

If there is an identifiable physical problem with the spine, on rare occasions decompression surgery may be suggested. This can involve removing part of a herniated disc or fusing a vertebra that has slipped out of place. However, operating on the spinal column is a high risk procedure so will not be recommended lightly, and it's important to ensure that all possible risks and benefits are completely understood before agreeing to it.

### Preventing the pain

Many cases of sciatica really are down to moving, sitting and lifting incorrectly, as well as a lack of exercise. Therefore, there are various ways of either lowering the risk of suffering the symptoms or avoiding a further episode once one has already been endured. Poor posture plays an important part in various back con-

ditions, as having the back bent out of line puts stress on the vertebrae and therefore on nerves and surrounding muscles and soft tissues.



↑ **Wearing high heels regularly can put stress on the lower back**

Disciplines such as Yoga and Pilates can help people learn how to hold themselves as well

as correct years of bad posture. They can also build core muscles to support the spine correctly.

Sleeping in a poor position can also be damaging. It's important to ensure that a mattress is firm enough to support the whole body whilst keeping the spine straight, as lying on a soft and sagging mattress is just asking for back prob-



↑ **Massage and heat therapy can relieve symptoms**

lems. Using too many pillows can also cause difficulties. The ideal is for the neck and rest of the spine to be in one line, as opposed to sleeping for hours with the neck bent at an unnatural angle.

Learning how to lift heavy items correctly is also vital for avoiding injury. This means finding a steady position, bending the knees slightly,

keeping the load close to the body, avoiding twisting or leaning to the side whilst lifting, and not putting strain on the back by trying to lift too



↑ **Learning to move correctly can help you avoid a range of back problems**

much weight at once. Regular exercise will also help keep the spine healthy, as will taking regular breaks to stretch and walk around if working at a desk. To avoid sciatica and similar problems

it is also important to warm up properly both before and after exercise. See page 32 for tips on the best way to do this.

The information contained in this article is for orientation purposes only. Never self-diagnose: for professional advice make an appointment with your GP or healthcare provider. ■

## PROMOTION

# Hair today, gone tomorrow

**Alopecia or common baldness is one of the most frequent male aesthetic preoccupations and increasingly worrying to women too.**

We interviewed Doctor García Bonome, an expert in hair transplants, member of the International Society of Hair Restoration Surgery and main reference point in the Canaries for hair recovery treatments and hair micro-implantation.

### Can baldness be cured?

In the majority of cases yes, you can make hair grow again in the areas where it has stopped growing. Currently the best technique to solve alopecia is FUE hair transplantation (Follicular Unit Extraction), which consists in the extraction of hairs from the back of

the head for transplantation via micro-surgery to another area which you want to fill in. It's the only definitive and permanent treatment which aids the re-growth of hair in areas where it's thinning out or no longer exists. What's more it is a discreet treatment because the growth of the implanted hair is gradual.

### What guarantees does this treatment offer?

In the case of pattern hair loss, 95 per cent. The guarantees are high depending on the degree and evolution of the baldness. In the case of baldness due to scarring it's somewhat less, depending on the damage to the area. The transplanted hairs are stronger as they come from

an area where they are genetically programmed to grow all your life.

### How much could an FUE treatment cost?

It depends on the number of follicles to be transplanted, which is why there is a huge difference in price. It also depends on the professionalism and experience of the team, and the installations where the treatment is carried out.

### Why is there so much hair transplant tourism?

It's a treatment where the patient recovers very quickly, and with the exception of some basic care, the patient can start taking a holiday and



become a tourist from the day after the intervention. The Canaries with its climate and tourism offer is an ideal destination in this respect.

### What characteristics should one look for in a centre?

Hair micro-implantation is a minimally invasive technique

This is very important as it will impact on the success of the transplant.

### Where can you get an FUE treatment or more information?

Clínica Bonome is a pioneer on the Islands in the use of hair micro-implantation using FUE and FUSS (Follicular Unit Strip Surgery), with years of experience and training in this area. We constantly improve our technique to achieve the best results and meet the expectations of our patients. We are in Santa Cruz on Calle Cairasco, 9 (Tel: 922 282 162) and in La Caleta, Costa Adeje, (922 719 556). For further information visit: [www.clinicabonome.com](http://www.clinicabonome.com) or [www.implantecapilar.tenerife.com](http://www.implantecapilar.tenerife.com). ■



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