



## Case Study: Mr. Michael Yackira

### Mr. Michael Yackira

Michael Yackira is a busy man. As President and CEO of Sierra Pacific Resources, he's at the helm of one of the fastest growing energy companies listed on the New York Stock Exchange. Sierra Pacific Resources is the investor-owned holding company for Sierra Pacific Power Company and Nevada Power Company, and supplies power to more than 54,000 square miles in northeast California and the state of Nevada.

In addition to his busy work schedule, Michael is a board member for the American Heart Association and United Way of Southern Nevada, and sits on the board of directors for Edison Electric Institute and the American Gas Association. When not working or volunteering, he tries to keep up with his wife and three children.

In early 2007, Michael started to experience stiffness in his lower back. This stiffness worsened, progressing in frequency and intensity, radiating down to his buttocks and legs. The pain affected every aspect of his life; he could no longer exercise as much, he felt tired all the time, and even his colleagues could sense his discomfort.

Michael saw a doctor who prescribed over-the-counter pain relievers, muscle relaxants, and physical therapy. After several weeks of trying this therapy and medicine combination, he still felt only mild relief from the searing pain. Michael then visited another doctor who recommended epidural injections. He endured a series of three treatments with, again, no long-lasting pain relief.

It was then that Michael was referred to Dr. William Smith, who serves as the Director of Performance Improvement for the Western Regional Center for Brain & Spine Surgery and as the Chief of Neurosurgery for the University Medical Center in Las Vegas, NV. Dr. Smith immediately recognized that Michael was a perfect candidate for eXtreme Lateral Interbody Fusion, or XLIF<sup>®</sup>, a pioneering surgical technique by NuVasive<sup>®</sup>.

Spinal fusion is a popular and effective technique to eliminate spine instability, and the severe pain which often accompanies it. Traditional techniques enter the spinal column from the back or from the abdominal region. While these techniques remain effective, they involve significant disruption of tissue, muscles, and/or internal organs, resulting in hospital stays of several days and weeks of bed rest following the procedure.

However, the most advanced technique, lateral access spine surgery, is a safe and reproducible means of addressing certain disorders with an approach from the side of the patient. This approach does not require dissection or retraction of sensitive muscles, bones, ligaments, or nerves, and allows for more complete disc access. As a result, operating time is reduced, blood loss is minimized, and recovery time is significantly shorter – all important for a busy man like Michael.



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For his June 2007 surgery, Michael was positioned on the surgical table on his side and Dr. Smith made a small incision over the side of his waist. Utilizing the XLIF® technique, Dr. Smith was able to create an opening the size of a golf ball, and fuse Michael's L4 and L5 vertebrae.

Michael checked in for surgery in the morning and was walking later that same afternoon. The entire procedure took only two-and-a-half hours, and he was in the hospital for only seven hours. While he experienced some mild discomfort at the incision site, overall, there was very little pain.

Michael was able to work from home immediately following the surgery, and was back into the office within two weeks. He's now back to all of his normal activities and has been surprised with the speed of recovery.

While Michael Yackira may be helping supply power to the fastest-growing state in America, NuVasive's XLIF procedure has given him the power to get back to his normal life.

### About NuVasive®

NuVasive is a medical device company focused on the design, development and marketing of products for the surgical treatment of spine disorders. The company's product portfolio is focused on applications in the over \$3.6 billion U.S. spine fusion market. The company's current principal product offering includes a minimally disruptive surgical platform called Maximum Access Surgery, or MAS,™ as well as a growing offering of cervical and motion preservation products.