

1027 Christy Road
Hermitage, PA 16148-3642
February 18, 2016

Brian D. Shannon, MD
752 Brookshire Dr., Suite C
Hermitage, PA 16148

Dear Dr. Shannon:

I would imagine that there might be few patients who follow up with you post-surgery unless they are having an issue(s). Well, first of all, I do not have any issues with the surgery you performed last June. As a matter of fact, that is the reason for this letter.

It took most of seven months for me to feel like I used to before the herniated discs and stenosis. I have no discomfort in the area of my lower back that once was painful; I have no pain or numbness in my legs caused by the sciatic nerve being pinched. I have no issues with the incision site. Bottom line—I have **no** issues with the double laminectomy that you performed.

Since I do not wish a repeat performance, I do not lift anything heavy; I do not ride the lawn tractor anymore (Bev does the mowing); and I wear a back support belt when doing any lifting or work that requires bending over for long periods of time. Bev and I go to Planet Fitness 3-4 days a week and walk the treadmill. When the weather is good, we walk at Linden Pointe. I keep my weight down (currently 173) and continue to pursue a target weight of around 160 lbs.

Therefore, I just wanted to let you know that once again you performed an outstanding surgery and I respect your talent and expertise at the highest level! I have applauded that expertise to anyone who will listen; and without reservation, I will recommend you to anyone with back issues.

Hopefully this finds you prospering as an independent businessman/physician. Have a great day!

Cordially,



Bill Zavarello