

## Broward County nurse Finds Relief After Years of Debilitating Back Pain

For more than five years, [Nancy Dach](#) of Pompano Beach, a retired nurse, experienced increasing back pain. As her lower back pain worsened, she said she tried everything to find relief — physical therapy, massage, icing and over-the-counter pain medication multiple times a day — without success. She was in constant pain while walking and sitting and continually standing on hard floors for her previous job as a clinical educator for 3M.



Nancy Dach, a retired nurse, says she has 98% relief from back pain after undergoing the Intracept Procedure. (Nancy Dach/Courtesy)

Dach said she finally found relief in an FDA-approved treatment that is becoming more common.

Many doctors have focused on treating the disc, but this type of back pain originates from the vertebral endplates. Dr. Mateusz (Matt) Graca of Florida Spine Care recommended a minimally invasive approach called the [Intracept Procedure](#) from Boston Scientific, which lasts about an hour and uses targeted radiofrequency energy to stop the basivertebral nerve from carrying pain signals to the brain. Dach said she had the procedure in February.

Six months later, she said her pain is 99% gone.

“It is a miracle for me. I can walk. I can swim ... all of that,” she said.

She is now back at work as a per-diem nurse.