



KYPHOPLASTY:

*A novel treatment for
spine fractures*



SYNERGY
RADIOLOGY ASSOCIATES®

Interventional Radiology

an affiliate of **MEDNAX**®

A NOVEL TREATMENT FOR SPINE FRACTURES

A spine fracture—or vertebral compression fracture—occurs when one of the bones within the spinal column weakens and collapses. They can be a cause of great pain, and left untreated, can lead to more serious health problems and/or permanent deformity.



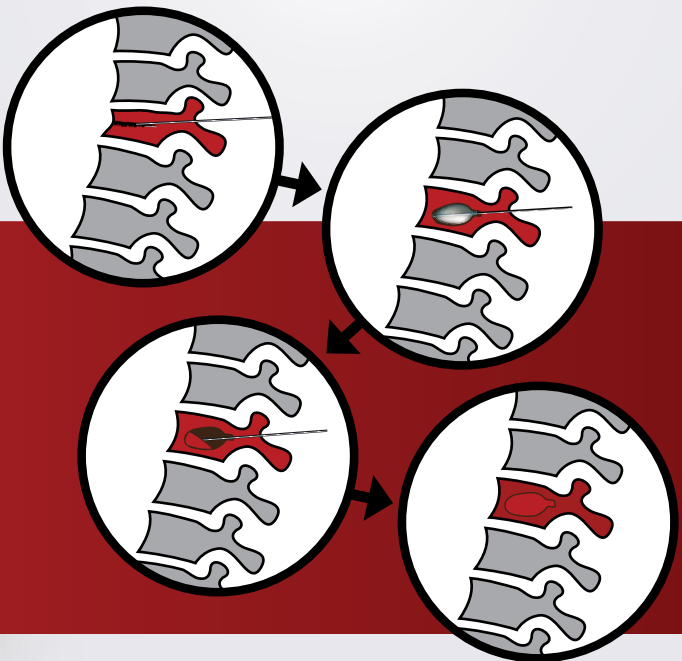
DIAGNOSING SPINE FRACTURES

Only a physician can properly diagnose a spine fracture. This is typically done with diagnostic imaging, such as MRI, CT or X-ray.

Osteoporosis is often the cause of spine fractures. Women over 50 are more at risk for osteoporosis, and Caucasian and Asian women are at a higher risk than other ethnicities. Because osteoporosis is a disease that affects bone density, those with this condition can more easily develop spine fractures.

Spine fractures can also occur in patients on steroid therapy, in patients with bone metastasis in the spine or multiple myeloma, and in accident victims.

Studies have shown that individuals with a spine fracture are at a much higher risk of developing additional fractures, reduced lung function, difficulty controlling the bladder or bowels, decreased quality of life and even death.^{1,2,3}



TREATMENT

Back braces, pain medication and bed rest are traditional methods of treating vertebral compression fractures, but they do not address the root cause of the problem, nor do they provide lasting pain relief.

A new, minimally invasive treatment called Kyphoplasty is now available. It simultaneously repairs the fracture and restores height to the fractured vertebrae, and provides immediate relief of pain and other symptoms.

Kyphoplasty PROCEDURE

Kyphoplasty (also called balloon kyphoplasty) is performed on an outpatient basis. The patient is placed under local or general anesthesia.

During the procedure, a cannula is placed directly in the fractured vertebrae. A balloon is then inserted into the disc and inflated to correct the loss of height suffered during the fracture. The cavity made by the balloon is then filled with a fast-drying bone cement.

The procedure typically takes about 30 minutes for each fracture, and the patient is usually able to return home the same day. The vast majority of patients have reported that kyphoplasty provides immediate pain relief and has improved their quality of life.⁴



How do I know if I have a **SPINE FRACTURE?**

Only your doctor can properly diagnose a spine (vertebral compression) fracture with the assistance of diagnostic imaging like MRI or X-ray. However, some of the more common symptoms include:

- Back pain, and possibly additional pain in the hip, abdomen or thigh
- Numbness, tingling and weakness
- Loss of height/hunched appearance
- Difficulty breathing
- Urinary incontinence

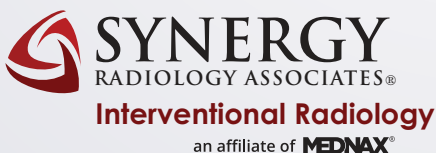
If you are experiencing these symptoms, talk to your doctor.

SYNERGY RADIOLOGY ASSOCIATES ABOVE AND BEYOND

Synergy Radiology Associates is a regional radiology group with broad subspecialty experience in neuroradiology, musculoskeletal imaging, women's imaging, nuclear medicine/PET, cardio-thoracic imaging and cross-sectional imaging such as computerized tomography (CT) and magnetic resonance imaging (MRI). In addition, we have interventional radiologists capable of performing a wide range of leading-edge treatment procedures.

The premise of interventional radiology and oncology is simple: Treat disease from the inside out, thereby minimizing physical trauma to the patient. As a result, our non-surgical interventions may effectively treat disease while reducing pain, recovery time, infection rates and the overall costs associated with open surgery and hospital length of stay.

Advances in technology and improvements in catheterization techniques allow targeted therapies to be delivered directly to the source of disease, guided by state-of-the-art medical imaging—in real-time. Image-guided diagnosis and treatment is now available for every organ system within the body, and provide physicians and their patients with new, viable options to treat many of today's most common diseases.



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3. Huang MH, Barrett-Connor E, Greendale GA, Kado DM. Hyperkyphotic posture and risk of future osteoporotic fractures: the Rancho Bernardo study. *J Bone Miner Res*. 2006 Mar;21(3):419–23.
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