

**From:** MARK TRAMO <[REDACTED]>  
**To:** "jeffrey E." <jeevacation@gmail.com>  
**Subject:** Re: To JEE re: checking in  
**Date:** Mon, 18 Sep 2017 17:21:28 +0000

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I'll be sending both the remix deluxe set and headphones to you in the next few days - send to Lesley in NYC or elsewhere?

[I think you will love this musical experience! It's the 50th anniversary of what many professionals consider the greatest album of all time]

On Mon, Sep 18, 2017 at 8:03 AM, jeffrey E. <jeevacation@gmail.com> wrote:  
no to the recording yes to the headphones

On Mon, Sep 18, 2017 at 9:19 AM, MARK TRAMO <[REDACTED]> wrote:  
classic "spinal claudication"... <http://columbiaspine.org/condition/neurogenic-claudication/> - your symptoms have been stable for quite a while - good!...was reading recently that low back pain and neck pain caused by spine degeneration is common because the spine isn't quite built right for bipedalism (still! - you would think that after 3 million years evolution would have taken care of that)...

speaking of "Lucy" the hominin - have you heard the new stereo remix of Sgt. Pepper by our late Board member Sir George Martin's son, Giles? Do you happen to enjoy listening to music with studio headphones like I do?

On Mon, Sep 18, 2017 at 4:59 AM, jeffrey E. <jeevacation@gmail.com> wrote:  
i walk five blocks need to stop and bend over. . no pain at all zero. so i have held off on surgery.

On Mon, Sep 18, 2017 at 7:57 AM, MARK TRAMO <[REDACTED]> wrote:  
sorry to read that - I have had patients for whom the third epidural injection worked great even though the first two didn't...another non-surgical option for pain management is acupuncture...hopefully you are stretching out your disc spaces daily (or more often)...are your legs weak at all? is bladder function affected? Those symptoms would raise the possibility that it's time for surgical decompression of lumbosacral nerve roots - you have a tight stenosis at only one disc space so it might be a straightforward procedure...the best spine surgeon in LA is neurosurgeon Patrick Johnson at Cedars-Sinai...

On Mon, Sep 18, 2017 at 4:41 AM, jeffrey E. <jeevacation@gmail.com> wrote:  
two. didnt work very well.

On Mon, Sep 18, 2017 at 7:40 AM, MARK TRAMO <[REDACTED]> wrote:  
How many have you had? (The anesthesiologists usually do a series of 3 separated by some weeks)

On Sun, Sep 17, 2017 at 5:20 PM, jeffrey E. <jeevacation@gmail.com> wrote:  
yes, no imporvment

On Sun, Sep 17, 2017 at 6:06 PM, MARK TRAMO <[REDACTED]> wrote:  
How's your back doing, Jeffrey - did you get another epidural? - Mark

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Mark Jude Tramo, MD PhD  
Dept of Neurology, David Geffen School of Medicine at UCLA

Dept of Musicology, UCLA Herb Alpert School of Music  
Director, The Institute for Music & Brain Science  
Co-Director, University of California Multi-Campus Music Research Initiative (UC MERCI)

[REDACTED]

<http://www.BrainMusic.org>  
<http://merci.ucsd.edu>

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