



INTRODUCING THE NERVOUS BREAKDOWN PODCAST

“

If it's the brain, the spine or pain, we talk about it in language that is plain.

THE NERVOUS BREAKDOWN PODCAST

FUTURE TOPICS INCLUDE

- Is The Pain All in My Head?
- Degenerative Conditions of the Spine
- When is Surgery Necessary?
- Spinal Fusions - when are they necessary
- Sciatica - Surgery or Shots?
- What you should know about inflammation!
- D.A.R.E - Drugs Are Really Expensive!
- Red Herrings - Non-spinal causes of back pain

Each week, Dr. Gay and Dr. Bernard use their significant medical expertise to break down different elements of pain and teach listeners and viewers how to live their best lives.

WATCH THE PILOT
EPISODE TODAY:



DR. ESTRADA BERNARD

BOARD-CERTIFIED NEUROSURGEON | EXPERT IN SPINE AND BRAIN SURGERY

Dr. Estrada Bernard is a board-certified neurosurgeon with decades of experience treating complex disorders of the brain, spine, and nervous system. He completed his undergraduate studies at Morehouse College before matriculating to Duke University School of Medicine. Following the award of his medical degree, he remained at Duke University Medical Center to complete his residency training in Neurosurgery.

Dr. Bernard began his neurosurgical career on the faculty of the University of North Carolina at Chapel Hill, where he served for 14 years. During his tenure, he rose to the position of Chief of Neurosurgery and Program Director of the Neurosurgery Residency Training Program, guiding the next generation of neurosurgeons with a commitment to clinical excellence and academic rigor.

After transitioning to private practice in Alaska, Dr. Bernard continued to deliver top-tier neurosurgical care, bringing a global perspective to the diagnosis and treatment of spine and nerve disorders. He is widely recognized for his calm demeanor, clinical acumen, and ability to communicate complex medical information with clarity and compassion—qualities that have helped thousands of patients make confident decisions in the face of life-altering diagnoses. In addition to his clinical work, Dr. Bernard is the co-host of *The Nervous Breakdown*, a podcast that blends expert insight with accessible conversation. Through this platform, he demystifies conditions of the spine and brain, offering listeners valuable guidance on when surgery is necessary, when it is not, and how the nervous system truly functions.



MEET YOUR NEW DOCTORS



DR. CHRISTOPHER GAY

INTERVENTIONAL PAIN SPECIALIST | BOARD-CERTIFIED IN ANESTHESIOLOGY & PAIN MEDICINE

Dr. Christopher Gay is a double board-certified anesthesiologist and interventional pain management specialist. A graduate of Duke University, he earned his medical degree from Columbia University's College of Physicians and Surgeons, where he also completed residency training in anesthesiology followed by fellowship training in pain medicine. He later went on to earn his MBA with a focus on healthcare leadership.

Dr. Gay currently practices in Anchorage, Alaska, where he specializes in advanced, non-surgical techniques for managing spine-related pain, nerve injuries, and complex chronic pain conditions. Originally from rural North Carolina, Dr. Gay brings both cutting-edge medical training and a deeply personal, down-to-earth communication style to his work. He's passionate about helping people understand their pain and their treatment options—without the confusing medical jargon.

As co-host of The Nervous Breakdown podcast, Dr. Gay uses his clinical experience and relatable storytelling to break down some of medicine's most misunderstood conditions in ways anyone can understand.

MEET YOUR NEW DOCTORS

CONTACT INFORMATION



Interested in collaborating with
Dr. Gay and Dr. Bernard on the
NERVOUS BREAKDOWN podcast?

Reach out today!



EMAIL



Dr. Christopher Gay:
christophergaymd@gmail.com



Dr. Estrada Bernard:
estrada.bernard@gmail.com

SOCIAL MEDIA



Instagram: [LINK TBD](#)



Facebook: [LINK TBD](#)



YouTube: [LINK TBD](#)



LinkedIn: [LINK TBD](#)