satellite Club
GOLF
SCRAMBBLE

Includes
Golf, Golf
Cart, Door
Prizes and
More!

Monday
OCT. 14th
Pete Brown Golf Course

Check-in: 9:00am
Shotgun starts
10:00am

.....
\$75 - Per Player
\$275 - Threesome
.....

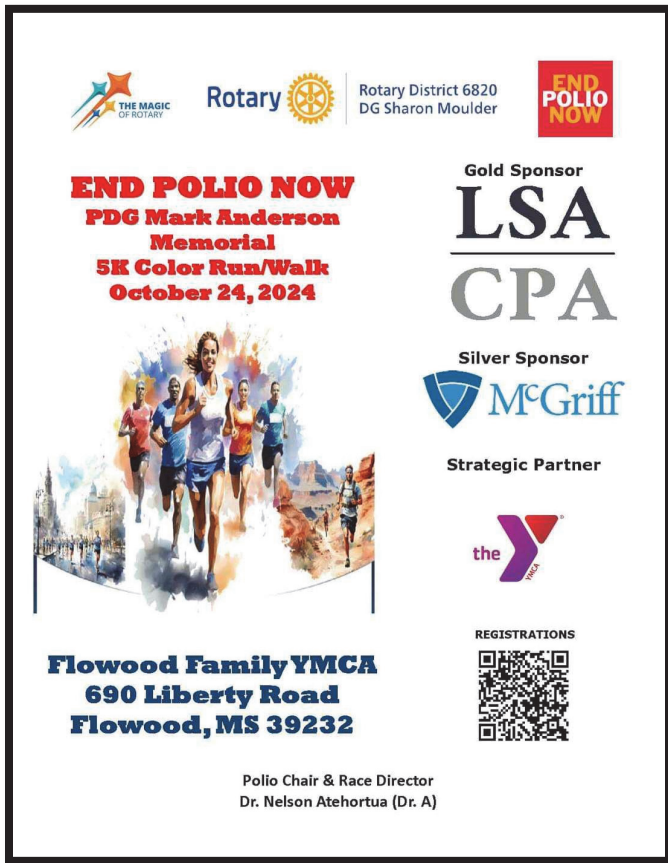
3200 W. Woodrow
Wilson Ave.
Jackson, MS 39213



SPONSORSHIPS
AVAILABLE:

CONTACT ALLAN COLE & JAMES CARTER
CALL: + 601-874-4744 & 769-232-4761

Made with PosterMyWall.com


Save the Date: October 24, 6:00 p.m. - District 6820 End Polio Now 5k Run and Walk. Flowood Family YMCA, 690 Liberty Road. Questions? Email Dr. Nelson Atehortua, Committee Chair, at nelson.atehortua@gmail.com.







 Rotary District 6820
 DG Sharon Moulder

END POLIO NOW
PDG Mark Anderson
Memorial
5K Color Run/Walk
October 24, 2024

Gold Sponsor
LSA
CPA

Silver Sponsor


Strategic Partner


REGISTRATIONS


Flowood Family YMCA
690 Liberty Road
Flowood, MS 39232

Polio Chair & Race Director
 Dr. Nelson Atehortua (Dr. A)




 Rotary District 6820
 DG Sharon Moulder



Fourth-quarter invoices are now in your inbox. Please make these a priority.

BIRTHDAYS:

Allan Cole	October 5
Ashby Foote	October 6

ANNIVERSARIES:

Amanda & Patrick Fontaine (19 years)	October 2
--------------------------------------	-----------

ROTARY JOIN DATES:

Bernard Bridges (3 years)	October 1
Steve Corbitt (22 years)	October 1
Tamica Jeuitt (3 years)	October 1
Neddie Winters (22 years)	October 1

Please plan to join the Rotary Club of Jackson on Monday, October 7. Our speaker will be Brian Crawford, Director of Mission Mississippi.

Richard Wilbourn to introduce Dr. Kelsey Walsh.

Dr. Walsh's presentation title was "Back Pain: When to See a Surgeon and How Surgery Can Help?"

Alaskan-born Dr. Kelsey A. Walsh has lived all over the United States as the daughter of a Lieutenant Colonel in the Army. Her family ultimately settled near Charleston, South Carolina, where she attended college at Washington and Lee University in Lexington, Virginia, and graduated with a BS in neuroscience in 2009. She enrolled in medical school at the Medical University of South Carolina, graduating in 2013. It was there that she met her husband, Forrest Duncan. The two married in 2013, shortly before moving to Mississippi to begin their residencies. Forrest completed his anesthesiology residency and pediatric fellowship at UMMC in 2019 and is currently an attending physician at Children's of Mississippi. After a seven-year residency, Dr. Walsh completed her neurosurgery training at UMMC in 2020.

Dr. Walsh is a Neurosurgery Specialist at NewSouth NeuroSpine, specializing in minimally invasive spinal surgery techniques and general neurosurgery, including cranial and peripheral nerve surgery.

In her free time, Dr. Walsh enjoys reading, exercising, and painting. She and her husband love hiking and traveling the world.

Low Back Pain - What causes it, what prevents it, and when surgery can help it

During her presentation to our club, Dr. Walsh 1) Identified the causes and risk factors for low back pain and degenerative spine disease, 2) Recognized common symptoms of degenerative spine disease, and 3) Explored surgical treatment options, including the role of robotics in spine surgery.

