

OSTEOPOROTIC COMPRESSION FRACTURES

The Cedars-Sinai Institute for Spinal Disorders at Cedars-Sinai Medical Center is dedicated to providing comprehensive diagnostic, treatment and management services for the complete range of cervical, thoracic and lumbar spinal problems, all in one convenient location. The Institute's multidisciplinary team of experts offers individualized, quality healthcare on an inpatient and outpatient basis with renowned surgical expertise.

Providing compassionate care is the top priority of the Institute. Quality is achieved by the dedicated assessment of each spine case and the provision of individualized treatment options, including conservative approaches, such as pain management and physical therapy.

OSTEOPOROTIC COMPRESSION FRACTURES

More than 10 million Americans suffer from the debilitating effects of osteoporosis, a disease where bone mass decreases due to the lack of calcium, causing bones to become fragile. Each year, osteoporosis is the cause of 1.5 million fractures, of which 700,000 are osteoporotic compression fractures in the spine.

Compression fractures occur when a thick block of bone at the front of the vertebra collapses, causing the spine to shorten and fall forward. This results in kyphosis, a spinal deformity characterized by severe and chronic back pain as well as stooped posture, sometimes known as "dowager's hump."

Consequences of compression fractures include intense back pain, loss of height, spine deformity, reduced pulmonary function and disability that leads to a diminished quality of life and increased mortality rate.

Until recently, most patients suffering from compression fractures underwent conventional therapy, including bed rest, pain medications, physical therapy, hospitalization, skilled nursing care and braces. In some instances, patients choose open back surgery, a high-risk procedure with uncertain results.

LATEST SURGICAL TECHNOLOGY

Advanced technology in the area of compression fractures has paved the way

for the development of balloon kyphoplasty, a relatively new procedure first performed in the United States in 1998. With this procedure, doctors insert a KyphX inflatable bone tamp through a one-half inch incision, using an X-ray to guide the device into the fractured bone. The balloon on the KyphX inflates, compressing the surrounding area and pushing the collapsed bone back to its normal position. The balloon is deflated and removed, leaving a cavity inside the bone. Doctors fill the cavity with bone cement to reinforce the bone, much like an internal cast to prevent collapse.

Kyphoplasty can provide immediate pain relief and quick return to daily activities. Ninety percent of patients reported pain relief within the first 24 hours after the surgery. Kyphoplasty stabilizes the spinal fracture and reduces spinal deformity, restoring 70 percent of lost vertebral body height. Kyphoplasty signifies a significant advance in patient care, helping patients experience pain relief and improved quality of life.

Specialists at the Cedars-Sinai Institute for Spinal Disorders are dedicated to advancing the use of kyphoplastic surgery to correct osteoporotic compression fractures. With its capable staff and state-of-the-art surgical technologies, the Cedars-Sinai Institute for Spinal Disorders is a center for back pain relief.

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FOR MORE INFORMATION

For more information about the Cedars-Sinai Institute for Spinal Disorders or for appointments or referrals, please contact:

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For information on other spine-related services at Cedars-Sinai, call 1-800-CEDARS-1 (1-800-233-2771).

A MULTIDISCIPLINARY TEAM

At the Cedars-Sinai Institute for Spinal Disorders, a multidisciplinary team of specialists works to provide a comprehensive, personalized diagnosis and treatment for spine patients. The Institute employs the world's leading spine surgeons with the latest technology including neurosurgical and orthopedic treatments. This team has expertise in all levels of care, from rehabilitation medicine and physical therapy to minimally invasive and

microsurgical techniques to complex spinal reconstruction. These specialists include:

- Conservative care specialists
- Diagnostic imaging staff
- Neurosurgeons
- Nurses
- Orthopedic surgeons
- Pain management physicians
- Physical therapists
- Psychiatrists
- Therapeutic and diagnostic block physicians and technicians