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**To:** Jeffrey Epstein <jeevacation@gmail.com>  
**Subject:** update  
**Date:** Sun, 18 Sep 2011 20:04:00 +0000

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Eastover Farm  
[REDACTED]

Sent from my private email account

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Good news and not so good news.

On Thursday I saw the neurologist, Dr. Smallberg, who saw my neck and shoulder xrays. Very good news is that he now says I can skip the second cervical spine surgery. (Remember I actually went to the hospital to do it in April but it was aborted at the last minute.) He said that I'm getting stronger and if it stays this way, I'm ok. As to my sore right shoulder, he doesn't think it's related to the cervical spine, but he didn't look at the MRI saying he doesn't have the expertise and that I had to deal with the shoulder doctor.

Btw, I had dropped off a set of these xrays to the the surgeon - O'Leary but received no response. I am told that no news from his office is good news.

On Friday, I got a call from Karen Schneider, the orthopedist, who I had seen two weeks ago about about my painful right shoulder. She had taken the x-rays of my neck and both shoulders. During the visit she said she didn't think surgery for the shoulder was in the cards, said it looked like arthritis, not a ruptured rotator cuff. She sent me for MRI's of both shoulders which I did this past week. Btw, she's the younger dr. in Bart Nissenson's office. He's one of the top athletic knee doctors.

On Friday and gave me the following rundown: There is muscle atrophy (this whole thing started last November and I haven't been able to work out with weights since); there is moderate to severe arthritis, but it's not bone on bone; there are moderate tears to the rotator cuff but it's not completely ruptured.

Then she told me

- (a) I could get a shoulder replacement (which I've never heard of). I told her no way and no thanks;
- (b) arthroscopic shoulder surgery, which is a real operation under general anesthesia, with same recovery time as regular surgery. She would go it and clean up the joint, remove spurs from the rotator cuff, etc. But she couldn't promise it result in relieving the pain. I said no.
- (c) I can come in and get a cortisone shot, which is what Smallberg, and also the physical therapist recommended. I said yes, and go in tomorrow morning at 10am. If you think there's any reason not to get the shot, let me know. I'm on my cell [REDACTED]

Interesting that Nick Pritzker had the same surgery as me and also has a painful shoulder which he can't get rid of. I think my best bet is to find a more appropriate sports therapy place. Right now I go one on one with a woman that does a little manipulation and gives me exercises for home. Another place I used to go to is more like a gym with weights where you actually work out for an hour including a few minutes with the therapist.

And some EXCELLENT news. Is it nature or nurture? On Monday THE ECONOMIST gave Max Brockman an excellent review for his new book FUTURE SCIENCE. And on Wednesday and Thursday, respectively, THE

ATLANTIC gave fabulous reviews to the first two "Best of EDGE" volumes - "THE MIND" and "CULTURE", but both were really about the first 15 years of EDGE. At the links:

THE ECONOMIST - Print Edition

September 11, 2011

FUTURE SCIENCE, ESSAYS FROM THE CUTTING EDGE, Edited by Max Brockman, is "a fascinating and very readable summary of the latest thinking on human behavior".

<http://www.economist.com/node/21528579>

THE ATLANTIC

September 14, 2011

15 YEARS OF CUTTING-EDGE THINKING ON UNDERSTANDING 'THE MIND'..."an epicenter of bleeding-edge insight across science, technology, and beyond, hosting conversations with some of our era's greatest thinkers"

<http://www.theatlantic.com/life/archive/2011/09/15-years-of-cutting-edge-thinking-on-understanding-the-mind/245006/>

THE ATLANTIC

September 15, 2011

'CULTURE': LEADING SCIENTISTS EXPLORE THE SOCIAL PURPOSE OF ART..."the lavish cerebral feast is on par with 'THE MIND' as one of this year's most significant time-capsules of contemporary thought.

<http://www.theatlantic.com/life/archive/2011/09/culture-leading-scientists-explore-the-socialpurpose-of-art/245082/>

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