

## The Discosan Method

The Discosan Method - a new approach treatment of herniated discs. In Italy and the rest of Europe, surgeons who used to perform surgery on herniated discs are now using an ozone mixture to treat this condition. Dr. Cesare Verga, an orthopedic surgeon, developed the system in 1984 and has treated over 6,000 patients. He states that surgery doesn't address the underlying cause, but actually offsets the biomechanics of the spine. He also states that the Discosan Method resolves both the biological and biomedical aspects of the pathology. It does this by three different modes of action:

1. The ozone/oxygen mixture has specific action on the protruding disc by acting on a molecular level on the bonds holding this herniation together. This, in turn, causes a reduction in the herniation.
2. The method brings about a microvascularization to this area, therefore bringing more blood supply and oxygen to the region, all essential for healing. Dr. Verga claims that ozone brings more fibroblasts to the area, which helps heal the pathology around the disc.
3. The treatment reduces the swelling in the area, which can also contribute to the compression and inflammation.

Treatment consists of injections of an ozone/oxygen mixture applied around the herniated disc area. At the beginning, the therapy requires two treatments per week for a period of one to two months. On average, a total of 14 treatments are required, depending on the patient. There is some pain in the area of the injections, which typically lasts for about 2-5 minutes.

The treatment has a success rate of over 95%. It has no contraindications, has virtually no recovery time, and has no side effects. In addition, this method has been shown to be effective in cases where surgery was unable to alleviate the pain and discomfort. It has also been effective in conditions of back pain without disc herniation.

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