

# BRAIN AND SPINE CARE STARTS HERE

“At SpineCare Long Island, we enlist a comprehensive toolbox of neurosurgical treatments to address conditions of the brain and spine.”

**Kevin Mullins, M.D., FAANS, FACS, Medical Director, Co-Founder**

The spine is crucial to the body's functionality. When healthy, it supports movement and an active lifestyle. But when it isn't functioning properly, quality of life suffers dramatically. "Spine disease doesn't discriminate," says Kevin Mullins, M.D., FAANS, FACS, Medical Director and Co-Founder of SpineCare Long Island, a spine center founded in 2018. "We see patients from adolescents with scoliosis or sports-related trauma to patients in their 80s and 90s with degenerative disc disease. Every patient is viewed individually, with surgical options tailored to their specific symptoms and underlying diagnosis."

SpineCare Long Island is continuously expanding, embracing growth in both their team and in the services they offer. The team is currently comprised of six board-certified neurosurgeons (the subspecialists who perform brain and spine surgery), each with their own focus. "We want to provide valuable surgical options for each patient," says Salvatore Insinga, D.O., board-certified neurosurgeon. "So we've built our team to make that a reality."

Two new additions to SpineCare Long Island include Ahmad Latefi, D.O., board-certified neurosurgeon, and Amrit Chiluwal, M.D., fellowship trained neurosurgeon, the latter

contributing to the practice's expansion of its distinguished brain care, including treatments for aneurysms, deep lesions or tumors of the brain and skull base, and brain arteriovenous malformations.

"Concentrating on neurosurgery helps ensure patients receive specific, specialized care," says Salvatore Zavarella, D.O., FACOS, Co-Founder and Director of Spine Surgery at SpineCare Long Island. "When conservative treatment fails to alleviate pain, patients can turn to us to discuss surgical intervention."

## Education Matters

Patient education is a cornerstone of SpineCare Long Island, and as such, providers take the time to explain each patient's diagnosis, as well as the pros and cons of each surgical option. "Some patients have been bounced around to different practices without ever being properly guided in their diagnosis," says Dr. Zavarella. "We spend a lot of time ensuring patients understand their condition and their options."

People seeking treatment often come to the practice with inaccurate information. "Patients should be aware that not all providers are recommending evidence-based treatments. Our practitioners only recommend treatments

that have been trialed and proven," says Joshua Ryan, M.D., board-certified neurosurgeon.

Minimally invasive techniques, including new motion sparing approaches, are attractive options for select patients. "The important thing to remember," Dr. Zavarella concludes, "is that each patient is evaluated based on their unique pathology, and surgeries are tailored specifically to them."

He recalls a soccer player who came to SpineCare Long Island with a severe disc herniation that caused chronic leg pain. When nonoperative options had failed him, he was able to find relief in minimally invasive back surgery.

"At his post-operative appointment, he stood up and gave me a hug," Dr. Zavarella recalls. "That's what keeps us coming back to work every day; it's the patients who are so appreciative of the care that helps them get better."

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