



We've got your back – Providence Spine Services

Before my back surgery, I took pain medications for almost three years. Back pain kept me from doing many things I once enjoyed.

Then I met Dr. Mark Weston, a spine surgeon now with Providence Spine Services. He explained what was causing the pain and how it could be corrected. I didn't want to have surgery, but I'm very glad I did. It was a complete success.

Within a month of having surgery, I was feeling better and was getting my life back.

Funny thing...about a year later, I became Dr. Weston's office manager. Now when people come in, scared and worried, I tell them I felt the same way, but I believe 100 percent in my doctor and Providence Spine Services. They take good care of you.

Today my back pain is better than I could have hoped for. I can do almost anything...ride my bike, lift weights and walk for hours.

Back surgery is a last resort, but it can make all the difference. It has for me.

*– Chris McMahan, patient and office manager
Portland Spine and Neck Surgery,
Part of Providence Spine Services*

For information and a copy of our free booklet, "Back Basics," call 503-216-1055.
Or visit www.providence.org/spine.



Providence Spine Services, part of Providence Brain Institute, serves patients at Providence St. Vincent Medical Center and Providence Portland Medical Center.