Low back pain is common.

- Second most common reason people seek medical attention
- Second most common cause for loss of time at work, and accounts for about 15% of all sick leave
- 60-90% of people will have back pain at some point in their life
- In the majority of cases, there is no clear diagnosis for the cause of LBP
- In the majority of cases, the pain improves without any medical attention

Symptoms of disc herniation.

- Sudden, severe low back pain
- Pain radiating into the leg
- Worse with sitting, coughing, straining
- Weakness or numbness in the leg

Stenosis: narrowing of space around nerves that can cause pain, weakness, or numbness. Stenosis can also be asymptomatic.

Symptoms of stenosis.

- Radiating pain in one or both legs.
- **Claudication:** back and leg pain that worsens with walking and improves upon sitting. It may include a feeling of heaviness or weakness in the legs with walking or standing.

Degenerative disc disease (DDD)

- DDD is common
- Not all DDD is symptomatic
- DDD is a spectrum

Symptoms of degenerative disc disease

- Low back pain
- May be worse with activity, worse in the morning, or worse at the end of the day
- May be asymptomatic, or may be associated with stenosis that causes symptoms

Spondylolisthesis

- Instability with excessive motion across a disk

Spondylolisthesis- symptoms

- Back pain that worsens with activity or transitional movements
- Pain in one or both legs

Causes

- Normal aging
- Genetics
- Obesity
- Pars defects

Prevention

Stay active <ul style="list-style-type: none">• Walking• Stretching• Moderate cardio• Maintain a healthy body weight	Core strength <ul style="list-style-type: none">• Yoga• Pilates• Walking• Stretching	Bone health <ul style="list-style-type: none">• Resistance-based exercise• Calcium and vitamin D• Bone density screenings• Avoid nicotine
--	--	---

When should I see a doctor?

- Persistent, debilitating, or extremely severe back or leg pain
- Difficulty walking or profound leg weakness
- Loss of bowel or bladder control
- Any pain that limits you from your day-to-day activities

What to expect when you see a surgeon?

- We'll ask for a description of pain and what you've tried to do to help the pain
- Physical exam
- We may order imaging

Imaging: X-rays

- Fast, cheap
- Standing, dynamic films can give more info

Imaging - CT

- Shows 3D bony anatomy very well
- Fast
- Ideal for trauma evaluation

Imaging- MRI

- Most useful for most common back problems: chronic back pain, disc herniations, sciatica
- Also useful for less common problems: infections and tumors

“Conservative Care”

- Physical therapy
- Medications
 - Steroids
 - Anti-inflammatories
 - Muscle relaxers
- Interventional pain procedures
 - Epidural steroid injections

- Facet blocks/ablations

Surgery

- Surgery is reserved for persistent pain despite attempts at non-surgical treatment (with a few exceptions!)
- Surgery can help, but it is never a “fix.”
- Surgery is aimed at improving nerve pain through decompression of stenosis
- The key to a successful surgery is picking the right surgery for the right patient

Surgery- lumbar fusion

- The goal of all lumbar fusions is to decompress nerves and to remove a disc to facilitate the fusion of two or more lumbar vertebrae together
- PLIF: posterior lumbar interbody fusion
- ALIF: anterior lumbar interbody fusion
- TLIF: transforaminal lumbar interbody fusion
- LLIF: lateral lumbar interbody fusion (includes XLIF and OLIF)

Robotics in spine surgery

- Navigational aid to improve speed, accuracy, and safety in placing spinal instrumentation

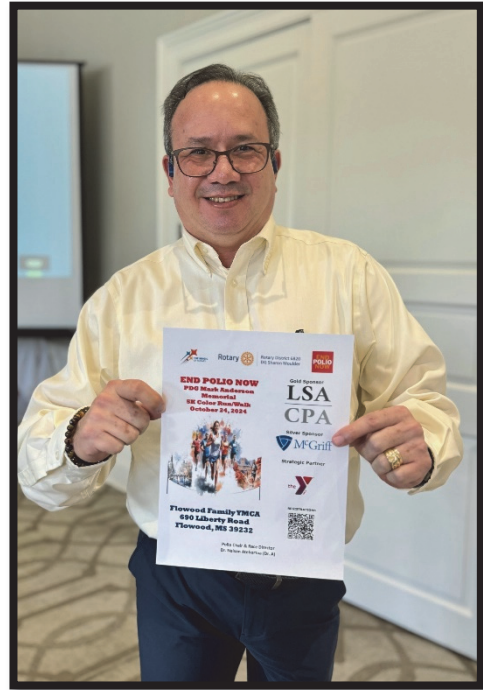
Summary

- Low back pain is common.
- Most low back pain does not need surgery.
- A back-healthy lifestyle is the key to prevention.
 - Stay active
 - Core strength
 - Bone health
- When used judiciously, surgery can help

More Photos



Past President Jill Beneke and Keith Ferguson



Dr. Nelson Atehortua



Enjoying lunch while networking



Enjoying lunch while networking



Enjoying lunch while networking



Kathryn Caine, Dr. Kelsey Walsh, and Mallary Hemphill