

# James is running again after artificial discs at 2 levels

JAMES first started having neck pain symptoms at age 51. Initially, he thought the symptoms would pass in a day or two. Instead the pain began to radiate into his left hand with numbness — an emergency symptom implying a herniated disc was pressing on a nerve with the potential to cause permanent numbness.

Over the counter remedies provided little relief, so he visited his family doctor who prescribed anti-inflammatories. The pain and numbness persisted, so the family physician prescribed a steroid pack and an x-ray was ordered. The relief from the steroid pack was temporary.

"My quality of life was in a shambles," James remembers. "I gutted it out at work, but I couldn't run, which was a big part of my daily routine. Worse I couldn't sleep."

Desperate for help, Jim reached out to a good friend who was a chiropractor who suggested an MRI. After a prolonged wait for an insurance company approval, the MRI diagnostic test revealed that James had a herniated disc.

"My chiropractor and family doctor recommended Dr. Jatana," James recalls. "It was reassuring to me that both doctors recommended the same specialist."

Jim met with Dr. Jatana, who cautioned him that not only did he have

two disc herniations, but a third disc in the neck was also showing degeneration.

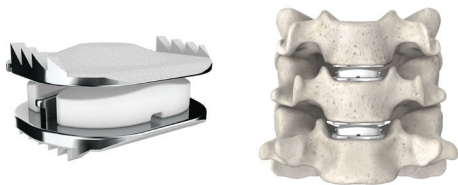
According to Dr. Jatana, a cervical fusion at two levels would create additional stress on the four remaining discs to maintain the little remaining motion. "With two herniated discs, and a third showing signs of degeneration, an artificial disc is a much better alternative to fusion," explains Dr. Jatana. "The Mobi-C artificial disc is FDA-approved for two levels and can reduce the stress on remaining discs."

"I was nervous about any kind of surgery," James remembers. "But I could tell right away coming out of surgery, that the neck pain and numbness in my hand was mostly gone. I had my surgery in an ambulatory surgery center

first thing in the morning, and I was on my way home the same day by 1pm. I wore a collar during a several week healing process. I did 5 or 6 weeks of PT, then was cleared to slowly work back into more strenuous activity."

A few months after surgery, Jim was back to regular activity. He has started biking to alleviate some of the repetitive impact of running.

"Post surgery, I have amazing range of motion," James notes. "I do have some residual numbness in my fingertips, but it has continued to improve. In retrospect waiting four months for approval for an MRI was not beneficial. I don't believe I'd have any numbness if the insurance company didn't delay the approval process."



An avid marathon runner, James is back to running after a 2-level artificial disc replacement to relieve pain and numbness, James has also added biking to his workouts, which have less impact.



## Spine specialization

Dr. Jatana's practice is referred some of the most complex back and neck patients in the Denver and front range region of Colorado. Of the new patients coming to Dr. Jatana, 25% had previous neck surgery elsewhere. About half of new patients had disc-related symptoms like radicular pain or neurological deficit (weakness or numbness into a hand or arm.) Consequently, Dr. Jatana's spine practice receives many of the failed surgeries generated by other generalist surgeons.

Within his practice at Colorado Spine Partners, Dr. Jatana specializes in complex back and neck surgery. Colorado Spine Partners is the only spine center in Colorado to be included in a list of credentialed spine centers by SpineCenterNetwork.com. Credentialing criteria includes: fellowship-trained spine surgeons; internal or affiliated physical medicine MDs; internal or affiliated spine therapists; an emphasis on nonsurgical treatment options; and a commitment to patient education for a well-informed healthcare consumer.



## Clinical outcomes

### Surgical Outcomes

The following data relates to 2018 outcomes data. Of the 103 cases performed in 2018, 19% of cases were lumbar spine surgeries, 80% neck surgeries and 1% were spinal cord stimulation implant. In 2018, 13% of the surgeries performed related to revision surgery of a previous surgery performed elsewhere.

