



## Remote Programming Makes DBS Possible for More Patients: Video Transcript

### Introduction [00:00](#):

Hello everybody. My name is Art Nixon. My essential tremors started a little over 10 years ago, and as I try and drink, this is what I experienced. I'm tired of this. I'm tired of not being able to sign my own name that I taught myself to do when I was in third grade. So Tuesday is my first DBS surgery, and this is my happy birthday to me. I want to get my life back.

### What is DBS – Dr. David VanSickle [00:57](#):

Deep Brain stimulation is an electrical device. It makes pulses. It's implanted usually right here in the chest, and it sends those pulses up a wire under your skin into a wire that goes deep down into the brain. Deep brain stimulation is fundamentally an inhibitory process. It's inhibiting some kind of pathologic rhythm that happens in the brain. So in the case of essential tremor, what you're really doing is you're inhibiting an overreaction and a feedback mechanism causing a tremor when you try to do something. DBS is approved for four different types of individuals. It's approved for Parkinson's disease. It's approved for essential tremor. It's approved for dystonia, and it's approved for obsessive compulsive disorder.

### Remote Programming [01:46](#):

Okay, Mr. Nixon, can you see me well?

Yes I can. Okay. Today we are doing the remote programming of deep brain stimulation. Can you please drill a spiral line?

Mr. Nixon:

Dr. Feldman, my neurologist will be able to sit in his office, and with his iPad.

Dr. Feldman:

So can you hold your right arm in the air?

Mr. Nixon:

Which controls my system in my home.

Dr. Feldman [02:19](#):

It looks very still

Mr. Nixon [02:20](#):

#### Arvada

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#### Lakewood

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#### Littleton

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#### Lone Tree/Park Meadows

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#### Lone Tree/Yosemite

9695 S Yosemite St., Suite 377  
Lone Tree, Colorado, 80124

#### Parker

9403 Crown Crest Blvd., Suite 200  
Parker, CO 80138



## Neurosurgery One

And through wifi.

Dr. Feldman ([02:22](#)):

Now put it down.

Mr. Nixon ([02:24](#)):

They will be able to make the adjustments that need to be made.

Dr. Feldman ([02:28](#)):

Yeah, much better.

Dr. VanSickle ([02:30](#)):

I cannot overstate the importance of remote programming. It allows us to reach our patients in remote areas such as farming areas of Kansas and Nebraska. For mountainous area such as Durango from far south of here, such as New Mexico or far north of here, such as Wyoming and Montana. Everything in medicine is moving in the direction of making things easier for our patients and quicker to access.

Mr. Nixon ([02:56](#)):

Today I can draw a spiral.

Dr. Feldman ([02:59](#)):

I think I can be in Miami and in the beach doing this. So it's a definitely very good services.

Mr. Nixon ([03:06](#)):

The other thing I can do is I can sign my name and I can sign the date. So I'm able to write a check. Now I can do that, and my wife, I'm going to be able to take her out to dinner. This is going to be amazing day. I can't tell you how much this means to me.