

# Back to skiing after artificial disc replacement

NANCY had neck pain symptoms that started years ago, and then progressed into her shoulder blades, ultimately causing headaches.

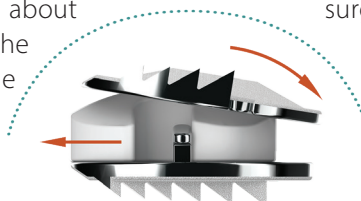
"I was always a very active person," Nancy notes. "I really enjoyed having a busy life and active lifestyle, and really enjoyed outdoor recreation. I ultimately had to cut back on almost all of my activities. I didn't sleep well. Last year which is the first time in my life I wasn't able to ski because any movement would just make the neck pain so much worse Dr. Jatana treated a friend of mine several years ago and she referred me to him."

During her first visit with Dr. Jatana, they reviewed the MRI images of her neck, which revealed a herniated disc at two levels — something that represented a challenge. "The traditional treatment of spinal fusion is not ideal," Dr. Jatana notes. "If you lock two segments you dramatically reduce motion in the neck. And that will put extra stress on the remaining five discs in the neck. While a fusion might be okay in the lumbar spine, you have fewer levels in the cervical area to provide motion."

Nancy felt comfortable with the time spent with Dr. Jatana. "He was just wonderfully patient; he wasn't rushed and answered all the questions about the choices I needed to make."

Ultimately, Dr. Jatana recommended artificial disc replacement at the 5-6 and 6-7 levels in the neck.

"I can't say enough about Dr. Jatana, his team, the surgical staff and the anesthesiologist," Nancy remembers. "They were very professional."



I couldn't believe it: I was back home that night after surgery, sleeping in my own bed. Within a couple days I was outside walking. My neck pain was gone. The numbness in my hands was gone. I regained all the feeling in my fingers. I did a half-mile hike last weekend. I could never have done that before the surgery. I've already got my ski pass for the upcoming season. It's so nice to be your old self again."

"Nancy had a two-level artificial disc replacement in her neck," explains Dr. Jatana. "A traditional spinal fusion would have severely limited her range of motion in her neck, potentially putting more strain on the other discs. The two artificial discs provide motion preservation which lessens the stress on the remaining cervical discs. With someone this young, a spinal fusion at two levels would probably lead to a third herniation down the road. The Mobi-C artificial disc was the logical choice. It was the first artificial disc approved by the FDA for two levels in the neck. It's fabulous to see a person get back to their favorite activity. That is what this new technology is all about."



## 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.