

Goodbye Pain

Riverview Medical Center

Microwave ablative therapy helps a young man from Middletown return to an active lifestyle.

Joseph Timmins, 20, canoes outside his family's Rumson home. A sophomore at James Madison University, Joseph enjoys surfing and skimboarding.



Joseph Timmins led an active lifestyle, typical of a young college student. He could often be found rock climbing, playing basketball and wakeboarding in his free time. In September 2015, during his first semester in college, Joseph was in a minor car accident and walked away seemingly unharmed. However, within a few weeks, he was stricken with debilitating pain in his neck and shoulder.

For the next eight months, the discomfort grew worse and affected every aspect of Joseph's daily life at college. He was unable to get a good night's sleep and found it difficult to study or exercise. "It felt like somebody had stabbed me in the neck," says Joseph. "It was hard to wake up in the morning, and it ultimately ruined my life at college."

The Root of the Issue

Seeking relief, Joseph met frequently with a chiropractor, but his pain continued. Upon returning home from college to Middletown, he consulted with **Jeffrey Van Gelderen, M.D.**, an orthopedic surgeon affiliated with Riverview Medical Center, who referred him to **Nicholas Perosi, M.D.**, an interventional radiologist also at Riverview.

A magnetic resonance imaging (MRI) and bone scan revealed that the cause of Joseph's pain was an osteoid osteoma, a benign bone tumor on his spinal column. "After speaking with Joseph and witnessing his pain, I knew something had to be done as soon as possible to get this young man his life back," says Dr. Perosi.

On May 27, Joseph went to Riverview, where Dr. Perosi performed a microwave ablative surgical procedure to destroy the bone tumor on Joseph's

spine. "I felt really comfortable with Dr. Perosi performing this advanced procedure," says Joseph. "He was great at explaining the cause of my symptoms and laying out a treatment plan."

Advanced Treatment

Microwave ablative therapy allows for the minimally invasive treatment of bone, liver, lung and kidney tumors by inserting an image-guided needle into a tumor to deliver sufficient heat to destroy tumor cells. "Riverview's state-of-the-art ablative therapy technology makes us a local leader in the field of cancer treatment. It allows us to treat benign and malignant tumors quickly without the need for an overnight hospital stay and with minimal postprocedure downtime," says Dr. Perosi.

Joseph was able to return home the same day of his surgery and quickly noticed the improved mobility of his head and neck. "The Riverview staff was great and gave me and my parents all the information we needed. I never felt nervous," says Joseph. "I realized a clear difference in pain relief immediately after surgery."

Back to Normalcy

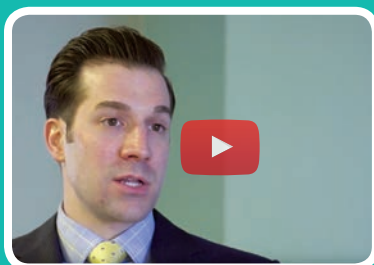
A week after his surgery, Joseph had a postoperative consultation with Dr. Perosi. He was advised to hold off on strenuous activity while his muscles recovered. Without the need for rehabilitation sessions or pain medications, Joseph returned to full mobility with no pain in just a few weeks after his surgery.

Now fully recovered, Joseph and his family are thankful for the great care provided by Dr. Perosi and the staff at Riverview. Following his surgical procedure, Joseph spent the summer returning to his active lifestyle of wakeboarding and kayaking with friends. "I was very excited to have started my sophomore year completely free of pain," says Joseph.

"We can't say enough about how great the experience was with Dr. Perosi," says Martin Timmins, Joseph's father. "We think the world of him for his attention to detail, how he communicated with us and, ultimately, what he did for our son."



Nicholas A. Perosi, M.D.
Board certified in
Diagnostic Radiology
Little Silver
1-800-560-9990



Meet Dr. Perosi



Dr. Perosi has specific interest in interventional radiology in the field of oncology. Watch him discuss what interventional radiology is and some of the techniques used to treat cancer and venous diseases at RiverviewMedicalCenter.com/Radiologist.

By Jim Kelly