Understand Your Fracture Risk

If you have tried treatments like rest and oral medication for more than a few days and still have sharp back pain, you may have a spinal fracture, also known as a vertebral compression fracture (VCF). A VCF occurs when one of the bones of the spinal column weakens and collapses.

You may have a vertebral compression fracture if you have sudden onset of severe, sharp back pain that lasts longer than 3 days and are over 50 or have been told you have osteoporosis or low bone density.

It is important to talk to your doctor right away and treat a fracture if you have one.

Treating Spinal Fractures with Balloon Kyphoplasty

- A minimally invasive procedure designed to repair spinal fractures
- Corrects the spinal deformity caused by the fracture
- Significantly reduces back pain
- Assists return to usual day-to-day activities
- Increases strength, mobility and independence

If you believe this procedure may be appropriate for you, please contact your primary care provider for more information.

If you are in need of a primary care physician, please call GRMC's Physician Referral Line at 830.401.7401.

1215 E. Court Street
Seguin, TX 78155
830.379.2411

Advanced Medicine. Personal Touch.
grmedcenter.com

Take Control of Your Back Pain with Balloon Kyphoplasty

Guadalupe Regional
MEDICAL CENTER

The Condition

Osteoporosis is the most widespread degenerative disease in the developed world. Osteoporosis causes more than 700,000 spinal fractures each year in the U.S., more than twice the annual number of hip fractures. Although spinal osteoporotic fractures are the most common type of fragility fracture, they remain largely undiagnosed and untreated.

Some spinal fractures may collapse immediately while others collapse over time, resulting in a condition called kyphosis, or rounded back. Kyphosis compresses the chest and abdominal cavity, which can result in serious negative health and quality of life consequences.

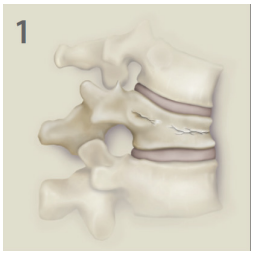
The Kyphoplasty Procedure

Through a pair of small incisions the physician creates a little pathway into each side of a fractured vertebra. A small balloon is guided through each pathway into the vertebra. Each balloon is carefully inflated to raise the collapsed vertebra and return it to its normal position. Inflation of the balloon creates a cavity (hole) in the vertebra.

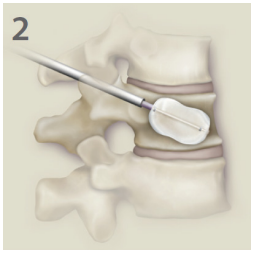
Once the vertebra is in the correct position, the balloons are deflated and removed. The cavities are filled with bone cement to support the surrounding bone and prevent further collapse.

The balloon kyphoplasty procedure typically takes about one hour per fracture and may be performed in an outpatient setting. The procedure can be done using either local or general anesthesia.

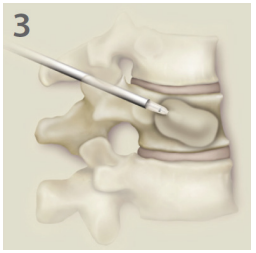
Understanding the Procedure



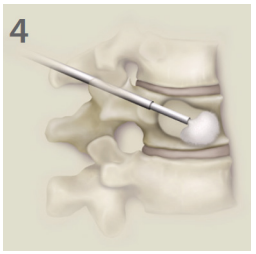
When the vertebrae in the spine fractures or collapses, it's called a spinal fracture or vertebral compression fracture (VCF).



Two small balloons are inserted and carefully inflated in an attempt to raise the collapsed vertebra and return it to its normal position.



Balloons are then deflated and removed.



The cavities left by the balloons are filled with special cement to create an internal cast and stabilize the fracture.

Untreated Spinal Fractures

Common treatment options may not be as effective if you are suffering from a vertebral compression fracture (VCF). Treatments for back pain can include bed rest, special exercises, back bracing and pain medication. However, these non-surgical treatments will not correct the fracture or restore the height of your vertebra. Non-surgical management has limited effectiveness in reducing pain and improving function long term when compared to treatment options like balloon kyphoplasty.

Think you have a Spinal Fracture?

- See your doctor for diagnosis and treatment
- Ask your doctor if you should have a spine X-ray or MRI
- If necessary, get a referral to a spine specialist for treatment – caught early, spinal fractures can be repaired

Benefits of Kyphoplasty

- Reduction in back pain
- Improvement in quality of life & mobility
- Vertebral Height Restoration
- Extremely low complication rate (<1%)
- Can repair spinal fractures caused by Osteoporosis (low bone density), cancer and non-cancerous tumors

For more information on balloon kyphplasty, please call the GRMC Imaging department at 830.401.7850