

Back in action after a neck injury and artificial disc replacement

PAM's active life changed unexpectedly from something as simple as lifting her dog to help it outside. The elderly dog had become incontinent and Pam was helping it outside before it had another accident in the house. The dog however squirmed in her arms. "I felt an immediate twinge in my neck and shoulder area," Pam remembers. "It felt like I tweaked something. I wasn't too concerned at the time, but the pain in the neck and shoulder got significantly worse over the next few months. I had a cortisone shot, but it progressively got worse until the pain started to shoot down my arm. The pain became so intense it was sometimes bringing me to tears. It felt like I had liquid lava going down my arm."

As an active outdoors person who rode horses, did kayaking and loved swimming, Pam was now unable to do any of her favorite activities.

She went to an orthopedic surgeon who first thought the pain was coming from the shoulder area, but all his

recommended solutions provided no relief. Pam then tried a pain management physician, who suspected the pain was originating from a herniated disc in her neck.

"I was supposed to go to Italy with my husband to celebrate his retirement," Pam remembers. "We had to cancel our trip because the pain was so bad. I couldn't hold a coffee cup or write. My pain management doctor tried some steroid shots and nerve conduction tests. Ultimately he said I probably needed neck surgery. I asked him which back doctor in the Denver area he recommended. He said 'hands down, the best spine surgeon in Denver was Dr. Jatana.' That gave me an immediate comfort level."

Pam traveled into Denver for an appointment with Dr. Jatana. "Dr. Jatana did various diagnostic studies and concluded that I had a herniated disc in my neck. Since the non-surgical options I had tried were not working, he felt like neck surgery was the appropriate next step.



Pam is back to swimming, kayaking and riding horses after surgery to replace a herniated disc in her neck with an artificial disc.

Dr. Jatana recommended an artificial disc to replace the herniated disc in my neck. I agreed completely as I had a friend who had a neck fusion and she was unable to return to things like swimming where the neck needs to rotate. I wanted to go back to swimming and things like that, and the artificial disc would preserve my natural motion."

"I also loved that he was very confident that surgery would completely relieve all the pain symptoms," Pam remembers. "He said, 'When you wake up after surgery your will have absolutely zero pain.' And he did not lie. I woke

up after surgery and my pain was gone. Dr. Jatana was a godsend for me, as I finally got my life back. We were able to go on the trip to Italy, which turned out to be the best trip of our lives. Dr. Jatana was the best thing that ever happened to me. I have no more pain. I went through 18 months of hell because no doctor could figure out what was wrong with me. I was a pretty active person, I like horses, kayaking and hiking. And I like to swim. Now I'm back to all those things I love. I'm back to swimming and my neck feels great again.

When a herniated disc causes symptoms like radiating pain and weakness into her arm, she relied on Dr. Sanjay Jatana to replace the herniated disc with an artificial disc and preserve the natural neck motion.



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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.) Within his practice at Colorado Spine Partners, Dr. Jatana specializes in complex back and neck surgery and artificial disc replacement. Dr. Jatana is the only spine surgeon in Colorado to be listed on CentersforArtificialDisc.com. 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; an emphasis on nonsurgical treatment options; and a commitment to patient education.



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.



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 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.



THE HOME REMEDY BOOK

FOR BACK & NECK PAIN

- Relieve simple back and neck pain
- Strengthen your back
- Make your back more flexible
- Prevent future back pain attacks



COLORADO SPINE PARTNERS

Appointments, referrals & second opinions:
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