

DuPage Medical Group

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Dr. Nicholas Mataragas of DuPage Medical Group is the first surgeon in Illinois to perform New Minimally Invasive Procedure-MAST MIDLF

(Chicago, IL – December 7, 2011) On November 2 Medtronic, Inc. announced a pioneering approach to minimally invasive spinal fusion at the 26th annual meeting of the North American Spine Society in Chicago, IL. To date a few surgeons in the nation have performed the MAST MIDLF procedure, the first in Illinois was performed this week by Dr. Nicholas Mataragas of The Spine Center of DuPage Medical Group.

The MAST® MIDLF™ procedure uses a proprietary retractor and cortical bone screw fixation in conjunction with Medtronic's comprehensive surgical platform of interbody, navigation, neuromonitoring and biologic options. Referred to as a midline laminectomy approach, it is unique in that it enables a minimally invasive spinal fusion surgery, accessing the spine in the middle lower back, and eliminates the need for surgeons to work through a tubular retractor. "I am excited to be able to offer this procedure to patients in DuPage County and Illinois. Because it is minimally invasive, patients with numerous spinal conditions are able to resume normal activity much quicker," states Dr. Mataragas. This allows for decreased exposure to radiation for hospital staff and physicians, with improved accuracy of device placement to avoid injury to patient nerves.

Dr. Mataragas was one of the first surgeons to bring minimally invasive surgical technology to the Chicagoland area. He mentors surgeons nationally and internationally and has had surgeons from as far away as Greece, Spain, Korea and Japan visit his operating room to observe and learn his techniques. In addition to participating on various discussion panels nationwide on the evolution of spinal implant technology, he has been instrumental in the development of minimally invasive spinal surgical techniques and devices.

For patients, benefits to Minimally Invasive Spinal Surgery vs. Traditional Open-Back Surgery include:

- Smaller incisions
- Smaller scars/less scar tissue
- Reduced blood loss
- Decreased exposure to radiation
- Less pain
- Less soft tissue damage
- Reduced muscle retraction
- Decreased postoperative narcotics
- Shorter hospital stay
- Faster recovery

- Quicker return to work and activities

Post-operative studies have proven the efficacy, accuracy and reliability of minimally invasive surgery. Surgeons and patients nationwide are recognizing the power of image-guided surgery done with the minimally invasive approach.

For more information on this procedure or to schedule an appointment please contact The Spine Center of DuPage Medical Group at 630-967-2225.