

Rare minimal access spine surgery performed on an 82 yr old patient in Mumbai

Mumbai May 27, 2015: Global Hospitals Mumbai - one of the fastest growing chains of tertiary care, multi-super specialty and multi-organ transplant hospitals in India, has yet again achieved a rare feat

Editorial Team | Updated: May 28, 2015 11:34 am

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Mumbai May 27, 2015: Global Hospitals Mumbai – one of the fastest growing chains of tertiary care, multi-super specialty and multi-organ transplant hospitals in India, has yet again achieved a rare feat in spine surgery.

For the first time in India, expert team of doctors in Global Hospitals performed minimal access spine surgery on 82-year-old Ankylosing Spondylitis (Bamboo Spine) patient. The surgery was conducted by implanting 14 screws in the spinal cord.

Ankylosing Spondylitis, commonly known as Bamboo Spine is a form of rheumatic arthritis that's associated with long-term inflammation of the joints in the spine. Symptoms include pain and stiffness from the neck down to the lower back. The spine's bones (vertebrae) may grow or fuse together, resulting in a rigid spine. At times these changes might be severe, and may lead to a stooped-over posture.

In this case the 82 year old patient having Ankylosing Spondylitis had a fall in November 2014. Post the fall he was constantly complaining of excruciating back pain. In Feb 2015 he became totally bed ridden. He was paralyzed in the legs.

He came to Global Hospitals in **first week of March**. Upon investigations the team found that had developed 3 Andersson Lesions (AL). It is a known complication in patients with Ankylosing Spondylitis. AL may result from inflammation or (trauma) fractures of the ankylosed spine.

After carefully examining his case and meticulously weighing all the options, **Dr. Peshattiwar** decided that there was no option but to perform surgery on the patient. The surgery was all the more challenging as the patient had other complications as well. He had fluid in both his lungs commonly known as pleural effusion. He was also found to have very low protein levels which could have resulted in further complications.

There was no chance of performing a traditional surgery, as 'open surgery,' means the area being operated on is opened with a long incision to allow the surgeon to view and access the anatomy; it would have led to loss of blood and the chance of patient not surviving post the surgery would have been very high.

The team decided to conduct a minimally invasive surgery. A minimally invasive spine surgery does not involve a long incision; it avoids significant damage to the muscles surrounding the spine and results in less pain after surgery and a faster recovery.

Dr. Vishal Peshattiwar, Consultant, Consultant – Endoscopic & Minimally Invasive Spine Surgeon, Global Hospitals, Mumbai, carried out the complex surgery in **second week of March**.

Dr. Peshattiwar said, 'We were delighted when post the surgery patient said that pain he is feeling after the surgery is much less as compared to the one he was in prior to the surgery. It was gratifying to see him go home walking as he had come to us on a stretcher and was on bed a month prior to that. He has recovered well and now has started performing all his daily chores by himself. It was a huge risk as there is always a danger of life involved in the surgery, and spine is extremely sensitive area.' 'What boosted our confidence was the fact that we had performed a similar surgery successfully on a liver failure patient who had TB of the spine,' added **Dr. Peshattiwar**.

Talking about the benefits of minimally invasive surgeries, **Dr. Peshattiwar** added, 'Recovery post surgery is faster. There is negligible blood loss, so, the patient doesn't require any blood transfusion. Even patients who have undergone prior surgical procedures or have stents can be operated via minimal access surgery successfully.'

At Global Hospitals Mumbai, the highly specialized team of Spine Doctors treats slip disc in neck and/or lower back, spondylosis with pressure on nerve, spinal stenosis, abnormal curvature, degenerative disc disease, osteoporosis of the spine, tuberculosis of the spine and many other spine problems. The team performs day care spine & neck surgeries, non-surgical slip disc removal, minimally invasive spine surgery, stitchless spine surgery and high risk spine surgeries with precision and care.

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Published: May 28, 2015 11:29 am | Updated: May 28, 2015 11:34 am

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