



WHY SHOULD I CONSIDER GOING TO A NEUROSURGEON FOR MY CHRONIC BACK AND NECK PAIN?

Dr. Kaushik Das

Associate Professor of Neurosurgery, New York Medical College
Director of Neurosurgery at White Plains Hospital
Vice President, Brain & Spine Surgeons of NY

There are a number of reasons why you should consider a neurosurgeon for back and neck pain. Neurosurgeons, trained as both brain and spine surgeons, are concerned with the diagnosis and treatment of patients with injury or disease of the brain, spine, and nerves throughout the body. Dr. Kaushik Das, M.D. is a member of Brain and Spine Surgeons of NY (BSSNY), a practice that consists of 6 patient offices throughout the Hudson Valley and Stamford, CT. Dr. Das is the Vice President of BSSNY, as well as, the Director of Neurosurgery at White Plains Hospital and the Associate Professor of Neurosurgery at New York Medical College. Dr. Das specializes in complex spinal disorders and craniocervical disorders, using minimally invasive spinal surgery techniques.

“We take the time to treat each patient as an individual, while providing state-of-the-art care.”

Dr. Das, Board Certified by the American Board of Neurological Surgery, has been practicing neurosurgery for 20 years and currently performs over 200 surgeries a year. BSSNY uses a team approach when they are treating patients, which allows for multiple expert opinions on which treatment suits the patient best. A patient's personal situation is also taken into consideration, such as their age and activity level. Dr. Das helps his patients understand how he

came to his recommendation on treatment. “Fear of surgery keeps people from seeking options that can truly help to improve their lives. It's important for patients to know that BSSNY does not rush patients into surgery,” said Dr. Das. All alternative options, such as pain management and physical therapy are considered first. If surgery is recommended, it will be discussed with the patient and a joint decision between doctor and patient will be made on how to proceed. “A lot of big institutions abandon their patients when things don't go well,” said Dr. Das. That is not the case at BSSNY. Each patient will see their surgeon at each follow-up visit to the office. Tele-health visits are available when appropriate.

At Brain and Spine Surgeons of NY, we take the time to treat each patient as an individual, while providing state-of-the-art care. Minimally invasive procedures are emphasized at the practice, which allows for a quicker return to work, less pain and less need for narcotic use, as well as better cosmetic results. In the operating room, spinal instrumentation and intraoperative neurophysiologic monitoring, and navigation are frequently used, along with innovative and adjuvant treatment protocols for postoperative rehabilitation.

Dr. Das has extensive training as a neurosurgeon and is a graduate of SUNY Downstate Medical Center College of Medicine, having completed his residency at New York Medical College and his fellowship at Barrow Neurological Institute in Phoenix, Arizona. For patients, the thought of having to undergo spinal surgery can be overwhelming; Dr. Das will take the time necessary to listen to the patients and help to find the best option for their condition, together.

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4 Westchester Park Drive, Fourth Floor | White Plains, NY 10604 | (914) 344-5249

For Appointments, please contact my assistant Kathleen Pedraza at kpedraza@bssny.com
Visit our website bssny.com | Follow us on Facebook @BrainSpineSurgeonsOfNewYork