- Re-admission to hospital within 30 days of operation (1) 1% (Recurrent disc herniation requiring fusion)
- CSF leak requiring repeat surgery (1) 1% (Revision decompression on previous surgery done elsewhere)
- Infection (0) 0%
- Medical Complication (DVT, PE, pneumonia, stroke, MI) (0) 0%
- Medical re-admission (0) 0%

**Return to Function Outcomes:** In a clinical outcome study compiled by an outside entity that specializes in spine outcomes tracking, Dr. Jatana succeeded in pain relief and helping complex patients reduce their dependence on pain killers. Case in point: 30% of new patients were taking 5 or more pills daily for pain relief. After three months, that number was reduced to only 15%. At the same time, functional status scores improved. At time of first appointment, 40% of patients said they were limited a lot in carrying groceries. After 3 months, the number reduced to 15%.

## The 4 benefits of a 2nd opinion

Because spine surgery is a serious decision, it is a good idea to obtain a second opinion. A second opinion from Dr. Jatana can provide patients the following benefits:

- 1 Determine if all possible treatment options have been considered and if there are any other nonsurgical options — such as spinal injections or physical therapy — that can relieve symptoms without the need for surgery.
- 2 If spine surgery is necessary, what type of spine surgery should be performed. A complex fusion procedure may not be necessary.
- 3 Is there a new artificial disc or implant technology that would provide a better outcome?
- 4 Help determine if the patient is a candidate for minimally invasive spine procedure in outpatient surgery. This may allow the patient to be home later that same afternoon, for a faster recovery and return to activity.

## Sanjay Jatana, MD • Fellowship-trained spine surgeon

Board-certified, fellowship-trained spine surgeon • Specializing in the Treatment of Complex Back & Neck Pain

As a fellowship trained spine surgeon, Dr. Sanjay Jatana specializes in the treatment of complex back and neck problems. He is recognized as one of the top Colorado spine surgeons in spine surgery and motion preservation.

Dr. Jatana has special training in the complex spine problems and treats patients who require repeat or revision surgery. Dr. Jatana completed his residency in orthopedics at Harbor-UCLA Medical Center and was Chief Resident of the Department of Orthopedics. Dr. Jatana is a Diplomate for the American Board of Orthopedic Surgery and a Fellow for the American Academy of Orthopedic Surgeons. His memberships include North American Spine Society, Arapahoe Medical Society, Colorado Medical Society, Colorado Orthopedic Society and Denver Medical Society.

Patients travel to his Denver office from across Colorado, Wyoming, Nebraska, Kansas and New Mexico. Many of these patients have complex neck problems that have not resolved with treatment where they live. Dr. Jatana is referred some of the most complex neck patients in the Rocky Mountain region. One in four of new patients coming to Dr. Jatana had previous neck surgery elsewhere. Dr.

Jatana is often successful in helping these complex patients recover and reduce their dependence on pain killers.

During spine surgery, Dr. Jatana employs spinal cord monitoring techniques and a microscope for safety and accuracy. His goal is to accurately identify the pain source so that surgery is successful in relieving symptoms.

In addition to artificial disc replacement surgery options, Dr. Jatana is proficient in minimally invasive spine surgery which reduces the length of the incision to reduce blood loss, lessen time in the hospital, and speed return to activity with a less painful recovery.

Dr. Jatana is trained in many of the artificial disc options for neck surgery, including Mobi-C and Prodisc-C. He also provides other specialized motion preservation surgeries for the neck, such as Cervical Lamino-Foraminotomy and Cervical Laminoplasty.

After surgery, Dr. Jatana prefers to follow his patients for at least two years to ensure long-term positive results. More information is at our educational Internet site at [SanjayJatanaMD.com](http://SanjayJatanaMD.com).



### PATIENT EDUCATION TOOLS FOR PRIMARY PHYSICIANS

Dr. Jatana believes the best healthcare starts with a well-informed consumer. The spine practice has an on-line encyclopedia at [SanjayJatanaMD.com](http://SanjayJatanaMD.com) with symptom charts, home remedies and a library of back and neck exercises that can relieve symptoms. Dr. Jatana provides to primary care physicians and chiropractors free copies of a 36-page Home Remedy Book that has helped thousands of people with symptom relief. The Home Remedy Book can be requested by calling our office at 303-697-7463. We also provide a copies of our Symptom Chart that helps people understand symptoms, and when watchful waiting cannot be used (numbness/weakness), and when to see the doctor.



Appointments, referrals & second opinions:  
**303-697-7463.**